

Town of Webb UFSD

514. –Wellness Policy

Developed by the Wellness Committee

514.

TOWN OF WEBB UFSD WELLNESS POLICY

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Preamble:

The Town of Webb UFSD is committed to providing a school environment that promotes and protects children's mental and physical health, well-being, and the ability to learn. The District will support the overall health of students, staff, and community by:

- Engaging students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, emotional and physical activity policies.
- Giving all students opportunities, support, and encouragement to be physically active on a regular basis.
- Serving and selling foods and beverages that meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students and providing clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent possible, participating in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program).
- Providing nutrition, social, emotional, mental and physical education to foster lifelong habits of well being through a healthy lifestyle.
- Recognizing the value of physical and mental health for students, staff, and the community.
- Partnering with local and national agencies and other resources.

TOWN OF WEBB UFSD WELLNESS COMMITTEE

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The Town of Webb UFSD Wellness Committee will develop, review and revise a school nutrition, mental health, and physical activity policy to be presented and recommended to the Board of Education. The Committee will serve as a resource to each school community for implementation of the policy. The Committee may consist of classroom teachers, physical education teachers, school nurses, health teachers, administrators, food service professionals, the Family & Consumer Science teacher, the Booster Club and parents.

II. NUTRITIONAL QUALITY OF FOOD AND BEVERAGES SOLD AND SERVED

Meals served at Town of Webb UFSD will:

- Look appealing to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutritional requirements established by local, state and federal statutes and regulations;
- Include a variety of fruits and vegetables;
- Be served with fat-free milk and non-dairy alternatives (to be defined by USDA); and
- Include whole grain items to the extent possible.

Schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on a cafeteria menu board or other point-of-purchase materials.

Breakfast:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- Operate the School Breakfast Program;
- To the extent possible, arrange bus schedule times and utilize methods to serve a school breakfast that encourages participation;
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals:

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Scheduled Meal Times:

Schools should, to the extent possible:

- Provide students access to handwashing or hand sanitizing wipes before they eat meals;
- Take reasonable steps to help accommodate the tooth-brushing regimens of students with special and health needs such as orthodontia; and
- Schedule lunch between 10:45 a.m. and 1:00 p.m.

Sharing of Foods and Beverages:

Students are advised not to share their foods or beverages with one another due to the concerns regarding:

- Allergies and other food restrictions on some children's diets;
- The spread of infectious disease.

Vending Machines, Cafeteria a la carte, Fundraisers, School Store, Concession Stands, Class Parties**Beverages:****.. Allowed:**

- Water or seltzer water without added caloric sweeteners;
- Fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice and without added caloric sweeteners;
- Unflavored or flavored low-fat or fat-free milk, 2% milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Decaffeinated iced tea without sweeteners;
- Fruit based drinks with 100% real fruit juice.

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.. Not-allowed:

- Soft drinks containing caloric sweeteners
- Drinks with artificial sweeteners.

Foods:

.. A food item sold individually will:

- Meet the USDA Dietary National School Lunch Program (NSLP) and/or School Breakfast Program (SBP)

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 100% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines). *(This does not pertain to concession stands.)*

Portion Sizes:

- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP).

Foods Used for Fundraising:

School Related Organizations are encouraged not sell foods that are not on the recommended items as listed in the appendix (PTC, Webb Way, and Booster Clubs are school related organizations).

Foods that can be consumed immediately:

- Organizations are not allowed to sell these foods during the school day which starts at midnight and goes through 30 minutes after the last bell.

Foods that cannot be consumed immediately (ie pre-order)

- Are allowed to be sold during the school day

Any non-related school organizations are also required to follow these rules as well (ie Girl Scouts, Boy Scouts, etc.)

Concession Stands:

.. Along with the traditional foods sold, the following foods will be present in concession stands operated on school property:

- Sunflower seeds, fruit leather, popcorn, pretzels, dried fruit, trail mix, flavored water, yogurt push-pops, etc.

Celebrations (parties):

The school will disseminate a list of healthy party foods to parents and teachers. Parents and teachers are encouraged to have nutritious foods at parties.

Rewards:

Teachers should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior.

Teachers are encouraged to use rewards or incentives other than food. Examples of other ideas are: homework passes, scholar dollars, etc.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion:

Town of Webb UFSD aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standard-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- 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; and
- Emphasizes caloric balance between food and intake and energy expenditure (physical activity/exercise).

Promoting Physical Activity into the Classroom Setting:

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. **Toward that end:**

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes.

Additional Resources:

Communications with Parents: The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in School: School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**Physical Education:**

Town of Webb UFSD will, to the extent possible, provide regular physical education to all students in grades K-12. Students will receive regular physical education for the entire school year. All physical education will be taught by a certified physical education teacher whenever possible. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. The Physical Education classes will have a student/teacher ratio comparable to that of other classes (aides and volunteers are not counted as teachers in the student: teacher ratio). Physical Education will be taught as a sequential curriculum that is consistent with state and national standards for physical education. Students involved in interscholastic sporting events will not be required to make up classes missed due to an event associated with that same activity. The physical education program will integrate health related physical fitness into lessons throughout the year. The physical education teacher will avoid practices that result in student inactivity and meet the needs of all students in the class. Physical education will not be a means of punishment and will be taught through enjoyable activities.

Recess:

Elementary students should have at least 15 minutes a day on non-physical education days for supervised recess. Recess will allow students to engage in moderate to vigorous physical activity.

Schools should discourage extended periods of inactivity. When activities, such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks to stand and be moderately active.

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Physical Activity Opportunities Before and After School:

The school will make an attempt to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school and middle school offer interscholastic sports programs all that meet the needs, interests, and abilities of all students.

Physical Activity and Discipline:

Teachers and other school and community personnel will not withhold opportunities for physical activity (e.g., recess, physical education) as discipline. (Unless this is where the behavior originates.)

II. Mental Health

Access to Services

The district will refer to and promote access to community mental health services currently available while advocating for continued and expanded programming and availability.

Awareness

The district will strive to educate and facilitate education for all regarding emotional, social, physical and mental health.

Mental Health Training

The district will continue to support mental health training on an ongoing basis.

Community Resources

The district will partner with available resources to aid in the areas of mental, emotional, physical and social health.

V. MONITORING AND POLICY REVIEW

Monitoring:

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The Principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school district superintendent or designee.

School food service staff, at the TOW UFSD, will ensure compliance with nutrition policies within school food service areas and will report on this matter to their supervisor, principal and superintendent.

Policy Review:

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will analyze our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Wellness Committee will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.



Listing of Available Community Services

**Emergency (Fire, Medical, Police)
Free and Confidential Resource Line**

**Call 911
Call 211**

Alcoholics Anonymous:

AA.org for meeting information
(315) 369-2281

Alzheimer's Lutheran Care's Caregiver Support Program (Free):

caregiversupport@lutherancare.org
(315) 235-7147 or (315) 269-5266

Catholic Charities of Herkimer County:

(315) 894-9917

Neighborhood Center Satellite Clinic in OF:

Mental health counseling services
(315) 272-2600

Town of Webb Health Center:

Operated by St. Elizabeth's
Physician's Appt: (315) 369-6619
Laboratory: (315) 369-3960
Dental: (315) 369-6634

HASCA (Home Aide Service of the Central Adirondacks)

(315) 369-6183

SHARP (Senior Program):

(315) 369-3475 (Niccolls)

Churches and their services:

- Niccolls Memorial Presbyterian Church—
(315) 369-3475
Food Pantry, Mission Boutique, Low In-
come Food Program, Holiday Baskets
- St. Bartholomews Catholic Church—
(315) 369-3554
Food Pantry, Holiday Food Baskets
- Inlet Community Church
- (Non-denominational)—
(315) 357-2291
Food delivery for families in need (also
Town of Webb Residents)
- St. Anthony's Catholic Church (Inlet)—
(315) 369-3554

Northern Regional Center for Independent Living (Lowville):

Peer-run disability rights and parent resource
center
(315) 376-8696

Community Transportation Services (CTS):

Limited to Senior Medical Appointments
(315) 369-2830

MAC's Safe Ride: (variable hours seasonally)

available free nighttime transportation
(315) 369-8121

Department of Social Services:

Herkimer: (315) 867-1291
Hamilton: (518) 648-6131
Oneida: (315) 798-5632

Hot Line and Prevention Numbers:

Child Abuse Hotline:

1-800-342-3720

(MCAT) Mobile Crisis Assessment Team:

(315) 723-6228

National Suicide Prevention Lifeline:

1-800-273-8255

Herkimer Co. Mental Health Department:

(315) 867-1465

Herkimer County Public Health:

(315) 867-1430

YWCA Herkimer County Rape Crisis Service:

(315) 866-4120

GLBT National Helpline:

1-888-843-4564

NYS Domestic Violence 24 Hr. Hotline:

1-800-942-6906

National Teen Dating Abuse Helpline:

1-866-331-9474

Teen Runaway Hotline:

1-800-621-4000

Addiction, Substance Abuse & Gambling Issues Helpline:

1-877-846-7369

*This list is not a complete list of all the services that are available regionally. Updates will be made online.