

SUBJECT: WELLNESS POLICY**(1) Philosophy**

The Windham-Ashland-Jewett Central School District (WAJCSD) Board of Education (BOE) believes in a Coordinated and Comprehensive approach to staff and student wellness that is sensitive to individual and community needs. To that end, the BOE believes that children of all ages who are healthy individuals can...

- Learn more effectively
- Are more likely to complete their formal education.

The BOE also believes that healthy staff can...

- More effectively perform their assigned duties
- Model appropriate wellness behaviors for students.

(2) Nutrition

The WAJCSD believes that a malnourished child cannot learn effectively. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and the ability to learn.

- a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the WAJCSD Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- b) Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

Dining Area:

- a) The WAJCSD shall provide a clean and safe meal environment for students.
- b) The WAJCSD shall provide enough space and serving areas to ensure all students have access to school meals with a minimum wait time.
- c) Drinking fountains shall be made available in all schools.

- d) All students shall be encouraged to participate in the school meals program and the identity of students who eat free and reduced priced meals shall be protected.

Time to Eat:

- a) The WAJCSD shall ensure an adequate time for students to enjoy eating healthy foods while in schools.
- b) The WAJCSD shall schedule lunchtime as near the middle of the school day as possible.

Nutrition Education:

- a) Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills that they need to adopt healthy eating behaviors.
- b) Students shall receive consistent messages about good nutrition throughout schools, classrooms, and cafeterias.
- c) Nutrition shall be integrated into the health education or core curricula (e.g. math, science, language arts).
- d) The WAJCSD shall ensure that staff who provide nutrition education have appropriate training.
- e) Nutrition services shall be available to support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity, per faculty request.

Food or Physical Activity as a Reward or Punishment:

- a) The WAJCSD shall prohibit the use of food as a punishment in schools and will be mindful of times when food is used as a reward in schools.
- b) The WAJCSD shall not permanently deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment:

- a) The WAJCSD shall provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- b) The WAJCSD shall encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- c) The WAJCSD shall encourage and provide opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in school dining areas.
- d) The WAJCSD shall encourage all students to participate in the school meals program, i.e. the National School Lunch and School Breakfast programs.

All Foods and Beverages Available on School Campuses During the School Day:

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, WAJCS D believes it must also establish standard guidelines to address all foods and beverages sold or served to students on the school campus, including those available outside of the school meal programs.

- a) WAJCS D shall make decisions on these guidelines based on nutrition goals, not on profit making.
- b) WAJCS D encourages participation in a "farm to school" program and sees value in buying local and buying fresh products whenever possible.
- c) A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- d) Foods and beverages sold as part of school-sponsored fundraising activities shall include nutritious food choices.
- e) Refreshments served at celebrations and meetings during the school day shall include nutritious food choices.
- f) Foods and beverages sold in concession stands on school campuses shall include nutritious food choices.

Vending Machines:

- a) All snack and beverage vending and/or sales shall provide options high in fiber, and low in sugar, fat and sodium
- b) Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following, with all others prohibited:
 - Plain, bottled water and approved, flavored waters.
 - Milk, as that term is defined in C.R.S. 25-5.5-101 and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage.
 - One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners.
 - No more than 15% of other beverages may contain less than fifty percent juice and additional sweeteners.
 - An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving.
 - Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice.

- No more than 15% of any other food items may contain more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and not more than thirty-five percent of its total weight in sugar.

(3) Health Education.

Healthy living skills shall be taught as part of the regular instructional program. The K-12 Health Education program, within a Coordinated School health Framework, shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a) The WAJCS D shall provide for an interdisciplinary, sequential, standards-based, skills-driven, student-centered health education program based upon New York State Standards.
- b) In accordance with NYS Standards, students in the WAJCS D shall receive instruction and practice based on the three Standards: Personal Health and Fitness; A safe and Healthy Environment; and Resource Management.
- c) In accordance with NYS Standards, students shall receive instruction and practice to acquire and develop skills in self management, relationship management, communication, stress management, goal setting, decision making, and advocacy that enhance personal, family and community health.
- d) In accordance with NYS Standards, students shall receive age-appropriate Functional Knowledge that includes, but is not limited to, the following: Physical Activity and Nutrition; Tobacco, Alcohol, and other Drugs: HIV/AIDS; Family Life/Sexual Health; Intentional Injury; Violence Prevention; Disease Prevention; first aid and other required health areas.
- e) In accordance with NYS regulations, the instruction of Health Education shall be provided as follows: Grades K-5 by regular classroom teachers; a certified health educator shall provide a ½ yr. course of study during junior high school (grades 7-8); a certified health educator shall provide a ½ yr. course of study in senior high school (grades 9-12).
- f) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(4) Physical Education and Activity.

The WAJCS D believes that Physical Education (PE) and physical activity shall be an essential element of the school's instructional program. The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

The Physical Education Program:

- a) The PE program shall be designed to stress physical fitness and encourage healthy, active lifestyles.
- b) The PE program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- c) A certified physical education teacher shall teach physical education.
- d) In accordance with NYS regulations, students in kindergarten through grade five are required to participate in PE for a minimum of thirty minutes, three days a week.
- e) In accordance with NYS regulations, students in grades 6-8 are required to participate in PE for one period every other day throughout the year. In addition to physical education classes, intramural programs (grades 6-8) and modified sports (grades 7-9) shall be offered throughout the year.
- f) In accordance with NYS regulations, students in grades 9-12 are required to complete 2 full credits for graduation. In addition to physical education classes, intramural programs/opportunities and/or interscholastic sports shall be offered throughout the year.

Physical Activity:

- a) All students shall be given appropriate opportunities for physical activity during the school day through PE classes, daily recess periods for elementary/middle school students, and the integration of physical activity into the academic curriculum, regardless of age, gender or physical disability.
- b) Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- c) WAJCSD will make efforts to keep school or district-owned physical activity facilities open for use by students outside of the regular school hours.
- d) Each school shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- e) WAJCSD shall provide training to enable school staff to promote enjoyable, lifelong physical activity among students.

(5) Safe & Healthy Environment.

The WAJCSD believes that a safe and healthy environment supports academic success for all students. Safer school communities promote healthier students. Healthier students do better in school and are more likely to make greater contributions to their community.

- a) All WAJCSD school buildings and grounds, structures, buses and equipment shall meet all current health and safety standards; and be kept inviting, lean, safe and in good repair.

- b) All WAJCSD school buildings and offices shall maintain an environment that is free of tobacco, alcohol, and prohibited substances.
- c) Safety procedures and appropriate training for students and staff shall always support personal safety, an environment free from harassment, and an environment free of threats or acts of violence.
- d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.
- e) Green Cleaning Standards: the District will comply with state recommendations to use appropriate "green" products, which are environmentally and child friendly to use in public schools.

(6) Counseling, Psychological & Social Services.

The WAJCSD is committed to developing and providing programs and services to staff, students and their families that promote social and emotional well being to optimize conditions for teaching and learning.

In so doing, each school shall provide a supportive environment that includes the services of guidance counselors, school psychologists and/or social workers. Such an environment shall encourage students, families and staff to request assistance when needed and shall link them to school or community resources.

- a) In accordance with NYS regulations, these programs shall help students who exhibit any attendance, academic, behavioral, or adjustments problems.
- b) Furthermore, these programs shall address, but not be limited to issues such as suicide, depression, anxiety, and violence.

(7) Health Services.

The WAJCSD believes an effective health care delivery system that promotes academic achievement by providing a broad scope of services will improve the mental and physical health of students and staff.

- a) Primary coordination of health services shall be through a well trained, well-qualified, registered school nurse in collaboration with the school physician with the support and direction of the WAJCSD.
- b) The WAJCSD shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community. Critical

- health issues will be addressed through Albany and Greene Counties Public Health Departments in collaboration with the WAJCS D.
- c) Coordinated and comprehensive programs of accessible health services shall be provided to students and staff and shall include, but not be limited to: nursing, emergency care for illness or injury, school health and safety, intervening with actual and potential health problems, addressing health concerns and problems, communicable disease prevention and control, health screening, services designed to ensure access for referral to primary health care, community health referrals, immunizations, providing case management services, facilitating positive student responses to normal development, violence prevention, parenting skills, first aid, CPR/AED, and other priority health education topics.
 - d) All health services staff will be well-qualified and well-supported health professionals.
 - e) The health services program shall actively collaborate with others to build student and family capacity for adaptation, self-management, self-advocacy and learning.

(8) Family, School and Community Partnership.

The WAJCS D believes in fostering solid family, school and community partnerships. Long-term, effective family, school and community partnerships positively impact student wellness.

- a) Community partnerships shall be developed and maintained as a resource for WAJCS D programs, projects, activities and events.
- b) Family, student and community partners shall be included in wellness planning processes within the WAJCS D on an ongoing basis.
- c) The diverse, cultural make-up of the school community shall be valued in planning and implementing wellness activities.
- d) The district shall actively support the engagement of students, families and staff in community health enhancing activities and events within the district and throughout the community to respond more effectively to the health-related needs of students.

(9) Staff Wellness

The WAJCS D believes that a healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. The district shall promote a healthy lifestyle for the staff and provide information about wellness resources and services for the staff. All personnel

involved in the school health program shall possess the necessary qualifications, training, and or experience essential to their duties.

- a) All WAJCS D buildings and offices shall maintain an environment that is free of tobacco, alcohol and prohibited substances.
- b) Each school and district site shall provide an accessible and productive work environment that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- c) All personnel involved in the school health program will be provided with the opportunity for ongoing professional development activities that are directly related to their responsibilities. Professional development programs shall: respond to the professional improvement needs of staff and schools; be made available to staff at their place of work to the greatest feasible extent through in-service programs; involve staff unions, professional associations and any other related personnel in planning and implementation.
- d) WAJCS D shall support the development and implementation of staff wellness activities to ensure that all staff has access to opportunities that enhance their health.

(10) Implementation/Evaluation.

The WAJCS D Board of Education adopted this policy June 22, 2006. There shall be an assessment of the Policy and implementation efforts no later than every three years thereafter. The purpose of the assessment is to determine ongoing compliance and effectiveness and to assess feedback about student, parent, teacher, and administration satisfaction with the Policy.