

WEST SENECA CENTRAL SCHOOL

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

Preamble

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the West Seneca Central School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. Therefore, it is the policy of the West Seneca Central School District that:

- The Food & Nutrition Services program complies with federal, state and local requirements and is accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- School-based activities are consistent with the district's wellness policy goals.
- Foods and beverages sold on campus during the school day (including vending, concessions, a la carte, and student stores) include a variety of healthy choices and adhere to food safety and sanitary guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals and conducting physical activity. Food and/or physical activity are not used as a reward or punishment.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession stands
 - Student stores
 - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Foods and beverages sold on campus during the school day will offer a variety of age-appropriate, healthy choices and should include selections that fall under the NYS Choose Sensibly program.¹
- School administration, in consultation with Food & Nutrition Services, will follow the laws concerning foods of minimal nutritional value and competitive foods.²
- Snacks in the classroom will support healthy choices, emphasizing fruits, vegetables and water.⁵
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.⁶

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the students is seated.³

- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before or after lunch.
- Serve only lowfat 1% milk, skim and 2% milk.
- Dining areas are attractive and have enough space for seating all students.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The District will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).
- Students are encouraged to start each day with a healthy breakfast.
- The District will employ a food & nutrition services director, who is properly qualified, certified and/or credentialed, to administer the school food service program.
- All school food service personnel shall have adequate training in food service operations, and are considered an integral part of the school community.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.⁴

New York State School Food Service Association Choose Sensible Program

NYSSFSA is taking a bold step to help ensure the health and well being of the children in our schools. This plan, called Choose Sensibly, is designed to put the Dietary Guideline recommendations into practice in our schools by identifying snacks that are moderate in fat, sugar and sodium.

Students are our customers, and we cannot change their selection of what to eat; they must make that change for themselves. What we can do is provide the education component to help them learn to make that choice. We need to provide the nutrition information which can help the child select wisely. After looking at many possible ways of accomplishing this, we decided to adopt one that is very easy to monitor.

We will consider an a la carte item to be a *Sensible Choice* if it meets the following:

- Fat = 7 grams or less
- Saturated Fat = 2 grams or less
- Sodium = 360 mg or less
- Sugar = 15 grams or less

For beverages, the standards are:

- All low fat milk and low fat flavored milk
- Juice must be 25% or more real juice
- Water or flavored waters without added sugar, artificial sweeteners or caffeine
- Beverages with less than 10 mg of caffeine per serving

These levels are easy to determine. They are on the nutritional label. It is not complicated to see which snacks fall into the category of moderate. **In addition, we decided we will not consider a snack to be moderate if it meets these criteria for 1 service, but there is more than 1 serving in the bag or box.**

This is not a simple problem we are addressing. It will take years to change eating habits, but this is a first step. Additionally, we should encourage the rest of the school district to do the same things, in school stores, classroom parties, PTA sales, etc. This is not the only answer, but it is one small step towards changing a trend. Let's make a difference to the children you meet everyday in your cafeteria.

LAWS CONCERNING FOODS OF MINIMAL NUTRITIONAL VALUE AND COMPETITIVE FOODS

FEDERAL REGULATION: Part 210.11 of the National School Lunch Program and Part 220.12 of the School Breakfast Program regulations prohibit certain foods from being sold in food service areas during the breakfast or lunch period.

FOODS OF MINIMAL NUTRITIONAL VALUE: A food that provides less than 5 percent of the US RDA for eight specified nutrients per serving, and/or per 100 calories. The nutrients specified are protein, vitamins A and C, niacin, riboflavin, thiamine, calcium, and iron.

The prohibited foods specifically include soda water, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy) and candy-coated popcorn.

NEW YORK STATE LAW: This law regarding the sale of non-nutritious foods is even more stringent. Chapter 647 of the Laws of 1987 prohibits the sale of the above mentioned items, including all candy, from the beginning of the school day until the end of the last scheduled meal period in all parts of the building, in all public schools, regardless of whether or not the school participates in the Federal Child Nutrition Programs.

A public school cannot sell or serve soda or candy of any type in the student store or from a machine located anywhere in the building before the last lunch period ends.

In a non-public school, the only time foods of minimal nutritional value are not allowed to be sold to students is during the lunch period; the food service area is the only location that they may not be sold.

COMPETITIVE FOODS: The sale of competitive foods may be allowed in the food service area during the lunch period only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school.

References

- (1) *Choose Sensibly* was initiated by the NYS Food Service Association to provide support to schools seeking to change the buying patterns of their students. By adopting standards for a la carte snacks and beverages that support the Dietary Guidelines and identifying those choices, school food service departments hope to educate students to make wise choices for snacks. This campaign is designed to be implemented school-wide wherever snacks and beverages are offered or sold. See appendix for actual document.
- (2) USDA defines competitive foods as foods offered at school, other than meals served through USDA's school meal programs (i.e., school lunch, school breakfast, and after-school snack programs).
- (3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fithealthy.html>. Accessed March 7, 2005.
- (4) United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: http://fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp. Accessed March 7, 2005.
- (5) Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team+AL. Accessed March 7, 2005.
- (6) Alabama Action for Healthy Kids. Guide to healthy school fundraising. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team+AL. Accessed March 7, 2005.