



Book	Hudson Falls CSD Board Policies
Section	Section 5000: Non-Instructional/Business Operations
Title	Wellness
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**SUBJECT: WELLNESS**

**I. Wellness Committee**

- A. The Hudson Falls Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.
- B. The District will establish an active wellness committee to review the District's proposed local wellness policy, and will make policy recommendations for further review and adoption by the Board of Education. The Wellness Committee will meet 4 times a year. The District Wellness Committee includes, but is not limited to, representatives from each of the following groups:
- Parents;
  - Students;
  - Physical Education teachers;
  - School health professionals;
  - The District's food service program;
  - The Board of Education;
  - School administrators; and
  - Members of the public.
- C. The District Wellness Committee will also be responsible for assessing current activities, programs, and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of the policy. In doing so, the Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.
1. Assessments of the District's wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include:
- Compliance with the wellness policy;
  - How the wellness policy compares to model wellness policies; and

- Progress made in attaining the goals of the wellness policy.

## II. Goals to Promote Student Wellness

A. The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy lifelong physical activity. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

1. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts.

Therefore, marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. As such, 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, Hunger-Free Kids Act's "Smart Snacks in Schools" Rule and that are consistent with this policy. This includes, but is not limited to the following:

Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

Displays, such as on vending machine exteriors.

Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.

Advertisements in school publications or school mailings.

All advertising in school publications and school media outlets must be approved by the principal.

Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

2. The District will promote nutrition education activities that involve parents, students, and the community throughout the school year. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. Examples of promotion could include: inviting parents to breakfast, contests, Wellness Fair, Celebrity Day, themed days, serving breakfast at lunch, soliciting menu ideas and input, website, flyers, announcements, Student Advisory Group, breakfast giveaways, public service announcements, automated messages, press releases, existing forums, involving advocates, celebrating National School Breakfast Week and hosting a food service table at School Open Houses.

3. The District will promote healthy food and beverage choices for all students and encourage participation in school meal programs. This will occur by using Smarter Lunchroom and other techniques which guide students toward healthful choices and ensuring that 100% of foods and beverages promoted to students meet the Smart Snacks in School nutrition standards, which can be found on the United States Department of Agriculture's (USDA) official website.

<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

4. The District is cognizant of the fact that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of such equipment may be impossible due to existing contracts or

prohibitive costs, the District will consider when replacing or updating such equipment over time to ensure the message it delivers to students regarding nutrition, health, and well being is consistent.

5. The District will encourage parents to send in healthy treats for classroom celebrations.
6. District staff will be encouraged to model healthy eating, drinking, and physical activity behaviors for students.

III. The District prohibits withholding food as punishment under any circumstance. We strongly discourage food rewards and incentives to be used in classrooms to encourage student achievement or desirable behavior. We strongly recommend staff use physical activity as a reward when feasible.

#### IV. **Nutrition Promotion and Education**

The District will encourage healthy eating by all students by engaging in nutrition education and promotion by:

- A. Nutrition education will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition education will follow applicable New York State Standards and be designed to help students acquire:
  1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
  2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.
  3. Nutrition education will be linked with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services.

#### V. **Physical Activity**

- A. The District will provide opportunities for every student to participate in physical education and, in an effort to comply with the recommendation that children and adolescents participate in at least 60 minutes of physical activity each day and committing to providing quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. In doing so, the District aims to promote among students, staff, and community members the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle. Physical activity opportunities will be in addition to, not in lieu of, physical education and will not be used as a punishment for students, but rather another means by which students may develop or maintain a healthy and active lifestyle. In doing so, the District aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

The District will encourage that the following standards are met to achieve its goals relative to physical education and physical activity:

1. All physical education classes are taught or supervised by a certified physical education teacher.
2. All physical education staff receive professional development relevant to physical education on a yearly basis.
3. All students in grades K-12 shall be required to take physical education class.
4. Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program unless NYSED regulations permit such.
5. An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented for grades K-12, with a focus on students'

development of motor skills, movement forms, and health-related fitness.

6. The District will provide all students physical education that teaches them the skills needed for lifelong physical fitness.
7. All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions with appropriate accommodations when needed.

- B. The District will develop 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.

<http://www.p12.nysed.gov/ciai/pe/documents/part135.4updatereg.html>

- C. Should the plan not meet or exceed these requirements, an improvement plan to remedy underserved areas will be developed for improvements to be made over a two year period.

- D. All classroom teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible so as to limit sedentary behavior during the school day.

1. Additionally, all elementary students will be offered one daily period of recess for a minimum of twenty (20) minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Where weather and/or facilities allow, recess will be offered in a place that accommodates moderate to vigorous physical activity.

2. Classroom Physical Activity Breaks (Elementary and Secondary)

All classroom teachers, and particularly those engaged in the instruction of K through 5 students, will incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Moving between classes shall not be counted as a physical activity break. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Physical activity will not be used as a punishment for students, but rather another means by which students may develop or maintain a healthy and active lifestyle.

3. The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

4. Physical activity will not be withheld for disciplinary action unless the student is a danger to him/herself or others. Recess or other physical activity time will not be canceled for instructional make up time. We strongly recommend staff use physical activity as a reward, whenever feasible.

- E. Before and After School Activities

The District will offer opportunities for students to participate in physical activity before and/or after the school day through various methods, such as physical activity, clubs, intramurals, and interscholastic sports. Further, the District encourages students, faculty, parents and community to plan, promote, and participate in additional activities that promote physical activity, health & wellness.

- F. Active Transport

The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by providing secure locations and equipment for bicycles and providing crossing guards on crosswalks on streets leading to schools.

- G. Staff Wellness and Health Promotion- Below are a number of choices to choose from

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with District Administration.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.

#### H. Sun Safety

- a. The District's Board of Education recognizes that the sun's ultraviolet (UV) radiation can cause skin cancer. To help prevent skin cancer, the District will support sun safety behaviors in students; provide environmental supports to avoid overexposure to the sun when students are outdoors; and provide key sun safety education; and communication with students and families.
- b. Hats, Protective Clothing, and Sunglasses
  - i. Students will be allowed and encouraged to wear articles of sun-protective clothing including hats and sunglasses when outdoors.
- c. Sunscreen
  - i. Please refer to Policy #7513
- d. Shade Protection and Scheduling
  - i. School administrators, buildings and grounds personnel, and other District employees will consider the availability of shade when planning outdoor activities.
  - ii. Appropriate staff will encourage the use of shaded or indoor areas for congregation and recreation as appropriate. Especially during times between 10am and 4pm when the sun is at peak intensity.
  - iii. Appropriate District staff will survey the school campus to identify areas where the addition of shade would be practical and desirable.
- e. Education and Communication
  - i. All District staff will be provided a copy of this policy. Educators will be allowed to provide age-appropriate education at each grade level relating to skin cancer, including information about the harmful effects of UV radiation and recommended practices for preventing skin cancer at any time of the school year.
  - ii. The program may use, but will not be restricted to, available curriculum and educational materials, visual (ex: posters) and audio messages (school announcements) to remind students to engage in sun-safe behaviors.
  - iii. Communication from District to parents and guardians through methods such as District website updates, social media posts and student handouts may include, but will not be limited to:
    1. Details of District policy relating to hats, sun-protective clothing, sunscreen usage, and sunglasses.
    2. Encouragement of families to reinforce sun-safe behavior outside the school and to support the school's sun safety programs.
    3. The importance of, and strategies for, preventing skin cancer.
  - iv. In addition, the District will provide notice of this policy to all contracted partners, agencies, or community-based organizations providing services to students (ex: afterschool programs, summer programs, etc.).

#### VI. **Federal School Meal Programs**

- A. The District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards. All

schools within the District participate in the USDA child nutrition programs, including the NSLP and the SBP. School meals will meet and exceed the program requirements beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. The USDA Smart Snack standards for beverages sold in elementary and middle schools will also apply to beverages sold at the high school during the school day. HF School District Smart Snack list can be provided by the Food Service Director and the school.

- B. The District will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. District nutrition services staff will solicit feedback from students in grades 4 through 12 through various strategies, on the school breakfast and/or school lunch program(s) at a minimum of twice a year.

The District will promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:

Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans) when possible.

Sliced or cut fruit is available daily.

Daily fruit options are displayed in a location in the line of sight and reach of students. All available vegetable options have been given creative or descriptive names.

Daily vegetable options are bundled into all grab-and-go meals available to students. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

White milk is placed in front of other beverages in all coolers.

Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.

A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).

Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

Student artwork is displayed in the service and/or dining areas.

Daily announcements are used to promote and market menu options.

- C. Access to School Nutrition Programs

The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the District website. The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

- It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.
- Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.

- Schools will not throw away a student's meal because the student has an unpaid balance.

D. Meal Environment: The District meal environment shall be established according to the following guidelines.

1. School dining areas have sufficient space for students to sit and consume meals;
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating;
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time;
4. Requires meal periods to include at least 20 minutes of "seat time" for lunch and/or at least 10 minutes of "seat time" for breakfast;
5. All students have a scheduled lunch period;
6. Lunch times are scheduled near the middle of the school day;
7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served;
8. Nutrition information for meals is made available upon request to the Food Services Director or cafeteria manager;
9. Lunch and recess periods are attached to better support learning and healthy eating;
10. Food Allergies/Intolerances: Students with food allergies and/or intolerances will only consume foods sent in from home or provided/purchased from district nutrition services. In addition, the classroom of that student will be deemed an allergy-free area. No students or staff will be allowed to bring in that allergen(s) for snacks, classroom parties or other events. No limitations will be placed on non- allergic students in regards to foods brought for lunches (on campus or on field trips).
11. School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
12. Cafeteria will regularly provide taste tests for locally grown products.

## VII. **Community Access to District Facilities for Physical Activities**

School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations. All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.

### A. Community Partnerships

The District will continue to develop and enhance relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

#### 1. Nutrition Guidelines

In an effort to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the District Wellness Committee will recommend nutrition standards to be set for all foods and beverages available on school campus. For purposes of this section, the school day is defined as the period from the midnight before, to thirty (30) minutes after the end of the official activities.

#### 2. Fundraising

- a. All food and beverages sold as a fundraiser during the school day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule.
- b. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.
- c. School administrators, with the assistance of the District Wellness Committee, will create and promote a list of approved fundraising activities. All fundraisers taking place during the school day must be approved by the appropriate building principal prior to their being conducted.

### 3. Competitive Foods

- a. Competitive foods--which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day--will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines.
- b. Additionally, the District will not sell foods of minimal nutritional value in the student store, from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy, and candy-coated popcorn.

### 4. Competitive Foods: Served to students during the school day

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages provided, but not sold, to students on the school campus during the school day (e.g., classroom parties, classroom snacks brought by parents, or other foods given as incentives) will meet or exceed the USDA Smart Snack in School nutrition standards.

### 5. Foods and Beverages Sold or Served at Events Outside of the School Day

- a. All foods and beverages sold or served at school-sponsored events will be a single serving.
- b. At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.

## VII. Implementation and Evaluation of the Wellness Policy

- A. The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District designates the following individuals to have operational responsibility for ensuring that the District meets the goals and mandates of this policy [Director of Athletics, Physical Education, Health & Wellness].
- B. Wellness committee minutes and policy updates will be provided to the Board, posted on the District's official website, and distributed to the District Wellness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. Printed copies will also be made available to community residents upon request or can be accessed electronically on the District's website.
- C. School principals will be required to report to the district wellness committees on progress toward compliance until goals are reached.
- D. The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this policy, including, but not limited to, its content as well as any updates. Each year, the District will also publicize the name and contact information of the District official leading and coordinating the wellness committee as well as how the community may get involved with the wellness committee.



- E. The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Parents and students will have an opportunity to participate in planned physical activity and may provide feedback on school meals and other food available on campus by contacting the District's Food Service Director.
- F. The District will annually report on the progress each of its schools has made toward meeting the goals of this policy. This Wellness Policy and committee minutes can be found at [www.hfcsd.org](http://www.hfcsd.org) Such minutes will include:
  - 1. The website address for the wellness policy and/or information on how the public can access a copy; <https://go.boarddocs.com/ny/hfcsd/Board.nsf/Public> A description of each school's progress in meeting the wellness policy goals;
  - 2. A summary of each school's local school wellness events or activities;
  - 3. Contact information for the leader(s) of the Wellness Committee; and
  - 4. Information on how individuals can get involved in the Wellness Committee's work.

42 USC Section 1758(b)  
7 CFR Section 210.11  
79 FR 10693  
Education Law Section 915  
8 NYCRR Section 135.4  
Education Law, Article 19 Section 907

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