



## Monticello Schools Wellness Policy on Nutrition and Physical Activity

**I. Preamble:** The Monticello Central School District Wellness Policy is based on the following beliefs:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sport drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Therefore, Monticello 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.

**II. Wellness Policy Goals:** Based on the beliefs outlined in the preamble, it is the policy of this District that:

- A. We will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- B. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- C. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- D. Monticello staff will provide students with access to a variety of affordable, Nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- E. To the maximum extent practicable, all Monticello programs will participate in available Federal school meal programs.

- F. The Monticello Central School District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

NOTE: The regulation that accompanies this policy outlines the procedures for accomplishing these wellness goals.

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Legal Reference – Policy required under Section 204 of the Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (PL 108-265)

Monticello Central School District

Adopted June 20, 2006

### **Strategies for Achieving our Wellness Policy on Nutrition and Physical Activity**

#### **A. Establish a School Wellness Committee**

The Monticello Central School District will establish and maintain a School Wellness Committee that will have representatives from the students, cafeteria, physical education, health education, nursing, administration and the School Board. The Wellness Committee will monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will also serve as a resource to school sites for implementing these policies.

#### **B. Monitor nutritional quality of foods and beverages sold and served in all Monticello Central School facilities**

1. **School Meals:** Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statues and regulations;
- Offer a variety of fruits and vegetables;
- Serve a variety of low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that served grains are whole grain.

The Monticello Central School District food service program will share information about the nutritional content of meals with staff, students and parents. Such information may be made available on menus, a website or other point-of-purchase materials.

2. **Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn the Monticello Central School will:

- to the extent possible, operate the School breakfast Program.

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- to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom via “grab-and-go” breakfast.
  - notify parents and students of the availability of the School Breakfast Program.
3. **Free and Reduced-Priced Meals:** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.
4. **Meal Times and Scheduling:**

The Monticello Central School District will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
  - Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;
  - Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
  - Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
  - Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
5. **Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
6. **Sharing of Foods and Beverages:** Given concerns about allergies and other restrictions on some children’s diets, the Monticello Central School District will discourage students from sharing their foods or beverages with one another during meal or snack times.

**C. Monitor foods and beverages sold individually (sold outside of Reimbursable School Meals i.e. vending machines, fundraisers, etc.)**

1. **Elementary Schools:** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals.
2. **Middle/Junior High and High Schools:** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs during the school day will meet the following nutrition and portion size standards with the exception of the Career and Technology Department’s Culinary Arts Educational Program, where the preparation and sale of certain food items are part of the curriculum:
- a. **Beverages:**

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 35% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages.
  - Not allowed: soft drinks containing caloric sweeteners; sports drinks; ice teas; fruit-based drinks that contain less than 35% 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).
- b. **Foods**: Any foods sold outside of reimbursable school meals must meet the portion sizes listed below.
- c. **Portion Sizes**: Limit portion sizes of foods and beverages sold individually to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
  - One ounce for cookies;
  - Two ounces for cereal bars, granola bars, pastries, and muffins. See note below regarding bagel sales under “Fundraising Activities”;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - Eight ounces for non-frozen yogurt;
  - Sixteen fluid ounces for beverages, excluding water; and
  - 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.
- d. **Fundraising Activities**: To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.

**Fundraising Note:** Weekly Bagel Sales

This long-standing student fundraising effort in the Special Education Division will be able to continue with the following stipulations:

- If cream cheese, butter, or peanut butter is used as a spread, it must be a low fat/reduced calorie brand. The quantity used per bagel cannot exceed one tablespoon.
- A multi-grain bagel and a bagel with nothing on it must be provided as choices.
- Separate packets of jam should be provided as alternatives to cream cheese, butter or peanut butter.

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- e. **Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
- f. **Rewards:**
- a. The Monticello Central School staff is encouraged not to use food or beverage as an award for academic performance or good behavior.
  - b. In rare cases where food is used, it must meet the standards for food and beverage sold individually (listed above).
  - c. The Monticello Central School staff will not withhold food or beverage as a punishment.
- g. **Celebrations:** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). Items brought in from home for such celebrations are only to be in pre-packaged forms. The district will disseminate a list of healthy party ideas to parents and teachers.

## **D. Increase Student Opportunities for Physical Activity & Physical Education**

### **1. Physical Education**

- All students will participate in organized physical education on a weekly basis provided by a certified physical education teacher.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Physical Education will be offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect health.
- Physical Education is not only part of the health education program but is also integrated into classroom instruction in subjects such as math, science, language arts and social sciences.
- Physical Education includes enjoyable, developmentally appropriate, culturally relevant, participatory activities.

2. **Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally-recommended amount of daily physical activity and for students to full embrace

regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
  - Opportunities for physical activity will be incorporated into other subject lessons;
  - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
  - Supervised daily recess will be available for all elementary students for at least 15 minutes per day; and
  - Teachers and other faculty will not use physical activity or withhold opportunities for physical activity including physical education class as punishment.
3. **Use of School Facilities Outside of School Hours:** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **E. Promote Good Nutrition and Physical Activity**

1. **Nutrition Education:** The Monticello Central School aims to teach, encourage, and support healthy eating by students. Our staff will provide nutrition education and engage in nutrition promotion that:
- If offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
  - Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
  - Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
  - Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
  - Links with school meal programs, other school foods, and nutrition-related community services;

- Teaches media literacy with an emphasis on food marketing; and
  - Includes training for teachers and other staff.
2. **Communicate with Parents:** The Monticello Central School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. The staff will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The Monticello Central School District will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebration/parties, rewards, and fundraising activities.
  3. **Limit Food Marketing:** School based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.
  4. **Promote Staff Wellness:** The Monticello Central School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Monticello Central School will establish and maintain a staff wellness committee which will act as a sub-committee of the School Health Council. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the School Health Council annually.

## **F. Regularly Review and Monitor Wellness Policy**

1. **Monitoring:** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the Monticello Central School District. That report will be provided to the school board and also distributed to the School Health Council and staff.
2. **Policy Review:** The completion of the School Health Index will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The Monticello Central School District will revise the wellness policies, as needed, and develop work plans to facilitate their implementation.