

POLICY

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Students

SUBJECT: STUDENT AND COMMUNITY WELLNESS

Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Dundee Central School District shall continuously update a comprehensive plan to encourage healthy eating and physical activity.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Dundee Central school District shall annually charge the Department of Physical Education, Health, and Home and Careers to annually address nutrition and physical activity issues.
- B. The Director of Activities and principals will annually address extracurricular fund raising foods.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. The Dundee Central school District will offer breakfast and lunch and will participate in the federally funded free and reduced lunch programs. Students will be highly encouraged to promote and participate in these programs.

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- B. Food safety will be a key part of the school food service operation.
- C. Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- D. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.

Component 3: Other Health Food Options

- A. The Dundee Central School teachers will develop and recommend to their respective principals guidelines for classroom celebrations which will be promoted for all school functions. Suggested foods will include:
 - 1. raw vegetable sticks/slices with low-fat dressing or yogurt dip;
 - 2. fresh fruit and 100% fruit juices;
 - 3. frozen fruit juice pops;
 - 4. dried fruits (raisins, banana chips, etc.);
 - 4. Trail Mix (dried fruits and nuts);
 - 5. dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts);
 - 6. low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads);
 - 7. Party Mix (variety of cereals, nuts, pretzels, etc.);

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8. low-sodium crackers;
 9. baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.);
 10. low-fat muffins, granola bars, and cookies;
 11. angel food and sponge cakes;
 12. flavored yogurt and fruit parfaits;
 13. jello and low-fat pudding cups;
 14. low-fat ice cream, frozen yogurt, sherbet;
 15. low-fat and skim milk products; and
 16. pure ice cold water.
- B. All food and beverages available to students anywhere at school will include only items that are low in saturated fat, sodium, and sugar.
- C. Snack bar offerings will be limited to less than 350 calories per serving. Water, seltzer water without caloric sweeteners, fruit and vegetable juices, and fruit based drinks that contain at least 20% fruit/vegetable juices, low fat or fat free milk will be highlighted as acceptable beverages for purchase at the snack bar. Sports drinks, iced tea with caloric sweetener and fruit based drinks that contain less than 20% real fruit juices are not acceptable beverages for student consumption.
- D. School staff shall use food, not candy, as a reward for student accomplishment sparingly, and at the elementary level only after 2:00 p.m. during the school day.

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- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Component 4: Pleasant Eating Experiences

- A. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- B. A minimum 30-minute uninterrupted lunch period should be scheduled to allow students to eat, relax, and socialize.
- C. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- D. Creative, innovative methods will be used to keep noise levels appropriate.
1. Priority design for noise absorbing blocks will be charged to the cafeteria and business managers.

Component 5: Nutrition Education

- A. Students in kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
- B. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

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Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Dundee Central School will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- C. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at all school/parent events and in the Wellness Center.
- D. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as the local newspaper, the newsletter, and the local television station.

Component 7: Physical Education and Activity

- A. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- B. Participation in such physical activity shall be required for all students in kindergarten through grade 12 for a minimum of 120 minutes per week.
- C. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

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- D. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- E. Students will acquire basic motor skills that are important for various sports, recreational and lifetime leisure activities.
- F. Students will have the knowledge of cooperation, positive work ethics, problem-solving and leadership necessary for a lifetime of wellness.
- G. Students will acquire the knowledge to make healthy nutritional choices and how their nutritional selections can affect their personal wellness.
- H. Students will be provided with different means to test their physical wellness.
- I. Students will value the purpose of participation in a variety of games, sports, and movement forms that engender fair play, effort, teamwork, self-worth and the development of leadership.

Component 8: Healthy and Safe Environment

- A. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.
- B. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

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- D. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Component 9: Social and Emotional Well-Being

- A. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- B. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- C. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- D. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

Adopted: 5/11/06