

**Non-Instructional/Business
Operations****SUBJECT: DISTRICT WELLNESS POLICY**

The Port Jervis City 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. The District has established a Wellness Advisory Committee, which developed and continuously evaluates the local Wellness Policy, making policy recommendations for review and adoption by the Board of Education. The District's Wellness Advisory Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students;
- c) Teachers;
- d) The District's food service program
- e) The School Board;
- f) School Administrators; and
- g) Members of the public.

The District's Wellness Advisory Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; advise on the district's policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Advisory Committee is established to represent the local community's perspective in developing the Wellness Policy for the District.

Goals to Promote Student Wellness

Taking into account the parameters of the Port Jervis School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Advisory Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The goal of nutrition education is to positively influence a student's understanding, beliefs and habits as they relate to healthy eating and regular physical activity. Nutrition education will be integrated into all curriculum areas and will be age appropriate. The curricula should promote and facilitate the voluntary adoption of lifelong healthy eating.

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To accomplish these goals, the Port Jervis City School District will:

- Follow the guidelines of the Child Nutrition Program
- Provide all students with accessibility to the Child Nutrition Program
- Provide age appropriate, sequential and interdisciplinary learning opportunities
- Integrate health education, physical education and core curricula with sound nutritional messages and practices
- Provide school-based activities that are consistent with local wellness policy goals
- Provide training for teachers and staff
- Share nutrition information with families and the broader community to positively impact students and the health of the community.

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 a physically active and healthy lifestyle.

To accomplish these goals, the Port Jervis City School District will:

- Provide all students opportunities for physical activity during the school day through physical education classes and daily recesses (where appropriate)
- Provide age appropriate, sequential and interdisciplinary learning opportunities
- Integrate health education, physical education and core curricula with sound physical activity messages and practices
- Provide school-based activities that may include but may not be limited to intramural sports, modified, junior varsity and varsity and club sport opportunities
- Encourage participation in individual, group, competitive, non-competitive activities for all students including those not athletically gifted
- Encourage and provide education on life-long physical activities
- Encourage and support appropriate community based activities
- Encourage and support family based physical activities
- Provide training for teachers and staff.

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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 Advisory Committee has determined that the following standards are necessary to achieve this goal:

a) Federal School Meal Programs:

The District will participate to the maximum extent practicable in available federal school meal programs [School Breakfast program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program (including suppers)].

b) Access to school nutrition programs:

The District will work to ensure that all eligible children have access to free/reduced price meals in a non-stigmatizing manner.

The District will work to ensure that meals that are offered are culturally sensitive and address any special dietary needs of students.

Food and/or physical activity will not be used as a reward or punishment

c) Meal environment:

The District will work to ensure that the physical environment is safe, comfortable, pleasing and allows ample time and space for eating meals.

d) After-school programs for students:

The District will work to ensure that the Wellness Policy is considered in the planning of all school-based activities, such as, but not limited to, field trips and dances.

e) Community involvement:

The District's Wellness Policy will be publicized on the district website.

Participation of the community on the Wellness Advisory Committee will be encouraged.

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The Wellness Advisory 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

The Port Jervis City School District will:

- Meet Federal/State requirements for the Child Nutrition Program
- Have their Wellness Advisory Committee recommend establishing standards for food/beverages sold and served to students in the cafeteria, vending machines, school store, or by funding raising activities, including hours of operation
- Work to ensure that nutritional information for products sold on campus will be readily available near the point of purchase
- Ensure that all decisions made are based on nutritional goals and not profit making

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.

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 the 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.

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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 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; and
- 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 the 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 Advisory 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.

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

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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 acknowledgment 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 will, as necessary, revise the Wellness Policy and develop work plans to facilitate its implementation.

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