

WELLNESS POLICY

The declining health of our children is a nationwide crisis. Childhood obesity and other diet-related diseases are increasing at alarming rates and have reached epidemic levels. But the problem doesn't end with just being overweight or obese. Children who are overweight are at risk of developing serious long-term health problems, including Type 2 diabetes, cardiovascular disease and stroke, hypertension, high blood pressure, gallbladder disease, asthma, and certain cancers. Overweight children are more often affected by discrimination, stress and low self-esteem and are more likely to become obese adults. Poor diets and physical inactivity is poised to replace tobacco use as the number one cause of preventable death in this country. In New York State, cardiovascular disease is the leading cause of death despite improvements in prevention, detection, and intervention. The establishment of lifelong good nutrition and physical activity habits is the key to reversing this alarming trend.

RATIONALE

The Board of Education recognizes that schools are in a position to influence the lifelong dietary and physical activity habits of children. They, in partnership with parents, are responsible for conveying the importance of good nutrition, effective exercise and generally healthy lifestyles. The Board further recognizes that students who are well nourished and healthy are more likely to be academically motivated, alert and successful and that good nutrition plays a crucial role in cognitive development, learning, functional ability, and health.

HEALTH AND WELLNESS

The Board of Education is committed to maintaining an academic and work environment for all students and employees that promote good nutrition and physical health. It is the intention that this will lead to the improved health of our students, staff, and school community. To that end, the Board of Education directs a Health and Wellness Committee to develop, implement and evaluate guidelines which will govern the food-related activities of all groups within the school.

IMPLEMENTATION, MONITORING AND REVIEW

The Health, Safety, Risk Management Specialist will convene the Wellness Committee twice a year to review and, as necessary, revise the policy.

Administrators will ensure implementation of the Wellness Policy.

NUTRITION

Nutrition plays a crucial role in cognitive development, learning, functional ability, and health.

Reimbursable School Meals

- Foods and beverages sold or served at school will meet the nutrition recommendations of the United States Dietary Guidelines for Americans and USDA's "All Foods Sold in Schools" standards.

- CVES will provide students and staff 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.
- To the maximum extent practicable, CVES will participate in available federal school meal programs.
- School personnel will encourage students to choose and consume full meals for maximum nutritional benefit.

Foods and Beverages Sold Individually (during the school day)

All food and beverages sold outside the reimbursable school meal programs (including vending machines) during the school day, will meet the nutrition requirements established by local, state and federal statutes and regulations. On a case by case basis, building administration will use local, state, and federal statutes and regulations as a guideline when making exceptions to this policy.

Fundraising Activities

To support community health and school nutrition education efforts, CVES will encourage fundraising activities that promote physical activity and healthy nutritional choices.

Celebrations

Schools should limit celebrations that involve foods that do not meet the nutrition standards. Parents will be encouraged to send in healthy treats for celebrations.

Classroom Preparations

Food preparations in the classroom setting should meet nutritional requirements established by local, state, and federal statutes and regulations.

Nutrition Education and Promotion

CVES aims to teach, encourage and support healthy eating by students and staff. CVES should provide nutrition education and engage in nutrition promotion that:

- Provides students with the knowledge and skills necessary to promote and protect their health.
- Integrates into other components of a coordinated program.
- 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.
- Includes training for teachers and other staff.
- Encourages parents to provide healthy snacks.
- Encourages staff to model and promote healthy food and beverage choices, along with healthy wellness behaviors.

PHYSICAL ACTIVITY

Daily Activity K-12

CVES will provide daily physical activity for all students required under New York State educational law. New York State Standards will serve as a guide for the physical education program. A certified physical education teacher will teach all physical education classes. Students will participate in moderate to vigorous physical

activity when appropriate to their capabilities/limitations. Staff is encouraged to participate in and model physical activities throughout the school day.

Daily Recess

CVES students participating in a full day academic program should participate in supervised recess, preferably outdoors, with appropriate space and equipment for a minimum of 30 minutes. School personnel should verbally encourage moderate to vigorous physical activity. In the same light, it is important for classroom teachers to provide short physical activity breaks, which are grade level appropriate when extended periods of inactivity have occurred. Staff shall limit denying participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.

Educational Facilities

All facilities will be clean, safe, hazard free and accessible.

Physical Education Curriculum

The goal of the Physical Education curriculum is to foster a lifestyle of activity and play, hoping to instill a need for physical fitness. Physical Education classes will strive: to develop coordination and control to provide opportunities for increased responsibility; a wide range of skills and experiences which will develop initiative, self-reliance, self-worth, honesty and kindness to others; to develop a sense of fair play and cooperation; and to provide an integration of the Physical Education class with the subject areas being taught in the classroom. Students will be assessed on class objectives and behavior, which include effort, attitude and cooperation and prepare students with team and individual sports skills with an emphasis on physical wellness and lifelong activities.

Physical Education Parental Involvement

Parents should be encouraged to promote their child's physical education program by providing appropriate clothing, emotional support, etc. If students are not able to participate in a regular scheduled physical education class, an alternative physical activity will be implemented meeting the Physical Education standards. This will include a movement activity outside of the Physical Education setting, as applicable.

Adopted June 13, 2018