

CAMDEN CENTRAL SCHOOL DISTRICT
BOARD OF EDUCATION POLICY STATEMENT

SUBJECT: WELLNESS, PHYSICAL ACTIVITY AND NUTRITION

POLICY NO.: 5037

EFFECTIVE DATE: 08/15/17

DATE OF ORIGINAL POLICY: 08/07

DATE OF NEXT REVIEW: 08/15/20

CANCELS POLICY NO.: 5035

DATED: 07/06/17

IDENTIFYING DATA:

I. Philosophy:

In order to promote the importance of healthy nutrition and physical activity and its direct impact on student's health, attendance and academic success to the students of the Camden Central School District. Therefore, the Board of Education establishes the following policy.

II. Policy Statement:

The policy of the Board of Education is to support healthy nutrition and physical activity in all aspects of the student's school experience.

III. Exceptions to the Policy:

None.

IV. Amplifying Instructions and Guidelines:

A. Policy

The School District Wellness Advisory Committee will develop, implement, monitor, review and revise the District's Wellness Policy as necessary.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served during school hours will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

B. Nutritional Promotion and Education

The primary goal of Nutrition Promotion and Education is to enable students to make informed food choices appropriate for their age, and to positively influence the formation of lifelong eating habits. To achieve this goal, the District has established these operating standards:

1. Formal Classroom Teaching

- Shall be age appropriate
- Shall be sensitive to and reflective of cultural diversity
- Shall be provided to students in grades K –12 in accordance with state and district curriculum standards
- Shall be integrated into core curricula (e.g. math, science, language arts, and social studies) as appropriate and as feasible; some resources are readily available and can be provided to teachers

2. Informal Education, Outside The Classroom

- Food Service staff shall coordinate with teachers and students to support messages provided in formal classroom settings. The cafeteria may serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Students shall receive consistent nutrition messages throughout the school. Staff and guests in our school will be encouraged to act as role models to promote wellness.

3. Maintenance of a Nutritional Environment

Meals served at Camden Central School will:

- offer a variety of fruits and vegetables.
 - at a minimum, meet the nutritional requirements established by local, state, and federal statutes. All foods made available on the school campus will comply with current USDA Dietary Guidelines for Americans.
- a. Breakfast: Camden Central School offers a Breakfast Program to all students. Students will be encouraged to start each day with a healthy breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
- schools will, to the extent possible, operate the School Breakfast Program.
 - schools that serve breakfast to students will notify parents and students of the availability of the school Breakfast Program.
 - students will be provided with adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch.
 - the physical setting in which students eat will be clean, safe and promote wellness.

- students' hygiene needs will be met within reasonable proximity to the cafeteria.
 - cafeterias will have enough service area so students are served in a timely manner.
 - there will be adequate seating for all students in their scheduled breakfast/lunch periods.
 - food or beverages including water will not be used as a reward or punishment.
- b. Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- c. Fund Raising: To support children's health and school nutrition education efforts, school fund raising activities are to encourage healthy nutrition and physical activity by limiting the sale of non-nutritional foods and promoting activity related to healthy lifestyles. Examples of this could be: activity nights, foul shooting contests, sport nights (faculty basketball), bottle and can drives. All school sales must be approved by the principal and/or designee. The Athletic Administrator will approve sales by all the Booster Clubs.
- d. Rewards: Schools should limit use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- e. Celebrations: Classroom celebrations and snacks should feature healthy choices that promote the wellness of all students.
- f. Sale of sweetened foods: Schools will be prohibited from the beginning of the school day until the end of the last scheduled meal period to sell sweetened foods. Sweetened foods consist of sweetened soda water, chewing gum, candy, including hard candy, jellies, gum, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn, and water ices except those which contain fruit or fruit juices.
- g. Vending Machines: They are a privilege in the school and are permitted only if the Superintendent deems the product selection and dispensation to be consistent with the prohibited sale of sweetened foods. Responsibility for the management and operation of any vending machines shall be that of the Superintendent; and all proceeds shall accrue to the students' activities funds.
4. Nutritional Guidelines

- a. The District will develop standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.
- b. The District will develop standards and nutrition guidelines per each school district building for all foods and beverages provided but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- c. Fundraisers conducted during the school day will meet, or exceed, the nutritional requirements listed in the Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule and no fundraising foods and beverages will be sold until the end of the last lunch period. Fundraisers conducted outside of the school day will be encouraged to promote the sale of healthy foods items and events involving physical activity.
- d. For purposes of this policy, the school day means the period from the midnight before the start of student attendance to 30 minutes after the end of the official school day.

C. Physical Activity

The primary goal of the comprehensive physical activity program is to provide a variety of opportunities for every student to be physically active. Physical education that develops the knowledge and skills for specific physical activities, maintains physical fitness and the understanding of the short and long-term benefits for a physically active and healthy lifestyle is central to the physical activity component.

1. A formal Physical Education program will:
 - implement physical education curricula and instruction that emphasizes enjoyable participation in physical activity and that helps students develop the knowledge, attitudes, motor skills, behavioral skills and confidence needed to adopt and maintain physically active lifestyles.
 - have a Board approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner’s Regulations.
 - offer other physical activities for students (e.g. interscholastic or intramurals) which will not be substituted for meeting the physical education requirement.
 - require all students to fulfill the physical education requirements as set forth in the regulations of the Commissioner of Education as a condition of graduating from the District.
 - require that a certified physical education teacher instruct all physical education classes.
 - require students to spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
2. Physical Activity during the School Day

- All elementary school students will have a goal of 20 minutes a day of supervised recess, during which schools should encourage (verbally and through the provision of space and equipment), moderate to vigorous physical activity. Attempts should be made to have recess before lunch as research indicates that physical activity before lunch can increase nutrient intake and reduce food waste.
- Teachers should provide for short physical activity breaks between lessons or classes, as appropriate.

3. Physical Activity Opportunities after School

- All elementary, middle, and high school schools will offer extracurricular physical activity programs, as appropriate, such as physical activity clubs or intramural programs. All secondary schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, and students with disabilities.
- Students should be given the opportunity to participate in activities that are less strenuous, less time consuming, less competitive, more relaxing and more fun-based than traditional athletics. The goal is to get as many students engaged in life-long physical activities as possible. These opportunities should be provided after the school day.

4. Physical Activity and Punishment

- Teachers and other school and community personnel should not deny physical activity (e.g. physical education) as punishment or to make up lost classroom time. (An exception to this will be when safety is an issue).

5. Use of School Facilities Outside of School Hours

- Anyone wishing to use school facilities outside the school day should refer to building use policy forms in all buildings and at the district office.

D. Marketing and Advertising

Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy-Free Kids Act “Smart Snacks in Schools” Rule.

E. Guidelines for Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth in Federal Regulations (7 CFR Part 210 and 220).

V. Delegation of Authority:

1. The Superintendent will designate a Wellness Committee by October 15th of each school year with members chosen from the public, parents, students, school food service workers, teachers, administrators, Board of Education members and support staff personnel. The Wellness Committee will review the policy and make recommendations to the Superintendent as needed.

Under the direction of the Superintendent or designee as designated by the Superintendent in writing, the District will be responsible for the following:

- A. Periodically assess whether the school district is meeting the requirements of this policy.
- B. Inform and update the public (including parents, students and others in the community) about the content and implementation of this policy.
- C. On a triennial basis, measure and make available to the public an assessment of the implementation of the policy including:
 1. Compliance with the policy;
 2. How well the policy compares to model wellness policies; and
 3. Description of the progress made in attaining the goals of the policy.
- D. Retain basic records demonstrating compliance with the policy, to include:
 1. The written wellness policy;
 2. Documentation demonstrating compliance with community involvement requirements;
 3. Documentation of the triennial assessment of the wellness policy;
 4. Annual local wellness policy progress reports for each school; and
 5. Documentation to demonstrate compliance with the public notification requirements.
- E. Reinforce policy goals with school staff as needed.

VI. Reports:


None.

VII. Expiration:

Review every three years.

VIII. Signature Block:

Reviewed and Approved by Board Policy Committee (only one signature required):



Date: 08/15/17

Board Committee Member

Submitted: Mrs. Ezyerba Date: 08/15/17
(Superintendent)

1st Reading: 07/06/17 2nd Reading: 08/15/17

Established: Brandie Collins Date: 08/15/17
Board President

Ayes 7 Nays — Abstain —

IX. Attachments:

None