

NON-INSTRUCTIONAL/  
BUSINESS OPERATIONSSUBJECT: **STUDENT NUTRITION & PHYSICAL ACTIVITY****Policy Intent/Rationale:**

The Westfield Academy and Central School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

**A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Nutrition education teaches students the skills they need to adopt healthy eating behaviors.

**B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should be encouraged to meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

**C. Provide more opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be encouraged to be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the New York State Learning Standards and mandates.

**D. The Westfield Academy and Central School District is committed to improve academic performance in high-risk groups so that no child is left behind.**

Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance. Adaptations to the school environment will be made to meet students' basic nourishment and activity needs. District policy for physical education is consistent with state policy or guidelines.

**E. Establish and maintain a district-wide School Health Advisory Council with the purposes of:**

- developing guidance to explicate this policy
- monitoring the implementation of this policy
- evaluating policy progress

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- serving as a resource to school sites, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.)
- revising policy as necessary
- planning healthy activities for staff, students, and community

The members of the School Health Advisory Council may include:

- District Food Service Director/Manager
- Dietitian
- Local Health Practitioner (e.g., pediatrician, dentist, or other appropriate certified medical professional)
- School Nurse
- A parent representative from each school
- A student representative from each school
- Staff member representative from each school
- A School Committee/Board member
- District Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair
- Family & Consumer Sciences Teacher
- Local Community Partners (e.g. Boys & Girls Club, YMCA)

This committee shall meet a minimum of two times annually.

Responsibilities of the School Health Advisory Council may include, but not be limited to, oversight of the following:

- Implementation of district nutrition and physical activity standards
- Assurance that staff professional development includes nutrition and physical activity issues
- Make recommendations that encourage healthful eating and reduction of school district dependence on profits from foods of minimal nutritional value.
- Recommend healthful choices among all school venues that involve the sale of food.

**STUDENT NUTRITION****The School Breakfast/Lunch Programs:**

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
- The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and "competitive foods" sales.

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=> A la carte and "competitive foods" items that do not meet the District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis and must be recorded in the Annual Report.

- The Food Service Director will work closely with the School Health Advisory Council.

**Cafeteria Environment:**

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
  - => Adequate space to eat with clean, pleasant surroundings;
  - => Adequate time to eat meals. (The American School Food Service Association recommends at least 20 minutes for lunch from the time students are seated with their food).

**Fundraising:**

- All fund-raising projects are encouraged to follow the District Nutrition Standards.

**Teacher-to-Student Incentive:**

The use of food items or physical activity as part of a student incentive program should be used with discretion. Healthy choices should be encouraged whenever possible.

**Student Nutrition Education:**

Students in grades K-12 receive interactive nutrition education. This teaches students the skills they need to adopt healthy eating behaviors. The Nutrition Education Program meets the State Standards.

**Parent Nutrition Education:**

- Schools conduct nutrition education activities and promotions that involve parents, students, and the community.
- Nutrition education may be provided in the form of handouts; postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

**Staff Nutrition & Physical Activity Education:**

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling

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- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment.

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

**DISTRICT NUTRITION STANDARDS****Nutrition Standards Intent/Rationale:**

The Westfield Academy and Central School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverages, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

**Food:**

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the School Health Activity Advisory Council Annual Report.

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**Beverages:**

- Only milk, water, and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day. This standard will be phased-in over the next school year in the following way:
  - 2006-2007 School Year: only milk, water and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds both prior to and during the instructional day in the district's elementary, middle, and high schools, except in an area where students are not permitted access such as the teachers' room.

**Candy:**

- Candy is defined as any processed food item that has:
  1. sugar [including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup] is listed as one of the first two ingredientsAND
  2. sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

**STUDENT PHYSICAL ACTIVITY****District Physical Activity Goal:**

Westfield Academy and Central School District shall provide physical activity and physical education opportunities, aligned with the New York State Standards, that provide students with the knowledge and skills to lead a physically active lifestyle.

**Westfield Academy and Central School District shall utilize the following Implementation Strategies:**

1. Physical education classes and physical activity opportunities will be available for all students.
2. Students are regularly assessed for attainment of physical education skills.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

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- Expose youngsters to a wide variety of physical activities
  - Teach physical skills to help maintain a lifetime of health and fitness
  - Encourage self-monitoring so youngsters can see how active they are and set their own goals
  - Individualize intensity of activities
  - Focus feedback on process of doing your best rather than on product
  - Be active role models
4. The district encourages an introduction to developmentally appropriate components of a health-related fitness assessment, (e.g. FitnessGram, Physical Best or President's Council) to students at an early age to prepare them for future assessments.
  5. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice. District encourages physical activity outside the school day.

**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 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:

1. Administrators,
2. School health personnel including the school nurse and the health and/or physical education teacher, and
3. School Food Service Director.

1st reading: 5/1/06  
2nd reading: 6/12/06  
Adopted: 6/12/06

