

SUBJECT: WELLNESS**Preamble**

The 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 Committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Faculty;
- c) Physical Education Teacher;
- d) Students;
- e) The District's food service program;
- f) The School Board; and
- g) School administrators.

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

Goals to Promote Student Wellness

Taking into account the parameters of the 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 Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities.

Nutrition Education

The 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:

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SUBJECT: WELLNESS (Cont'd.)Classroom Teaching

Curriculum will adhere to the federal standards and NYS standards for health and fitness. Topics will pertain to the knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintenance of personal health, create and maintain a safe and healthy environment, and understand and manage personal and community resources. In addition, topics may include: health promotion and disease prevention, current and valid health information and health promoting products and services, health enhancing behaviors and reduction of health risks, the culture, media technology influence on health, interpersonal communications related to health, goal-setting and decision-making skills to enhance health, and related to advocating for personal, family and community health.

The Wellness Committee may have input into curriculum needs in accordance with federal and state standards changes and/or Site Team decision-making discussions.

Education, Marketing and Promotion

- a) As appropriate, the Argyle Central School District will support and promote proper dietary habits contributing to students' health status and academic performance.
- b) The Argyle Central School District will promote school and community awareness of this policy through various means, such as a publication on the District website.
- c) The Argyle Central School District will encourage and promote wellness through a variety of school related activities.
- d) The Argyle Central School District shall encourage all school fundraising efforts to be supportive of healthy eating, whenever possible.
- e) Marketing and advertising on school campus during the school day will be consistent with nutrition education and health promotions. 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 School Rule.

Additional Provisions

Parents will be encouraged to send in healthy treats for classroom celebrations.

Food as a Motivational Tool

The District encourages non-food alternatives used as a motivational tool. Food is not recommended as a motivational tool.

(See Appendix A for suggested non-food alternatives.)

(Continued)

SUBJECT: WELLNESS (Cont'd.)**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.

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

- a) Physical education graduation requirements
- b) Physical education class requirements
- c) Staff training/certification for physical education
- d) Physical activity outside physical education classes

The Wellness Committee will commit to ensuring that federal and NY state standards are adhered to in the above a) and b). Any changes will be in accordance with Site Team decision making with Wellness Committee input. For the above d), Youth Commission activities, Field Day, and other events will be encouraged annually.

Recess

The District recommends daily recess, that is defined as unstructured physical activity for all students in grades K-6.

In addition, the District will explore opportunities for physical activity during the school day and outside of physical education class for all students grades 7-12.

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:

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SUBJECT: WELLNESS (Cont'd.)a) Federal School Meal Programs

1. Argyle Central School District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program). Food served through these programs will meet all applicable federal and state standards.
2. Argyle Central School 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.

b) Access to School Nutrition Programs

Argyle Central School District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

c) Meal Environment

1. All students are provided with an opportunity for a scheduled lunch period.
2. Students are given adequate time to eat healthy meals.
3. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.

d) 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 consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

Nutrition Guidelines

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the Argyle Central School 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, the 30 minutes after the end of the official school day.

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SUBJECT: WELLNESS (Cont'd.)**School Meals**

School meals will, at a minimum, meet the program requirements and nutrition standards of the School Breakfast and National School Lunch Programs.

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, and by promoting events involving physical activity.

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.]

Food and Beverages Sold or Served at Events Outside of the School District

At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in School" Standards.

Implementation and Evaluation of the Wellness Policy

- a) The Argyle Central School 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:

Superintendent of Schools
Food Service Coordinator

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SUBJECT: WELLNESS (Cont'd.)

- b) These designated staff members will also serve as liaisons with community agencies in providing outside resources to help in the development of nutritional education programs and promotion of physical activities.

Argyle Central School District will annually report on the progress each of its schools has made toward meeting the goals of this policy. Such report will include:

- a) The website address for the Wellness Policy and/or information on how the public can access a copy;
- b) A description of progress in meeting the wellness policy goals;
- c) Contact information for the leader(s) of the Wellness Committee; and
- d) Information on how individuals can get involved in the Wellness Committee's work.

Non-Food Alternatives as Motivational Tools (Appendix A)Zero-cost alternatives

Sit by friends
Watch a video
Read outdoors
Teach the class
Have extra art or recess time
Play a computer game
Read to a young class
Get a no homework pass
Make deliveries to the office
Listen to music while working
Play a favorite game or puzzle
Earn play money for privileges
Walk with a teacher during lunch
Eat lunch outdoors as a class
Be a helper in another classroom
Eat lunch with a teacher or principal
Dance to favorite music in the classroom
Get "free choice" time at the end of the day
Listen on a headset to a book on audiotape
Have a teacher perform a special skill
Have a teacher read a special book to the class
Give a 5-minute chat break at the end of the day

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Non-
Instructional/Business
Operations

SUBJECT: WELLNESS (Cont'd.)

Low-cost Alternatives

- Select a paperback book
- Give a pencil, sticker or other school supplies
- Enter a drawing for donated prizes
- Receive a video store or movie theater coupon
- Receive a "mystery pack" (include items like a notepad, folder, sports cards)

Adapted from Michigan Team Nutrition and amended Argyle Wellness Committee

Adopted: 6/13/19