

LANCASTER CENTRAL SCHOOL DISTRICT
Lancaster, New York

DISTRICT WELLNESS PLAN

I. BELIEFS

The Lancaster Central School Community, in promoting health and wellness for its students, believes that:

1. As nationwide statistics show American children and teens are overweight and numbers appear to be rising, our entire school community should be educated about good nutrition and physical activity and should participate in wellness policy initiatives. We need to empower children to make good decisions regarding their food choices;
2. Healthy children make better learners;
3. Every child wants to be healthy;
4. All children need daily physical activity;
5. A relationship must be established between nutrition education and food choices offered in school;
6. With a collaborative effort between home and school, children need guidance in making healthy food choices.

The Lancaster Central School District *is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.*

The District's Wellness Committee includes representatives from each of the following groups:

- a) The District's Food Service Program
- b) School Administrators
- c) Athletic Director
- d) Physical Education Teacher
- e) Health Education Teacher
- f) Family and Consumer Science Teacher
- g) School Nurse
- h) Parents/Community
- i) Students

II. CURRENT PRACTICES

We further believe that our school community already evidences support for good health and wellness, as:

1. The district health curriculum includes important, consistent and accurate information about nutrition;
2. Our physical education curriculum emphasizes individual skill development and fitness, as well as team sports;
3. Our family and consumer science department offers courses that focus on nutrition awareness and helping students to examine their eating habits, plan healthy meals, and prepare a wide variety of recipes with a focus on making healthy eating both enjoyable and tasty.
4. School-sponsored events such as the William Street Triathlon, Jump Rope for Heart, Hoops for Heart, Relay for Life, and others encourage students and their families to become physically active;
5. Our teachers encourage healthy snacks in the classroom;
6. Opportunities to participate in physical activity are available through classroom recess, physical education classes, intramural activities, interscholastic athletics, YMCA, marching bands, and fundraising activities for charitable organizations. Opportunities for physical activity are also available through family fitness events, continuing education offerings, and Lancaster Town Recreation Department programs.
7. Adult athletic coaches, whether school employees or community volunteers, encourage healthy lifestyles, through in-season and off season physical fitness and education of athletes on stretching, nutrition and conditioning; injury prevention and sport-specific strength and conditioning.
8. Teachers are role models by participating in physical activities; i.e. Corporate Challenge, triathlons, marathons, 5K races in the community and various team sports.
9. We allow no sale of soda from vending machines until after school;
10. Our school nurses have calculated each student's body mass index (BMI) and have made information about healthy weight guidelines available to parents.
11. Fitness Testing is incorporated into the physical education curriculum semi-annually;

III. GOALS TO PROMOTE STUDENT WELLNESS

While there is good work being done, we realize that, as a school community, we must continue our efforts to improve our children's health in the areas of nutrition education and physical activity.

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to :

- Nutrition education and wellness promotion
- Nutrition standards

- School-based activities
- Physical activity
- Monitoring and evaluation

GOAL #1: TO IMPROVE NUTRITION EDUCATION/CHOICES

Overarching Objectives:

1. Ensure that nutrition education in the health curriculum is accurate and current;
2. Inform parents about Food Service requirements: food choices; how food choices are categorized; minimum requirements;
3. Provide Food Service nutrition analyses to the community on the district website;
4. Use a variety of strategies in physical education classes to introduce students to healthy choices in nutrition and physical activity;
5. Purchase more nutritious food (fresh fruit, green foods, etc.) for the cafeteria as vendors make it available;
6. Purchase healthier food choices and age-appropriate serving sizes for vending machines and bookstores as they become available;
7. Minimize the use of food as a reward.

Actions: Nutrition Education and Wellness Promotion

The District will provide nutrition education and promote wellness to facilitate healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

a) Nutrition Curriculum/Education

A nutrition curriculum enables students to gain the knowledge and skills necessary to make healthy food choices for a lifetime. This is accomplished through a comprehensive nutrition education curriculum in Health, Family and Consumer Science, and Physical Education classes. Nutrition education teaches specific skills and activities that are behavior focused which include media awareness, menu planning, critical thinking skills and reading Nutrition Facts food labels. Nutrition Education Curriculum:

[http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/Nutrition Education Curriculum Spring 2014.pdf](http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/Nutrition%20Education%20Curriculum%20Spring%202014.pdf)

b) Standards for USDA Child Nutrition Programs and School Meals

The Lancaster CSD School Breakfast and Lunch Program is regulated by the federal government, with the USDA setting the standards. NSLP/SBP entrée items sold as a la carte are exempt from all competitive food standards if sold as a competitive food in the school lunch or breakfast program on the day of service or the day after service.

1. *Access to and Promotion of the School Breakfast Program* – all schools will offer breakfast to students through the USDA Breakfast Program.
2. *Nutrition Standards for School Meals* - [http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/nutrition standards.pdf](http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/nutrition%20standards.pdf)
3. *Adequate Time to Eat* – All school lunches require meal periods to include at least 20 minutes for lunch and at least 10 minutes for breakfast.

4. *School Meal Environment* – appropriate supervision by cafeteria monitors will be provided in the cafeteria, with rules for safe behavior consistently enforced. Students will be provided a pleasant environment with adequate space and seating to eat their school meal.
5. *Availability of Nutrition Information regarding School Meals* – The district will publicize information about the nutritional content of school meals. This information will be shared with students and parents through monthly menus and the district website.

c) The School Food Environment

The entire school environment, not just the classroom, will be aligned with healthy school goals. This will positively influence students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. The District Wellness Committee supports nutrition standards of all foods sold or provided on school campus outside USDA School Meals (competitive foods) on campus. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

1. *Whole Foods* (whole grains, unprocessed foods, or fresh produce) as Sold/Served Outside of USDA Meals - Encourage the offering/consumption of whole grains, unprocessed foods, or fresh produce. Schools are encouraged to source fresh fruits and vegetables from local farmers where practical.
2. *Vending Machines/School Store/Food Service A La Carte* - All items sold through vending machines, school store and Food Service a la carte follow the USDA nutrition standards for all foods and competitive food standards. http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf , <https://schools.healthiergeneration.org> (Smart Snacks Calculator)
3. *Daily Snacks, Class Parties and School Celebrations* – It is encouraged that foods and beverages served at school events are healthy choices from the “Healthy Options List.”
Snack Ideas
<http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/Snacks.pdf>
Celebration ideas:
http://www.lancasterschools.org/cms/lib/NY19000266/Centricity/Domain/1129/class_party.pdf
4. *Food Sold for Fundraising At All Times* (not only during the school day) - It is suggested that all food items sold as fundraisers comply with the district nutrition standards defined above. Encourage alternatives to in-school candy sales as fundraisers, considering physical activities instead (e.g., walk-a-thons, jump-rope-a-thons, bike rides);
5. *Access to Free Drinking Water* - Free water is always available. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
6. *Discourage the Use of Food as a Reward* with the exception of Individual(ized) Education Plans (IEP). Encourage alternatives to food as reward (e.g., pizza parties); i.e., discounted tickets to community venues such as roller skating, bowling, drawings for gift certificates.

d) Encourage Staff to Be Role Models for Healthy Behavior

Staff will be encouraged to model and share healthy eating and physical activity as a valuable part of daily life.

e) Family and Community Education/Communication

Promote family meal hours at home where healthy food is served and provide recipes that encourage shared preparation of food by family members Nutrition education will be provided to parents and the community in the form of:

- a. school website
 - b. newsletter articles and information
 - c. presentations that focus on nutrition and healthy lifestyles
- f) **Marketing to Promote Healthy Choices**
It is recommended that organizations operating concessions at school functions label/mark healthy food items available so students know which are healthy items and these items will be comparably priced.
- g) **Coordinated School Health Program Model**
Every three years the district will review the program using a tool such as the Center for Disease Control and Prevention's *Coordinated School Health Program*.
<http://www.cdc.gov/HealthyYouth/cshp/>
- h) **Advisory Committee to Address Health and Wellness Beyond Policy**
The Wellness Committee will regularly evaluate these recommendations and work within existing district-wide and building wellness plans to promote these initiatives.

GOAL #2: TO INCREASE PHYSICAL ACTIVITY

Overarching Objectives:

1. Provide resources for parents to help insure that children engage in 60 minutes per day of physical activity.
2. Increase district-sponsored opportunities for parents and students to participate in physical activity (i.e., Relay for Life, Ride for Roswell).
3. Use physical activities and healthy eating challenges for character-building at all schools.
4. Use a variety of strategies in physical education classes to introduce students to healthy choices in nutrition and physical activity;

Actions: Physical Education and Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. The following standards are necessary to achieve this goal:

- a) **Physical Education Curriculum for Grades K-12, updated annually**
- b) **Required Time per Week of Physical Education for Elementary School Students** - Schools will use NYS mandate, 120 minutes per week or more, when planning Physical Education classes to the extent possible.
- c) **Required Time per Week of Physical Education for Middle/High School Students** - Schools will use NYS mandate of no less than 3 times per week, when planning Physical Education classes to the extent possible.

- d) **Adequate Equipment and Facilities for Physical Education** ~ The Physical Education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- e) **Qualifications for Physical Education Instructors** ~ Physical Education will be taught by a certified instructor which follows NASPE and NYS Standards. The student to teacher ratio for Physical Education is equivalent to other disciplines at all levels.
- f) **Regular Physical Activity Breaks** ~ Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement in addition to Physical Education and recess.
- g) **Structured Physical Activity Before or After School** ~ Physical activity classes, clubs, intramurals or interscholastic activities may be an option for all students, including wellness nights, sports nights, evening programs, etc. Provide information to the community on the website regarding athletics, intramurals, community education activities, etc. that would promote student and family engagement in physical activity. District Wellness calendar will be posted to website.
- h) **Restricting Physical Activity as Punishment** ~ Students may not be pulled out of physical education for any other content area instruction or punishment or should not be denied participation in recess or other physical activity opportunities as a form of discipline or punishment.
- i) **Daily “Free Time”/ Recess in Elementary School** ~Supervised recess time is recommended for all students within each school day at all elementary schools.

Section 5: Policy Evaluation

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

IMPLEMENTATION:

Implementation activities and responsibilities will be undertaken by committee members and other staff.

EVALUATION:

This committee will meet annually to measure the success of its goals and to update objectives and activities.

ASSURANCE:

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

