

SUBJECT: DISTRICT WELLNESS POLICY**Preamble**

The Geneseo Central School District is committed to establishing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, healthy behavior and physical activity. The District, therefore, in compliance with the Federal Child Nutrition Act will establish expectations for instruction and behavioral practices to foster a "healthful school" and encourage student healthy behavior. The wellness policy shall include:

- a) Goals for nutrition education, physical activity and other school based activities that are designed to enhance student wellness and foster lifelong practices of healthy eating and physical activity.
- b) Nutrition guidelines for all foods available on school campus during the school day that are designed to provide students with a variety of affordable, nutritious foods that meet U. S. Dietary Guidelines and accommodate religious, ethnic and cultural diversity.
- c) Guidelines for reimbursable school meals which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture that are designed to meet or exceed Federal program and nutrition requirements.
- d) Procedures to involve students, parents, teachers, health professionals and other members of the community in developing, monitoring and reviewing District-wide nutrition and physical activity policies that are designed to assure the District fulfills the local wellness policy.
- e) Direction for K through 12 programming that provides opportunities for physical, personal and emotional growth of students before, during, and after the school day.

Nutrition Education**Instructional Program**

Nutrition education topics shall be integrated within the instructional programs taught at every grade level, kindergarten through twelfth. The nutrition education program shall focus on students' eating behaviors and be based on theories and methods proven effective by published research, and be consistent with the state's/District's health education standards/guidelines/framework. Nutrition education shall be designed to help students:

- a) Acquire and understand nutritional knowledge from multiple sources;
- b) Make dietary decisions, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising;

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- c) Advocate for personal, family and community enhancement of health and health programs;
- d) Analyze family, culture, media and peer impact on nutrition decision-making; and
- e) Demonstrate behaviors that promote health prevent disease.

Nutrition education instructional activities shall engage families as partners in their children's education.

Staff Qualifications

Staff shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

Educational Reinforcement

School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition. School officials should disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.

School counselors, nurses and faculty shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems and be able to make referrals to appropriate services.

Coordination of Programs

The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

The school food service program will comply with USDA requirements including disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Physical Activity**

The Geneseo Central School District will provide opportunities for every student to develop knowledge and skills for physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

- a) Students are given opportunities for physical activity during the school day through physical education classes directed by certified physical education teachers or certified trainers, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- b) Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- c) Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- d) Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- e) Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Nutrition Standards

The Geneseo Central School District will provide opportunities for all students to receive a variety of affordable, nutritious foods that meet U. S. Dietary Guidelines and accommodate religious, ethnic and cultural diversity in a healthy environment.

Guidelines for GCS Food Services Programs

- a) The School District shall establish guidelines for the operation of kitchens, food preparations, service of foods and sales of foods and beverages on school campuses.
- b) Guidelines will include nutritional expectations and portion size.
- c) The School District shall maintain a full service kitchen that allows preparation of foods from fresh ingredients.

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- d) The School District shall maintain pleasant eating areas for students and staff with adequate time for unhurried eating. These areas shall have access to free, safe sources for drinking water.
- e) The School District shall maintain a breakfast program, a lunch program, and snacks for students in organized after-school programs.
- f) The District shall maximize participation in meal programs.
- g) The District shall minimize stigma and maintain confidentiality for students involved in subsidized meal programs.
- h) The District shall offer and encourage the presentation of ethnic foods that reflect cultural diversity and consideration of special dietary needs.
- i) The District shall create a system for getting student and parent input in menu planning.

Guidelines for Foods and Beverages Sold in Vending Machines

- a) The School District shall establish guidelines for foods and beverages sold in vending machines, snack bars, school stores, and on school campuses.
- b) Such decisions will be based upon nutritional standards not on profit making.
- c) Food and beverage advertisement contracts and vending contracts must be approved by the Business Administrator, Superintendent and GCS Board of Education.

Guidelines for Foods and Beverages Sold as Part of School-Sponsored Fundraising Activities

- a) The School District shall establish guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- b) Such decisions will be based upon nutritional standards not on profit making.
- c) Food and beverage contracts must be approved by the Business Administrator, the Superintendent, and the GCS Board of Education.
- d) Kitchen facilities shall be available for use by community members and groups when the facilities are not being used by food service personnel.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Guidelines for Foods and Beverages Served at Celebrations During the School Day**

- a) The School District shall establish guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- b) Such decisions will be based upon nutritional standards not on profit making.

Communication About School Nutrition Policies

- a) The Cafeteria/Food Services Manager shall communicate to students, staff, and community regarding the nutrition policies of the GCS cafeteria.
- b) Notice shall include an annual report for the Board of Education and public on progress toward meeting nutrition standard policies and goals.
- c) Notice shall include an annual public posting of the nutritional content of food served.

Focus on Wellness

Wellness requires a comprehensive effort that links school, home and community resources.

Consistent School Activities and Environment

- a) The School District will provide opportunities for on-going professional training and development for staff and teachers in the areas of nutrition and physical activity and social/emotional wellness.
- b) The School District will make efforts to keep school or District-owned physical activity facilities open for use by students outside school hours. Access when available, will be provided to students, families, staff and community for community activities.
- c) The School District will provide activities that help young people develop the skills they need to avoid: tobacco use; dietary patterns that contribute to disease; sedentary lifestyle; sexual behaviors that result in HIV infection, other STDs and unintended pregnancy; alcohol and other drug use; and behaviors that result in unintentional and intentional injuries.
- d) The School District will establish a safe, healthy social environment at school for students and staff.
- e) The School District will establish and enforce policies that prohibit bullying, hazing, teasing.

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- f) The School District will encourage all students to participate in school meals program, i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs.

Collaboration Between School and Community

- a) The School District will ensure that social services and mental health support are available to all students and staff in the school setting and integrate this support into other school programs.
- b) The School District will provide information and outreach materials about other nutrition programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- c) The School District will actively prevent suicidal behavior by training staff and having programs that identify high-risk students and then link them to therapeutic and preventive community services.
- d) The School District will provide the following violence prevention and management services:
1. Rules prohibiting violent and disrespectful behaviors;
 2. Protocols to deal with violent events;
 3. Links to mediation, mentoring, and therapeutic services;
 4. Strategies to identify students at high risk for engaging in violence;
 5. Staff education; and
 6. Evaluation of violence policies and programs.

Involve Constituents

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices and physical activity in the school environment. The District will ensure school and community awareness of the school wellness policy through various means such as publication in the District newsletter. Further, at each school building regulations about nutrition and physical activity shall be posted.

The District will devise programs that encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices.

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The District shall share information about the nutritional content of meals with parents and students; such information may be made available on menus, a website, or if possible on point-of-purchase materials.

To the extent practicable, students and parents shall be involved in the assessment of policy, procedure and program outcomes designed to promote healthy food choices and physical activity.

Policy Assessment

The Geneseo Central School District will establish procedures to monitor and revise the wellness policy. These procedures will include designation of school officials to be responsible for implementation and evaluation of programs. Procedures will call for obtaining feedback from parents, students, faculty and health officials regarding the impact of programs on student health and attitudes. In addition the procedures for assessment will specify a report and distribution procedure.

Monitoring

The Superintendent or designee will ensure compliance with established District-wide nutrition, physical activity and wellness policies.

- a) The Principal or designee will develop a process for ("charging") committees on an annual basis to study the wellness policy. A report will be presented to the school superintendent about compliance, achievements, and plans for program enhancement.
- b) School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Business Administrator. In addition, the Food Service Manager will fulfill all NYS and USDA School Meals Initiative (SMI) review guidelines and report any deficiencies or changes to the Business Administrator.

Feedback

The Superintendent or a designee will be responsible for assessing the community perspective regarding the impact of the policy. Assessment might include, but will not be limited to survey and focus group discussions.

The Superintendent or a designee will be responsible for assessing the activities and behaviors of students and other members of the school community. Assessments might include student achievement reports, student food purchase reports, survey of student attitudes, and faculty/staff evaluation of program changes and achievements.

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Non-Instructional/Business
Operations

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Report

The Superintendent or designee will report annually on District-wide compliance with the established wellness policies. That report will assess progress of health and wellness programs and based upon current research and State and National guidelines determine areas in need of improvement.

Adopted: 11/20/12