

**SUBJECT: DISTRICT WELLNESS POLICY**

The Child Nutrition and WIC Reauthorization Act of 2010, "Healthy, Hunger-Free Kids Act," mandates that all school districts participating in a program authorized by the Richard B. Russell National School Lunch Act (42 United States Code Section 1751 et seq.) or the Child Nutrition Act of 1966 (42 United States Code 1771 et seq.) establish a local school wellness policy by July 1, 2006.

The Lyons 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. The Lyons School District has established a Wellness Committee to develop the District's proposed local wellness policy. The Lyons School District Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Students
- b) Parents
- c) Food Service Department
- d) School District and Building administrators
- e) Members of the public
- f) School nurses
- g) Physical education staff
- h) Student Support Services staff
- i) District Registered Dietician
- j) Support staff (teachers' aides/assistants, clerical, etc.)
- k) Representation from each building's School Improvement Team (SIT)

The Wellness Committee assesses current activities, programs and policies; identifies specific areas of need; develops the policy and provides mechanisms for implementation, evaluation, revision, and updating of the policy. The Wellness Committee was established to represent the local community's perspective in developing the wellness policy for Lyons School District.

**Goals to Promote Student Wellness**

Taking into account the parameters of the Lyons School District (academic programs, annual budget, staffing, and available facilities), as well as the community of Lyons (the general economy;

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socioeconomic status; local tax bases; social, cultural and religious influences; geography; and legal, political, and social institutions), the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

**Nutrition Education**

The Lyons Central School District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- a) Classroom teaching: Grades Pre-K through sixth grade will receive behavior skills-based nutrition education (such as meal planning and label reading) in the classroom as a part of their health curriculum. *Team Nutrition* from the United States Department of Agriculture (USDA) is the resource for nutrition education. Nutrition education will also be included in subjects such as math, science, language arts, social sciences and elective subjects. Grades 7 and 10 will receive more formal nutrition education in their health classes. Grades 7 through 12 will receive supplemental nutrition education in physical education classes.
- b) Education, marketing, and promotion that links outside the classroom:

Outside the classroom, nutrition education will be visible in the cafeteria next school year. Nutrition information will be available daily for the students and in brochures that will be available on all menu items. In the future, Lyons schools plan to make nutrition information available via the District's Web site as well.

Lyons schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

- c) Fundraising activities:

To support children's health and school nutrition education efforts, school fundraising activities will not encourage the use of foods. However, if foods are used, immediately consumable foods may not be sold during the school hours of 7 :45 am to 3: 15 pm. If a fundraiser does involve food, there should either be healthy food choices (suggestions in Appendix A) or non-food choices. Lyons Schools will encourage fundraising activities that promote physical activity. There is a list of ideas for fundraising in Appendix B.

- d) Teacher training:

Teachers will be encouraged to attend professional development to aid in teaching nutrition.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****Physical Education and Physical Activity**

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of physically active and healthy lifestyle.

The Wellness committee has determined that the following standards are necessary to achieve this goal:

a) Physical education graduation requirements:

The students in grades 9 through 12 must complete a total of 2.0 credits of physical education to graduate, by completing 0.5 credits per year.

b) Physical education class requirements:

The students in grades K through 6 will attend physical education class on average of eighty (80) minutes per week for the entire school year. These grades also receive an additional eight (8) minutes per day of physical education incorporated into classroom teaching through the *Take 10!* Program. This program is overseen by a certified physical education teacher. The students in grades 7 through 12 will attend physical education class on average of 105 minutes per week for forty (40) weeks each year of their six (6) years in middle/high school. The intensity of the physical activity will vary depending upon the activity being learned.

Adaptive physical education classes are provided for those students in special populations. The goal of high school adaptive physical education is lifetime activities that these students are capable of achieving beyond completing their schooling.

New York State Physical Education Standards and Regulations are followed for students in grades K through 12.

c) Staff training/certification for physical education:

The physical education staff will participate in professional development annually.

d) Physical activity outside physical education classes:

Twenty (20) minutes of daily recess/opportunities for physical activity will be provided for grades K through 6. (May be integrated into instruction of other content areas - for example, jumping jacks while counting in Math.) It is planned to change recess to before lunch time as research shows that the children will eat more of their lunch after recess.

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Opportunities for physical activity, including recess, cannot be taken away as a form of discipline. Staff are encouraged to offer opportunities for physical activity as acknowledgment of positive behavior and/or academic achievement.

The District does encourage walking or biking to school to those students who live within an appropriate distance. There are bike racks for bikes and sidewalks for walking. The Town of Lyons is developing a Safe Routes to School Program.

**Other School-based Activities**

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Committee has determined that the following standards are necessary to achieve this goal:

**a) Federal School Meals Programs:**

Lyons School District does participate in the available federal school meal programs including: School Breakfast Program, National School Lunch Program (including after-school snacks), and Summer Food Service Program.

The District will promote participation in free/reduced meal programs through the District Web site, newsletters, open houses and all other available opportunities including but not limited to:

1. Promoting the availability of the free or reduced price school meals program.
2. Providing nutritional information in English and Spanish.
3. Students will have the opportunity to provide input on local, cultural and ethnic favorite foods.
4. Providing periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
5. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
6. Students are prohibited from leaving campus for lunch with the exception of the students in 12th grade.

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The Food Service Director works with the District counseling department to ensure that all eligible children have access to free/reduced priced meals in a non-stigmatizing manner. Lyons has eliminated any social stigma attached to, and has prevented the overt identification of, students who are eligible for free and reduced-price school meals. Lyons uses electronic identification and payment systems.

The cafeteria does offer meal options that are culturally sensitive and addresses special dietary needs.

**c) Meal environment:**

Lyons provides students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch. Lunch meal periods are at appropriate times between 11 am and 1 pm. Any organizational meetings during lunch allow lunch to be eaten during the activity. In the future, lunch will follow recess in the elementary school.

Teachers provide time for students to wash hands before eating snack and lunch.

Parents are allowed to eat with their child in the cafeteria during lunch on any school day as long as they sign in at the Main Office and get a guest pass.

**d) Before/After-school programs for students:**

Lyons before/after-school programs incorporate nutrition related components and/or physical activity.

**e) Community access to District facilities for physical activities:**

Lyons supports staff wellness activity by allowing them to use the fitness center free of charge in the high school before school, during lunch and after school. In order to use the facility there must be at least two (2) people in the fitness center for safety purposes. The staff also receives training on all of the equipment.

The Wellness Committee is sponsoring the Golden Sneaker Challenge between the two (2) buildings by providing pedometers to all participants.

The Wellness Committee offers programs at the school which provide the community access to District facilities for physical activity.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****f) Communication with Parents:**

The District will support parents' efforts to provide a healthy diet and daily activity for their children. The District will send home nutrition information, post nutrition tips on the Wellness Web site on the District home page. In the future, the cafeteria will provide nutrient analyses of school menus. Lyons School will send flyers home that encourage parents to pack healthy lunches and snacks and provide lists of healthy foods.

Lyons School will provide information about physical education and other school-based 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. Such supports include sharing information about physical activity and physical education through a the Wellness Web site on the District home page, District newsletter, other take-home materials, special events, or physical education homework.

**Nutrition Guidelines**

The District Wellness Committee will recommend which nutrition standards will be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is 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.

**Nutritional Values of Foods and Beverages for A la carte, Student Stores, and Vending Items**

- a) Reimbursable meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.  
[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)
- b) Food of minimal nutritional value on the school campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:
  1. Calories from total fat will not exceed thirty-five percent (35%) (excluding nuts, seeds, peanut butter, and other nut butters); and
  2. No more than ten percent (10%) of its calories from saturated and trans fat combined;
  3. Added sugars will be no more than thirty-five percent (35%) of its weight;
  4. One third (1/3) of grains are whole grains with a goal of half (1/2) of the grains to be whole grains;

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5. Limit portion sizes of foods and beverages sold individually to those listed below:
  - (a) One and one quarter (1-1/4) ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - (b) One (1) ounce for cookies;
  - (c) Two (2) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - (d) Four (4) fluid ounces for frozen desserts, including but not limited to, low-fat or fat-free ice cream;
  - (e) Eight (8) ounces for non-frozen yogurt;
  - (f) Twelve (12) fluid ounces for beverages excluding water;
  - (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;
6. 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 juice, fruit-based drinks that are at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners, cooked, dried, or canned vegetables (that meet the above fat guideline);
7. Beverages
  - (a) Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetables juices and fruit-based drinks that contain at least fifty percent (50%) 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);
  - (b) Not allowed for students: soft drinks containing caloric sweeteners; fruit-based drinks that contain less than fifty percent (50%) 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);
  - (c) Nutrition information for products sold on campus will be readily available near the point of purchase.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****School Sponsored Events, Parties, Celebrations, Food-Related Fundraising, and Food Rewards/  
Punishments**

- a) School sponsored events (such as, but not limited to, concession stands for athletic events, dances, or performances) will include healthy food and beverage choices along with other menu items. It is recommended that the healthy food choices are priced competitively relative to comparable menu items. A list of healthy snack items is available in Appendix A. Letters to clubs that host these events will be sent to the person in charge to inform them of the new policy.
- b) Classroom parties and celebrations are encouraged to include healthy snack choices for the students. The cafeteria offers parents the option to purchase healthy snacks or there is a list of suggested healthy snack choices in Appendix A. All foods for the celebration need to be commercially prepared. The District will send a list of healthy party ideas to parents. A list of Internet links to ideas is found in Appendix C.
- c) Food fundraisers are to support children's health and school nutrition education efforts. School fundraising activities will not encourage the use of foods. However, if foods are used, immediately consumable foods may not be sold during the school hours of 7:45 a.m. to 3:15 p.m. If a fundraiser does involve food, there should either be healthy food choices (suggestions in Appendix A) or non-food choices. Lyons Schools will encourage fundraising activities that promote physical activity. There is a list of ideas for fundraising in Appendix B.
- d) Rewards are to include a variety of incentives and motivators and encourage non-food alternatives. Food or beverages will not be withheld (including food served through school meals) as a punishment. A list of suggested alternatives to food as rewards is in Appendix D.

**Food or Beverage Contracts**

Food and beverage contracts in the cafeteria have been terminated. There is one (1) contract remaining with Coca Cola for the purposes of vending water and fitness water.

**Vending machines**

Access to vending machines is available during breakfast, lunch and after school. The items for sale comply with Nutritional Values of Foods and Beverages as outlined above. All foods will follow the District's nutrition guidelines.

**Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****Implementation and Evaluation of the Wellness Policy**

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one (1) or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators
- b) School Health personnel including the school nurse and the health and/or physical education teacher
- c) School Food Service Director

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and School Health Services personnel within the District. The report shall also be available to community residents upon request.

The designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication

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with and training for teachers, parents, and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgement will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point of purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

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