

HOMER CENTRAL SCHOOL DISTRICT HEALTH AND WELLNESS POLICY

Policy Statement

The Homer Central School District is committed to providing a school environment that promotes and protects staff and student's health and well being by supporting healthy eating and physical activity.

In order to grow, learn and thrive children need access to an environment that encourages the intake of healthful foods and participation in lifelong physical activity.

Healthy eating and adequate physical activity will help staff and students achieve good health and foster attendance and learning. *(Added an inclusion for staff)*

Childhood obesity has reached epidemic levels in New York State and throughout the nation. Recent studies have shown that at least 15% of children and adolescents are overweight and this rate has doubled over the last two decades.

Therefore, it is the policy of the Homer Central School District that:

I. Health Advisory Committee

The district Health Advisory Committee will monitor, review, evaluate, and update the district health and wellness policy annually. The Health Advisory Committee members will consist of community members, teachers, administrators, school health personnel, and others as deemed necessary by the committee chair and will serve as a resource to the district and its members.

II. Nutritional Quality of food and Beverages Sold and Served on Campus

School meals:

- Will be offered in a manner and with a selection variety that complies with all national and state school lunch program guidelines.

Breakfast:

- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and reduced school meals:

- To the extent possible the district will remove stigma involved with participating in this program, and promote its availability.

Meal times and scheduling:

- Will, to the extent possible, provide students with adequate time to eat after sitting down for breakfast and lunch.
- To the extent possible, buildings will schedule meal periods at appropriate times. Students in the latest lunch period of the day will be allowed to eat healthy snacks earlier in the day when it is safe and appropriate and teacher permission is given.

Qualifications of School Food Service Staff:

- A qualified nutrition professional will oversee the school meal program.

Foods and Beverages Sold Individually (i.e. sold outside of reimbursable school meals, such as through vending machines, a la carte [snack] items, fundraisers, school stores)**Foods**

- food items sold individually and/or pre – packaged items:
 - will be limited to 200 calories/serving
 - will have no more than 7gms of total fat or less than 35% of calories from fat
 - will have no more than 10% of its calories from saturated and trans fat combined
 - will have no more than 35% of its weight from added sugars
 - will contain no more than 360 mg of sodium per serving
 - A choice of at least two fruits and /or non – fried vegetables will be offered for sale at any location on the school site where foods are sold.

Beverages:

- Allowed – Water, fruit and vegetable juices and fruit based drinks that contain at least 50% real fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)
- Students will have access to drinking water throughout the day.
- Not allowed – soft drinks, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, whole milk and 2%.
- If the sale of beverages is offered in staff rooms, at least half of the liquid offerings will meet the guidelines set forth in this policy. If soda is offered in these areas the school building is encouraged to have these areas secured from student access.

Beverages must also meet the following requirements:

- No more than 42gms of sugar per 20 oz.

Fundraising Activities:

- To support children's health and school nutrition education efforts Homer Central School District will encourage all school sponsored groups that do fundraising to use the guidelines set forth in this policy when choosing any fundraiser that involves food. All groups will offer at least one item from the guidelines along with their traditional offerings. Beginning with the 2007 school year this will be mandatory.
- Candy cannot be sold as a fundraiser on school campus during the school day, so as to comply with state law.

- Concessions sold at school events are required to have at least 25% of their offerings fall within the guidelines set forth in this policy.
- The district will attach a list of ideas for acceptable fundraising activities to this document (Appendix a).
- The district highly encourages fundraising activities that promote physical activity.

Snacks

- The district will attach to this document a list of healthy snacks to teachers, after school program personnel and parents (Appendix b).

Rewards

- School personnel are encouraged not to use foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as punishment.

Celebrations

- Schools encourage classroom teachers to limit celebrations that involve food during the school day to no more than one party per class per month. The district will attach a list of healthier celebration activities to this document (Appendix c).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Homer Central School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable developmentally appropriate, culturally relevant participatory activities such as contests, taste testing, and school gardens;
- Promotes increased emphasis on fresh fruits, vegetables, "whole" grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); in planning meals.
- Teaches media literacy with an emphasis on food marketing and utilizes the CDC and FDA program models as part of the coordinated school health program.
- The district will restrict the marketing of unhealthy food choices for any district sponsored event.

Communications with Parents

- The Homer Central School District will support parents' efforts to provide a healthy diet and daily physical activity for their child. The district/school will send home nutrition information, post nutrition tips on school website, and disseminate other nutrition information as deemed necessary.
- Schools should encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the nutrition standards set forth in this policy for individual foods and beverages.
- The district/school will provide parents a list of foods that meet the district snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- The district/school will provide information about physical education and other school based physical activity opportunities before, during and after the school day, and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Staff Wellness

Homer Central School District highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education K-12

All students in grade K – 12 will receive regularly scheduled physical education or its equivalent for the entire school year. All physical education will be taught by a certified physical education teacher. Student's involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

*Physical activity and Physical Education guidelines are outlined under the Homer Central School District's comprehensive physical education curriculum.

V. Monitoring and Policy Review

Monitoring

The Superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

The superintendent or designee will develop a summary report every three years on district wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to the health advisory committee, school/community associations, building principals and school health services personnel in the district.