

Argyle Central School District

Wellness Summary for Students, Staff and Parents



School Districts that participate in the Free and Reduced Lunch Program are required to have Local Wellness Policies under the **USDA Healthy, Hunger-Free Kids Act** (<https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>). This provision requires school districts to report wellness events and activities annually and report progress toward meeting wellness goals every three years. The results of these reports will be shared with the Board of Education and the school community and will be posted on the District's website.

The Wellness Committee:

- Helps the District implement and evaluate the Wellness Policy.
- Plans District wellness events and programs.
- Coordinates efforts in the District to create a healthy environment.

The District is recruiting staff, parents, community members, and students to join the Wellness Committee. Contact: Meaghan Wilkins (wilkins_m@argylecsd.org)

2022-2023 District Wellness Goals

1. Continue to GROW and support our School Garden
2. Continue to support the Healthy Kids Week in April (Veggie Tasting)
3. Emphasize the role of healthful eating and physical activity for overall health and wellness.
4. Promote community-based wellness activities and opportunities.
5. Promote healthy food and beverage choices for all students and encourage participation in school meal programs using Smarter Lunchroom techniques, which guide students toward healthy choices.



Guidance & Goals for our Families



Free and Reduced Meal Programs

Applications for participation will be sent home to all families at the beginning of the school year, provided at open houses, and available on the District's website.

http://www.argylecsd.org/departments/food_services

- Menus are posted on the District website, sent home monthly with elementary students, and are available in the main office.
- Students will be asked for their feedback on the school meals through Scotty PAWS group and surveys
- All foods, beverages, and snacks sold or marketed during the school day* by the school or school affiliates, such as booster clubs, should meet the **USDA Smart Snack Standards**.
- Free drinking water will be available at all times throughout the school day at refillable fountains
- In keeping with the goals of the District, we are focusing on **Healthy Snack Options**. Healthy snacks should be sent in with your student (s) daily. Whenever there is an opportunity to make the healthier snack choice we hope that parents, caregivers, and students will make the best choice.

***School Day- the period beginning the midnight before, to 30 minutes after the end of the official school day.**

School Garden

- ◆ ACS Garden is in its 2nd Year!
- ◆ It produces multi colored peppers, cherry tomatoes, beef steak tomatoes, banana peppers, radishes, and potatoes
- ◆ New this year we started a Ground Garden with zucchini, summer squash and Melon
- ◆ All items are student driven! They start from seed, grow, plant, and even water through the summer and then harvest. Once harvested they bring to the Cafeteria, the Food Service Team then cleans, chops, cooks and serves the new items for the whole school to try!
- ◆ Thank you to the Garden Team (Mrs Wilkins, Mrs Bailey and Mr Depew) and all the students and parents that help!



Physical Education and Physical Activity

- All students in grades K-12 are required to take physical education.
- Interscholastic sports, intramural sports, and recess will not serve as substitutes for physical education.
- Students in high school (grades 9-12) will be offered the opportunity to select a new elective called Advanced Physical Education. This class will replace the regular physical education for students who have a special interest in learning the fundamental skills of weight training for personal fitness through hands-on experience, participation, and guidance
- Activities and equipment can be adapted to meet the needs of students who are temporarily or permanently unable to participate in their scheduled physical education class.
- Interscholastic sports, physical activity clubs shall be available to all students.
- 4th grade Fitness Activity Field Trips are planned to continue on an annual basis
- Goals for 2022-2023 include Intramural Sports and a Running Club!
- Continuations into the 2022-2023 year will be the Sensory Path as well as the Indoor Walking Program

Fundraising, Concession and Vending

- The District encourages the sale of non-food items, when appropriate.
- Fundraising events outside the school day* are **encouraged** to support the goals of the Wellness Policy by including the sale of healthy food items.
- All foods and beverages sold during the school day* as fundraisers, (including school stores, candy sales or vending machines, or by outside organizations) should comply with the USDA Healthy, Hunger-Free Kids Acts "Smart Snacks in Schools" standards.
- Events where food and beverages are sold or served should include a balance of healthy options or snacks that meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.



To purchase Smart Snack compliant snacks for your next fundraiser or concession, contact Meaghan Wilkins (wilkins_m@argylecsd.org)

To view the complete Wellness Policy go to:

http://www.argylecsd.org/departments/food_services