

## **SUBJECT: WELLNESS PLAN**

### **Malone Central School District's Wellness Plan Preamble**

The Malone Central School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the Malone Central School District will:

- a) Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity practices. Provide all students in grades Pre-Kindergarten through 12 with opportunities, support, and encouragement to be physically active on a regular basis.
- b) Actively pursue having foods and beverages which are sold or served at school that meet nutrition recommendations of the U.S. 2015 Dietary Guidelines for Americans.
- c) Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. Individuals with special dietary needs should contact the Food Service Manager to discuss options available.
- d) Participate in available federal school meal programs including the School Breakfast Program, the School Lunch Program and the After-School Snack Program to the maximum extent practicable.
- e) Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **PROMOTION OF WELLNESS**

### **Nutrition Education**

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

- a) Includes training and/or resources for teachers and other staff;
- b) Results in a fully implemented K through 12 sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

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- c) Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, physical education, elective subjects and a focus of the food service program;
- d) Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens which may be coordinated through the Wellness Committee;
- e) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices which are consistently promoted throughout the School District;
- f) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- g) Links with school meal programs, other school foods, and nutrition-related community services.

**Physical Activity**

Daily Physical Education (P.E.) K through 12

The Center for Disease Control recommends that children have a minimum of sixty (60) minutes per day of physical activity.

It is recommended that all students in grades K through 12, including students with disabilities, special health-care needs, and in alternative educational settings, receive daily physical education. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Currently elementary students receive an equivalent of one hundred fifty (150) minutes/week and secondary students receive a minimum of seventy-five (75) minutes/week for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. P.E. waivers will not be granted except in limited circumstances (i.e., student is in drug rehab or receiving home tutoring). Students will spend at least fifty percent (50%) of physical education class time participating in moderate to vigorous physical activity. At the elementary level, teacher/student ratio will be similar to that of academic classes. Adequate space and equipment that conform to all safety standards will be provided and physical education teachers will receive professional development on a yearly basis.

Daily Recess

Recess is not a privilege. Recess is an integral part of the overall health and well-being of each child. In

the elementary schools, thirty (30) minutes are allotted daily for recess. All elementary school students are required to participate in at least fifteen (15) minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should try to give students periodic breaks during which they are encouraged to stand and be moderately active.

It is recommended that two (2) recess sessions be offered each day for all students in grades K through 8.

### Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment or for disciplinary reasons (with the exception of safety issues). Physical activity opportunities should not be withheld in order to increase instructional time or to remediate students who are not performing well academically. It is recommended that students not be withheld from recess more than a total of thirty (30) minutes per week. Interscholastic athletic coaches may use additional conditioning or strength building activities as a consequence, but must do so in a manner that protects the safety of the athletes.

### Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, 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, students with disabilities, and students with special health-care needs and will encourage students to participate in them.

After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

### **Use of School Facilities Outside of School Hours**

1. Through an informal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, staff, and the community outside of school hours. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

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**Safe Routes to School**

The School District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts. The School District will explore the availability of federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements.

**Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least sixty (60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- b) Opportunities for physical activity will be incorporated into other subject lessons; and
- c) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- d) 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.

**Foods Available on School Campus**

School Meals

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards which can be found here: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

Meals served through the National School Lunch and Breakfast Programs will:

- a) Be appealing and attractive to children;

- b) Be served in clean and pleasant settings with appropriate supervision;
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- d) Offer a variety of fruits and vegetables;<sup>1</sup>
- e) Serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- f) Ensure that half of the served grains are whole grain;<sup>2,3</sup>
- g) Limit the amount of sodium for food sold on school property; and
- h) Limit the amount of saturated fats and work towards eliminating foods with trans fats.
- i) Promote healthy food and beverage choices using Smarter Lunchroom techniques, nutritional posters, and fuel ups.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information should be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

### 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:

- a) Schools will operate the USDA School Breakfast Program.
- b) Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation. Milk will be available during morning breaks.
- c) Schools will notify parents and students of the availability of the School Breakfast Program.

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

### Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>4</sup>. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

## **Meal Times and Scheduling**

### Schools:

- a) Will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- b) Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- c) Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- d) Will schedule lunch periods to follow recess periods (in elementary schools);
- e) Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- f) Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

## **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, continuing professional development for all nutrition professionals in schools will be provided. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>5</sup>

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

## **Sharing/Trading of Foods and Beverages**

Schools will discourage students from sharing/trading their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **Foods and Beverages Sold Individually**

This section refers to foods sold outside of reimbursed school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.

### Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in

elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Beverage vending machines only will be permitted in the elementary schools. Water and beverages with a minimum of one hundred percent (100%) fruit juice will be sold.

### Middle and High Schools

In middle high and high schools, all foods and beverages sold to students individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, student vending machines, student stores, or fundraising activities) during the school day<sup>6</sup>, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- a) Beverages
  1. Allowed: water, one hundred percent (100%) fruit and vegetable juices; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA); high school only may have fruit-based drinks that contain additional non-caloric sweeteners.
  2. Not allowed: soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than one hundred percent (100%) real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- b) Foods
  1. A food item sold individually:
    - (a) The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
  2. A choice of at least two (2) fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent (100%) fruit or vegetable juice; fruit-based drinks that are at least one hundred percent (100%) fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).<sup>7</sup>
- c) Portion Sizes
  1. Limit portion sizes of foods and beverages sold individually to those listed below:
    - (a) One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

- (b) One ounce for cookies;
- (c) Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- (d) Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- (e) Eight ounces for non-frozen yogurt;
- (f) Twelve fluid ounces for beverages, excluding water, low fat milk, juice with one hundred percent (100%) or more real fruit juice; and
- (g) The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **Promotion**

Any foods and beverages marketed or promoted to students on the school campus during the school day<sup>6</sup> will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined<sup>i</sup> as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term 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 school equipment, such as marquees, message boards, scoreboards, or backboards.
- 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.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising



activities should as often as possible be non-food fundraisers. Fundraising activities that involve food should use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Foods not meeting nutrition and portion size standards will not be sold during school hours. Schools will encourage fundraising activities that promote physical activity. The School District will make available a list of ideas for creative fundraising activities.

### **Snacks**

Snacks served during the school day<sup>6</sup> or in after-school care or enrichment programs will follow the Smart Snacks for Schools Guidelines. 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. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

### **Rewards**

The School District strongly encourages non-food rewards. If schools use foods or beverages as rewards for academic performance or good behavior,<sup>8</sup> those foods will meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

### **Parties**

Schools should limit parties that involve nutrient low/calorie dense food during the school day to no more than one party per class per month. Each party should include no more than a total of two foods and/or beverages that do not meet nutrition standards for foods and beverages sold individually (above). Additional parties at which only foods/beverages that meet the "choose sensibly" guidelines are served, are acceptable anytime at the teacher's discretion, however it is recommended that the focus of parties be shifted from food to physical activity. The District will disseminate a list of healthy party ideas to parents and teachers.

### **School Sponsored Events**

At events such as, but not limited to, athletic contests, dances, or performances, seventy-five percent (75%) of foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). For example, if soda is sold at a concession stand, at least three other beverages of nutritional value must be available [one hundred percent (100%) fruit juice, sports drinks with less than 25 cal/serving, etc.].

Groups are encouraged to sell and/or provide items that are nutritious and healthy.

### **Staff Wellness**

Malone 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. The District's Wellness Committee will oversee the Staff Wellness component of this policy. The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity,

and other elements of a healthy lifestyle among school staff. It is recommended that when working or interacting with students, faculty and staff will act as role models and follow the same regulations in the Wellness Policy (coffee, soda etc.).

## **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 if done at the school level, to the School Principal). In addition, the School District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the State agency within the past five (5) years, the District will request from the State agency that a SMI review be scheduled as soon as possible.

2. The Superintendent or designee will develop an annual progress report which would include:
  - The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
  - A description of each school's progress in meeting the wellness policy goals;
  - A summary of each school's events or activities related to wellness policy implementation;
  - The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
  - Information on how individuals and the public can get involved with the DWC or SWC.

### Policy Review

To help with the initial development of the District's wellness policies, each school in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.<sup>9</sup> The results of those school-by-school assessments will be compiled at the District level to identify and prioritize needs.

At least once every three (3) years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to model wellness policies; and

- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Human Resources Assistant (518) 483-7800, ext. 7510. This wellness policy, annual progress reports and triennial assessments can be found at: <http://www.malonecsd.org/>

- <sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
- <sup>2</sup> As recommended by the Dietary Guidelines for Americans 2015.
- <sup>3</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.
- <sup>4</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.
- <sup>5</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.
- <sup>6</sup> The School Day is defined as midnight the night before to 30 minutes after the end of the instructional day.
- <sup>7</sup> Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.
- <sup>8</sup> Unless this practice is allowed by a student's individual education plan (IEP).
- <sup>9</sup> Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law Section 108-265  
Section 204 Richard B. Russell National School Lunch Act, 42 United States Code  
(USC) Section 1751 et seq. Child Nutrition Act of 1966, 42 United States Code (USC)  
Section 1771 et seq.  
7 Code of Federal Regulations (CFR) Section 210.10

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