

District Wellness Plan

Lancaster Central School District

Lancaster, New York

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 before, during and after the school day.

The District has established a Wellness Committee to establish goals for, and oversee the development of, the District's local Wellness Policy. The Committee will make policy recommendations for review and adoption by the Board of Education. The District's Wellness Committee includes representatives from each of the following groups:

- a) The District's Food Service Program
- b) School Administrators
- c) School Board
- d) Athletic Director
- e) Physical Education Teacher
- f) Health Education Teacher
- g) Family and Consumer Science Teacher
- h) General Education Teacher
- i) School Health Professionals
- j) Parents and Caregivers
- k) Students

The District's Wellness Committee will also be responsible for assessing current activities, programs and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of this policy. In so doing, the Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

The District's Wellness Coordinator position will be held by the Assistant Superintendent for Curriculum, Instruction and Pupil Personnel Services. Meetings of the committee will be convened three times annually.

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 ([LCSD District Calendar](#)) such as the William Street Triathlon, Jump Rope for Heart, Hoops for Heart, Relay for Life, Family Fun Night, 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

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. 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 sets forth the following goals:

- 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 Promotion and Education

The District will model and encourage healthy eating by all students by engaging in nutrition education and promotion by:

a) Nutrition Curriculum/Education

Nutrition education will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. 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. Nutrition education will follow applicable New York State Standards and be designed to help students acquire:

1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutritional information, misinformation and commercial advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

b) Marketing and Promotion

1. The District will promote nutrition education activities that involve parents, students and the community.

2. The District will promote healthy food and beverage choices for all students and encourage participation in school meal programs. This will occur using Smarter Lunchroom techniques which guide students toward healthful choices and ensuring that 100% of foods and beverages promoted to students meet the Smart Snacks in School nutrition standards (https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf).
3. The District will promote school and community awareness of this policy through various means, such as publication on the District website, social media, newsletters, and an annual family wellness event.
4. Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. As such, 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, Hunger Free Kids Act's "Smart Snacks in Schools" Rule](#) and that are consistent with this policy.
5. The District is cognizant of the fact that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of this equipment is not required, the District will replace or update this equipment over time to ensure the message it delivers to students regarding nutrition, health, and well-being is consistent. As the District reviews existing contracts, or considers new contracts, resulting decisions should reflect the marketing guidelines established by this policy.

c) Standards for USDA Child Nutrition Programs, School Meals and School-Based Activities

All schools within the District participate in the USDA child nutrition program, including the NSLP and the SBP. School meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

a. Federal School Meal Programs

- i. The Lancaster CSD School Breakfast and Lunch Programs are regulated by the federal government, with the USDA setting the standards. The District will participate to the maximum extent practicable in available federal school meal programs. Food served through these programs will meet all applicable federal and state standards.
- ii. The District will ensure that the Food Service Director, Managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. District food staff will meet with students in Grades 4 through 12 at least twice annually to solicit feedback on the school breakfast and/or school lunch programs.
- iii. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education and training requirements as specified in [USDA Professional Standards for School Nutrition Professionals](#).

b. Access to School Nutrition Programs

- i. The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.
- ii. School dining areas have sufficient space for students to sit and consume meals. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating. Appropriate supervision by cafeteria monitors will be provided in the cafeteria, with rules for safe behavior consistently enforced.
- iii. There are sufficient serving areas provided to ensure student access to school meals with a minimum of wait time.
- iv. All students will have a scheduled lunch period, and lunch times are scheduled near the middle of the school day. Students are given adequate time to eat healthy meals. All school lunches require meal periods to include at least 20 minutes for lunch and at least 10 minutes for breakfast.
- v. Students and staff have access to free, safe and fresh drinking water throughout the school day and where school meals are served.

d) 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 saturated fat and added sugars, have zero grams trans-fat per serving, 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. Competitive Foods and Beverages Sold to Students During the School Day – Competitive foods, which include all foods and beverages sold to students outside of the school meal programs, on the school campus in student accessible areas, and at any time during the school day – will follow, at a minimum, the [nutrition standards specified by the Healthy, Hunger-Free Kids Act](#). These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte items. Daily Snacks, Class Parties and School Celebrations - Parents and teachers will be provided with a list of classroom snacks and beverages that meet Smart Snacks nutrition standards. Parents and teachers will be provided with a list of healthy party ideas, including non-food celebration ideas. It is encouraged that foods and beverages served at school events are healthy choices from the “Healthy Options List.” [Alliance for a Healthier Generation Smart Snacks Product Calculator](#)
3. Food Sold for Fundraising
 - a. All foods and beverages sold as or during a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Healthy Hunger-Free Kids Act “Smart Snacks in Schools” Rule. These foods and beverages sold as fundraisers will not be sold until the end of the last period, so as not to compete with the NSLP.

- b. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc. and by promoting events involving physical activity. Alternatives to in-school candy sales as fundraisers will be encouraged, considering physical activities instead (e.g., walk-a-thons, jump-rope-a-thons, bike rides). At events where food and beverages are sold, 50% of items sold must meet USD Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Standards.
 - c. All foods and beverages sold or served at school sponsored events will be in serving sizes which are in accordance with recommended dietary guidelines and/or nutrition standards.
 - d. All school-sponsored fundraisers must be approved by the appropriate building principal prior to being conducted.
 - 4. Discourage the Use of Food as a Reward with the exception of Individual(ized) Education Plans (IEP). School personnel are strongly discouraged from using food as a reward or withholding food as punishment under any circumstance. The District will encourage staff and parents to provide students with healthy options at any event where food and beverages are served to students (i.e., classroom and school-wide celebrations and rewards). Teachers and other appropriate school staff will be provided with a list of 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.
 - 5. The District is cognizant of the fact that certain scoreboards, signs, and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of such equipment may be impossible due to existing contracts or prohibitive costs, the District will consider replacing or updating such equipment over time to ensure the message it delivers to students regarding nutrition, health and well-being is consistent. As the District reviews existing contracts, or considers new contracts, resulting decisions should reflect marketing guidelines established by this policy.
- e) Encourage Staff to be Role Models for Healthy Behavior
District staff will be encouraged to model healthy eating, drinking and physical activity behaviors for students.
- f) Family and Community Education/Curriculum
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
- g) 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.
- h) 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/>

i) 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. Ensure that a well-rounded physical and social environment is provided that encourages safe and enjoyable activities for all students;
2. Use a variety of strategies in physical education classes to introduce students to healthy choices in nutrition and physical activity;
- 3.
4. Increase district-sponsored opportunities for parents and students to participate in physical activity (i.e., Triathlon, Relay for Life, Ride for Roswell, Elementary Bowling Tourney, Hoops for Heart, Rebound for Research, Jump Rope for Heart, Playworks and the Corporate Challenge);
5. Provide resources for parents to help insure that children engage in 60 minutes per day of physical activity.

Actions: Physical Education and Physical Activity

The District will provide opportunities for every student to participate in physical education and, in an effort to comply with the recommendation that children and adolescents participate in at least 60 minutes of physical activity each day, is also committed to providing opportunities for physical activity before, during, and after school. In doing so, the District aims to promote among students, staff and community members the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle. Physical activity opportunities will be in addition to, not in lieu of, physical education and will not be used as punishment for students, but rather another means by which students may develop or maintain a healthy and active lifestyle. The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

- a) A Board-approved Physical Education Plan will be on file with the NYS Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner of Education's regulations.
- b) All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District's schools.
- c) Physical Education Curriculum for Grades K-12 will be updated annually. An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness. This curriculum also includes training for high school students in Hands-Only CPR, in both the freshman and junior years of high school.
- d) Students are afforded the opportunity to participate in moderate to vigorous activity for at least 50% of physical education class time.

- e) 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.
- f) 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. Interscholastic sports, intramural sports and recess do not serve as substitutes for a quality physical education program.
- g) Activities and/or equipment are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if the student may be eligible for adapted physical education.
- h) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs or competitions.
- i) The Physical Education program shall be provided adequate space and equipment for physical education and conforms to all applicable safety standards.
- j) 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. All physical education staff will receive professional development relevant to physical education on a yearly basis.
- k) Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement in addition to Physical Education and recess.
- l) Physical activity during the school day, including, but not limited to, recess or classroom activity breaks (Playworks), will not be withheld for disciplinary action unless the student is in danger to him or herself or others. Classroom teachers will be provided with a list of ideas for alternative ways to discipline students. Recess, physical education, or other physical activity time will not be cancelled for instructional make-up time.
- m) Supervised recess time is recommended for all students within each school day at all elementary schools. All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Teachers are encouraged to incorporate kinesthetic learning approaches into core learning subjects when possible so as to limit sedentary behavior during the school day. Additionally, all elementary students may be offered one daily period of recess for a minimum of 20 minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Outdoor recess will be offered when weather permits. In the event that indoor recess is necessary, it will be offered in a place that accommodates moderate to vigorous physical activity.
- n) The District will offer opportunities for students to participate in physical activity before and/or after the school day through various methods, such as physical activity clubs, intramurals, and interscholastic sports. Wellness nights, sports nights, evening programs are also options. The District will provide information to the community on its official website regarding athletics, intramurals, community education activities, etc. that would promote student and family engagement in physical activity.

- o) The District supports active transport to and from school, i.e., walking or biking. The District encourages this behavior by securing storage facilities for bicycles and sports equipment, as well as instructing students on walking and bicycling safety.
- p) Community access to District facilities is provided for physical activities. School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.
- q) The District will continue relationships with community partners (i.e., Lancaster YMCA, Lancaster/Depew Boys and Girls Club, Independent Health, Lancaster/Depew Food Pantries) in support of the implementation of this policy. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

IV. Policy Evaluation

The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. This District Wellness Coordinator will also serve as a liaison with community agencies in providing outside resources to help in the development of nutritional education programs and the promotion of physical activities.

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. The District will annually report on the progress each of its schools has made toward meeting the goals of this policy. The report will include:

- a) The website address for the Wellness Policy and/or information on how the public can access a copy.
- b) A description of each school's progress in meeting the Wellness Policy goals.
- c) A summary of each school's local wellness events or activities
- d) Contact information for the Wellness Coordinator
- e) Information on how individuals can get involved in the Wellness Committee's work.

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.

- A. IMPLEMENTATION** – Implementation activities and responsibilities will be undertaken by committee members and other staff.
- B. EVALUATION** – This committee will meet three times annually to measure the success of its goals and to update objectives and activities. Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administrative satisfaction with the Wellness Policy, are welcomed as an essential part of the District's evaluation program.
- C. 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.

Assessments of compliance with the District's Wellness Policy and implementation efforts will be repeated on a triennial basis. The assessment will include:

1. Compliance with the Wellness Policy.
2. How the Wellness Policy compares to model wellness policies.

3. Progress made in attaining the goals of the Wellness Policy.

The person responsible for managing the triennial assessment is the District Wellness Coordinator (716-686-3206). The District will, as necessary, revise and update this Wellness Policy, but at least every three years following the triennial assessment, and develop work plans to facilitate its implementation.

The annual progress report, triennial assessment, and policy updates will be provided to the Board, posted on the District's official website, and distributed to the District Wellness Committee, PTO's, building administrators, and school health services personnel within the District. Printed copies will also be made available to community resident upon request.

The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this policy, including, but not limited to, its content, as well as any updates. The District will use these same means to inform the community about the availability of the annual and triennial reports relative to this policy. The District will endeavor to share as much information as possible about its schools' nutrition environment, including a summary of school events or activities relative to this policy implementation. The District will notify parents and the public, in culturally and linguistically appropriate ways, about the content, implementation of, and updates to this policy as well as how to become involved and support this policy. Each year, the District will also publicize the name and contact information of the District official leading and coordinating the Wellness Committee as well as how the community may get involved with the Wellness Committee.

The District will retain records relative to compliance with the requirements of this policy in the District Office. Documentation maintained at this location includes, but is not limited to:

1. The Wellness Policy.
2. Documentation demonstrating that this policy has been made available to the public.
3. Documentation of efforts to review and update this policy.
4. Documentation to demonstrate compliance with the annual public notification requirements.
5. The most recent assessment on the implementation of this policy.
6. Documentation demonstrating the most recent assessment on the implementation of this policy has been made available to the public.