

SCHOOL WELLNESS POLICY

I. Policy

The Hamilton-Fulton-Montgomery BOCES participates in USDA Child Nutrition programs including the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. This Policy shall serve as the BOCES' school wellness plan as required by 7 CFR Section 210.30.

II. Community Involvement and Wellness Leadership

A. The District Superintendent will designate a Wellness Committee by October 15th of each school year. The District Superintendent may designate the Director of Food Service or another BOCES administrator to lead the Committee and to insure that the BOCES' responsibilities under this Policy are met each year. Those responsibilities include:

1. Periodically assess whether the BOCES is meeting the requirements of this policy.
2. Inform and update the public (including parents, students and others in the community) about the content and implementation of this policy.
3. On a triennial basis, measure and make available to the public an assessment of the implementation of the policy including:
 - a. Compliance with the policy;
 - b. How well the policy compares to model wellness policies; and
 - c. Description of the progress made in attaining the goals of the policy.
4. Retain basic records demonstrating compliance with the policy, to include:
 - a. The written wellness policy;
 - b. Documentation demonstrating compliance with community involvement requirements;
 - c. Documentation of the triennial assessment of the wellness policy;
 - d. Annual local wellness policy progress reports for each school; and
 - e. Documentation to demonstrate compliance with the public notification requirements.
5. Reinforce policy goals with school staff as needed.

POLICY

SUPPORT OPERATIONS

5200

SCHOOL WELLNESS POLICY

- B. The Wellness Committee should meet as needed each year to review the policy and make recommendations to the District Superintendent as needed to update the Policy. The Wellness Committee shall receive input from parents, students, school food service workers, teachers of physical education, school health professionals, the Board of Education, school administrators, and the general public when considering the appropriateness of changes to this Policy.
- III. Goals for Nutrition Promotion and Education, Physical Activity and other School Based Activities
- A. Goal-Setting
- The BOCES develops these goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness and reviews and considers evidence-based strategies and techniques when developing these goals.
- B. Nutrition Promotion and Education
- The primary goal of nutrition promotion and education is to influence lifelong eating behaviors in a positive manner. To achieve this goal, the BOCES has established these operating standards:
1. Students in grades Pre-K through 12 receive nutrition education that follow applicable New York State Standards, is interactive, and teaches the skills students need to adopt healthy eating behaviors.
 2. Students receive consistent nutrition messages through health posters, signage or displays.
 3. District health education curriculum standards and guidelines include both nutrition and physical activity.
 4. Staff limit the use of food as a reward or punishment in school.
 5. Staff who provide nutrition education will have appropriate training.
- C. Physical Activity
- The primary goals and characteristics of quality physical education and physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play and responsible participation that meets the needs of all students (at all levels of physical ability); and gain an appreciation for lifelong physical activity through a healthy lifestyle. To achieve these goals, the BOCES has established these operating standards:

POLICY

SUPPORT OPERATIONS

5200

SCHOOL WELLNESS POLICY

1. Physical activity shall be included, when possible, during the school day.
2. Students will not be denied participation in recess or other physical activities as a form of discipline or for classroom make-up time.

D. Other School-Based Activities

1. Dining Environment

The BOCES will:

- a. Provide a clean, safe meal environment for all students;
- b. Provide enough space and serving area to ensure that all students have access for school meals.
- c. Make available free potable water in schools, so that students may obtain water at mealtime and throughout the day.
- d. Encourage all students to participate in the school meals/cafeteria program and protect the identity of students who qualify for free and reduced price meals.

2. Consistent School Activities and Environment

The BOCES will:

- a. Provide opportunities for on-going professional training for foodservice staff and teachers in the areas of nutrition and physical education.
- b. Encourage school and community members to serve as role models in practicing and promoting a healthy life style.
- c. Support initiatives regarding self-help and other Food and Nutrition Services programs.
- d. Encourage parents/guardians to send in healthy alternatives for classroom celebrations.
- e. Utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

IV. Nutritional Guidelines

- A. The BOCES will develop standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.

POLICY

SUPPORT OPERATIONS

5200

SCHOOL WELLNESS POLICY

- B. The BOCES will develop standards and nutrition guidelines per each school BOCES building for all foods and beverages provided but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given to students).
 - C. Fundraisers conducted during the school day will meet, or exceed, the nutritional requirements listed in the Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule and no fundraising foods and beverages will be sold until the end of the last lunch period. Fundraisers conducted outside of the school day will be encouraged to promote the sale of healthy foods items, non-food items, and events involving physical activity.
 - D. For purposes of this section, the school day means the period from the midnight before the start of student attendance to 30 minutes after the end of the official school day.
- V. Marketing and Advertising

Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. Schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy-Free Kids Act “Smart Snacks in Schools” Rule.

VI. Guidelines for Reimbursable School Meals

The BOCES will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth in Federal Regulations (7 CFR Part 210 and 220).

Hamilton-Fulton-Montgomery Board of Cooperative Educational Services

Legal Ref: Education Law Sections 915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265); Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Smart Snacks in School Rules 2014; 8 NYCRR 135.4; 7 CFR 210.11; 7 CFR Parts 210 and 220.

Adopted: 11/01/06

Revised: 04/23/14, 06/27/18