

POLICY

2005

7541

Students/Personnel

Board Approval: 6-20-06

SUBJECT:

The Whitney Point Central School District is committed to providing a school environment that promotes and protects student health, well-being, and ability to learn by supporting healthy eating and physical activity. In recognition of the importance of healthful food and opportunities to be physically active in order to grow, learn, and thrive, the Whitney Point Central School District established guidelines to be used to develop and implement a successful school district student wellness program to meet the need of all students within the District. The guidelines for implementation are included, following the policy. The Board of Education believes:

- Children need access to healthful foods and to be physically active in order to grow, learn, and thrive.
- Good health fosters improved student attendance and achievement.
- Obesity in children has increased dramatically, illustrating the need for increased physical activity and reduced calorie intake.
- Monitoring of items sold from school vending machines, school stores, and snack bars frequently require monitoring for nutritional content in foods and beverages.
- The WPCSD school district faces significant fiscal constraints, and therefore needs to monitor the nutrition value of all foods and the types and frequency of physical activity in which students participate.
- Community involvement and participation is essential to the development and implementation of successful school and student wellness policies and programs.

School District Health Council

The School District Health Council will create, strengthen, develop, implement, monitor, review, and, as necessary, revise school district nutrition and physical activity plans. The School District Health Council also will serve as resources for implementing the plan. The school health council may consist of a group of representatives from the school and community, and will include students, parents, staff members, teachers, school-nurse teachers, food service director, health and physical education director, and the superintendent or designee.

Food and Beverage Available in School

Whitney Point Central School District recognizes that a nutritious, well-balanced, reasonably portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that a variety of foods and beverages are available in school to promote good nutrition, balanced and reasonable portion sizes. The District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations. The District will serve healthy and appealing foods and beverages at District schools following state and federal nutrition guidelines.

Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Whitney Point Central School District encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

Nutrition Education

The Whitney Point Central School District believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained.

Other School-Based Activities

The Whitney Point Central School District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to health eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness, limiting the use of food as a reward, and food marketing and advertising in school.

Implementation

The Board shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Reviewing

The District Wellness Coordinator shall report annually to the Board on the implementation of this policy. Every two years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

