

FALLSBURG CENTRAL SCHOOL DISTRICT

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October 13, 2015

Dear parents, guardians and community members,

Welcome back! We hope everyone is ready for an exciting school year here in Fallsburg. As you might know, our school is part of a nationwide movement to create healthy school environments for our children. In May 2015, the new district wide Wellness Policy was adopted by the Board of Education and updated regulations regarding physical education, school nutrition, overall wellness and also included the following guidelines regarding food in classroom celebrations and rewards. At Fallsburg Junior Senior High School, we recognize that a child's health and well-being is the result of a team effort between parents, teachers, and the community, and we greatly appreciate your support with these changes.

Classroom Celebrations and Rewards Guidelines:

Fallsburg Junior Senior High School asks that all classroom celebrations for birthdays, holidays, and student achievement during the regular or extended school day involve activities that make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage. We also strongly encourage celebrations with non-food focused activities.

Please see the attached pages on ideas for healthy classroom celebrations and suggestions for snacks that meet these guidelines. Do not hesitate to contact **Ms. Suzanne Lenzian** at **845-434-6800 ext 2212** or **slenzian@fallsburgcsd.net** should you have any questions or concerns regarding the new school guidelines. Again, we appreciate your support in making Fallsburg Junior Senior High School a healthy, successful school.

Sincerely,

Ms. Suzanne Lenzian and the Wellness Committee

Celebrations and parties: The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas while allowing flexibility by upholding cultural traditions from foods brought to school by parents.

Healthy party ideas from the USDA:

- Choose a game or activity the class does for the last few minutes of the school day
- Cooking lessons or "Iron Chef" competitions
- Nutrition classes for the family from community partners like Cornell Cooperative
- Let's trade party! Ask parents to bring small items to trade, such as pencils, stickers erasers
- Dance party
- Special book
- Guest readers
- Special show and tell
- Special time with principal, teacher or site staff- take a walk around the school or playground
- Themed parades around your school- try a vocabulary or food theme
- Parents and teachers vs. kids sports competition
- Get students involved in planning and preparing for celebrations-let them make decorations and favors and let them choose the games
- Organize a special community project instead of a party. Invite senior citizen in for lunch, collect goods and make cards for sheltered families, organize a project for Earth Day
- Plan around holiday themes. Students can make cards for winter holidays, decorate the classroom with hearts for Valentine's day, and learn an Irish-step dance for St. Patrick's Day.
- Ways to celebrate a birthday and recognize a child on their special day:
- Make a sign, sash, crown, button, or badge
- Let the birthday child be the teacher's assistant for the day, they can do special tasks like make deliveries to the office or be a line leader.
- Let the birthday child choose an activity or game
- Allow the student to pick a book and ask the principal or a parent to come and read it
- Play an indoor game of the student's choice

2. Classroom snacks brought by parents: The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards;

- Baked potato chips
- Brown rice cakes (can be flavored)
- Whole grain fig cookies like Fig Newtons
- String Cheese
- Low fat yogurt
- Baked tortilla chips and salsa
- Low fat granola bars
- Light or low-fat popcorn
- Water- add and orange or lemon slice
- Milk (low-fat or non-fat)
- 100% fruit juice (4oz max)
- Fizz it up: mix 100% fruit juice with plain sparkling water

3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Elementary students/Middle school:

- Fun movies
- Show and tell
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Teacher performs special skill, e.g. singing, guitar playing, juggling
- Computer time

High School Students

- Fun movie
- Late homework pass
- Recognition on morning announcements
- Tickets to school dances, sporting events (recognition of individual(s) at event)
- Water bottles
- School Branded apparel
- Selection of a paperback book at book fair
- Receive art supplies, coloring book, glitter, bookmarks, rulers, stencils, stamps, pens, pencils, erasers and other school supplies

At home ideas:

- Allow your child to have a few friends over after school to play sports or watch a video
- Invite a few friends to a sleepover
- Let the child help plan a special outing
- Have a family game night and let child choose games
- Allow the child to pick a movie that the family will watch together or an outdoor sport that the family can play together
- Keep a box of special toys, computer games, or art supplies that can only be used on special occasions
- Set up a system so that child can earn movie tickets, coupons, gift certificates or discounts to skating rinks, bowling alleys, and other entertainment outlets.

Fallsburg Central School District Wellness Policy

Preamble

The Fallsburg Central School District (hereto referred to as the District) is committed to providing school environments and experiences that promote and support students' health, safety, and ability to learn by providing healthy eating and regular physical activity. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education and physical education that helps them develop lifelong habits of healthy eating and physical activity behaviors;
- Students have opportunities to be physically active when possible before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

I. School Wellness Committee

Committee Role and Membership

The District established a Health and Wellness Committee (hereto referred to as the "DWC") that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy"). The DWC will also serve as a resource to school sites for implementing those policies and make recommendations for school nutrition and physical activity.

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; school food services professionals; physical education teachers; health education teachers; school health professionals, mental health and social services staff; school administrators; school board members; health professionals; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

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Leadership

The District will designate one or more local educational agency officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District's designated person/s and the DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Annual Progress Reports

The District will inform and update the school community and the public annually about the content and implementation of the wellness policy; and will periodically measure and make available to the public as assessment report on the implementation of the policy. This report will include, but is not limited to:

- Extent to which schools are in compliance with the wellness policy;
- The extent to which the wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the wellness policy.

This wellness policy and the progress reports can be found at: www.fallsburgcsd.net.

The annual report will be available in English and Spanish.

Revisions and Updating the Policy

The wellness policy will be assessed and periodically updated. The DWC will provide wellness policy updates and modifications to the Policy Committee of the Board of Education based on the results of the assessment reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

III. Nutrition

The goal is to promote student health and reduce childhood obesity by ensuring that all foods and beverages provided to students meet or exceed the USDA Nutrition Standards for School Meals and are consistent with the U. S. Dietary Guidelines for Americans and the nutrition standards for competitive foods which meets the Smart Snacks in School nutrition standards for all foods sold in school outside the school meals program under the Healthy Hunger-Free Act of 2010.

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, "whole grain-rich" grain products, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. Schools will make every effort to avoid scheduling tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities; provide

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students access to hand washing or sanitizing; and provide students with adequate time to eat with a goal for at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP).

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all eligible students;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

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, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, such as allowing breakfast in the classroom and “grab-and-go” breakfasts;
- Schools will notify parents and students of the availability of the School Breakfast Program; and
- Schools will 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 school meals. Toward this end, schools may utilize electronic identification and payment systems.

Staff Qualifications and Professional Development

School Nutrition Program Directors will meet the required education, training and certifications necessary to successfully manage the NSLP and SBP.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs. All Food Service Staff are aware of the professional standards and some have already started the continuing education process.

Water

The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and The Healthy, Hunger-Free Kids Act of 2010.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school

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campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

The District will encourage that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas while allowing flexibility by upholding cultural traditions from foods brought to school by parents. Healthy party ideas from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

Nutrition education is designed to provide students with knowledge and skills necessary to promote their health and make positive food and nutrition choices. Nutrition education teaches behavior-focused skills and will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards. These concepts will also be reinforced during classroom snack times and integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects to encourage adoption of healthy eating habits and other nutrition-related behaviors conducive to health and wellbeing.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

IV. Physical Activity

As recommended by the Centers for Disease Control (CDC), children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. The District will make every effort for schools to ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

The District will provide opportunities, support, and encouragement for every student to: regularly participate in physical activity; develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, responsible and safe participation that meets the needs of all students; and gain appreciation for lifelong physical activity through a healthy lifestyle.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason; this does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

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All District **elementary students** in grades K-6 shall receive physical education for at least 90 minutes in each calendar week.

All District **secondary students** (middle and high school) grades 7-12 shall have the opportunity for regular physical education, but not less than three times per week in one semester and two times per week in the other semester, taught by a certified physical education teacher.

V. Other Activities that Promote Student Wellness

The District will make every effort to integrate wellness activities across the entire school setting and to coordinate and integrate other initiatives related to physical activity, physical education, nutrition education and promotion, and other wellness components to promote student well-being, optimal development, and strong educational outcomes.

Community Partnerships

The District will continue developing relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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FALLSBURG CENTRAL SCHOOL DISTRICT WELLNESS – NUTRITION AND PHYSICAL ACTIVITY REGULATIONS

I. School Wellness Committee

Committee Role and Membership

The District established a Health and Wellness Committee (hereto referred to as the “DWC”) that will meet at least four times annually and will try to meet nine times per year. The DWC oversees the district-level wellness policy including development, implementation, and periodic review and update of this district-level wellness policy. The DWC membership is outlined in the Wellness Policy.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email address	Role
Suzanne Lenzian	Athletic Director	slenzian@fallsburgcsd.net	
Dara Smith	Food Service Director	dara.smith@scbooces.org	

Each school will designate a school wellness policy contact, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages

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available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. In New York State, Healthy Schools NY provided the WellSAT tool for Districts to use with schools to assess the Wellness Policy.

The wellness policy, regulations and the progress reports can be found at: www.fallsburgcsd.net.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at District's Administrative Offices, Room # 032 and on the District's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in *June*, and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

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The annual report will be available in English and Spanish

The District will actively notify households/families of the availability of the annual report.

The DWC, in collaboration with the Jr/Sr High School and BOCES, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit for each of the content-specific components listed in Sections III-V of this policy.

- The District will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, or psycho-social measures such as self-reported "connectedness," or other school climate measures. The District is encouraged to collaborate with local research institutions and universities.
- The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Director of Health, PE, and Athletics.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy and regulations annually and will ensure school community and public awareness of these updates.

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Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Summer Food Service Program (SFSP). SNACK PROGRAM AFTER SCHOOL – managed by Debbie Jacobson . All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

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- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., , healthy sandwich and salad options available yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., , after school snack program at BCES , etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas – samples of unusual items are offered to students when they arrive in the cafeteria.
 - Student artwork is displayed in the service and/or dining areas – this should be coordinated with the art department
 - Daily announcements are used to promote and market menu options – daily announcements are not to my knowledge used to promote and market the daily menu
- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients. – menus are posted on the district website. We do not include nutrient nor ingredients info.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional. Menus are created by Dawn Boyes of SC Boces. She is a School Nutrition Specialist, certified through the NYSNA. She is not a dietitian or nutritionist.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day. Lunch times are managed by the school principals.*
- *Lunch will follow the recess period to better support learning and healthy eating. Recess schedules are created and managed by the school principals*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*
- *The District will implement at least four of the following five Farm to School activities (meets HSP Gold level; mark/circle the four activities the District plans to do):*

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- *Local and/or regional products are incorporated into the school meal program; Though we have been working toward a goal of purchasing locally grown food products from area farms, we have not yet achieved this. Once per year we participate in a county wide Farm To School Event in which we prepare and serve one menu item that has been made with locally grown produce.*
- *Messages about agriculture and nutrition are reinforced throughout the learning environment; Unknown*
- *School hosts a school garden; Unknown*
- *School hosts field trips to local farms; and Unknown*
- *School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.] Annual Farm to School Day*

Staff Qualifications and Professional Development

These are outlined in the Wellness Policy.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. Water fountains in close proximity to the cafeteria suffice for the water requirement during meal times.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are listed below and are available

at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks:>

a. Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juices and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

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Beverage Portion sizes:

- Elementary schools may sell up to 8-ounce portions.
- Middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

b. Nutrition Standards for Foods sold outside of reimbursable school meals

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or;
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). (7/1/2016 goods may not qualify using the 10% DV criteria.)

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: < 200 calories
 - Entrée items: <350 calories
- Sodium limits:
 - Snack items: ,230 mg (7/1/2016 <200 mg sodium)
 - Entrée items: <480 mg
- Fat limits:
 - Total fat: <35% of calories
 - Saturated fat: <10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - <35% of weight from total sugars in foods.

c. **Portion Sizes:** Limit, whenever possible, portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky,
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, and muffins.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Sixteen fluid ounces for beverages, excluding water; and
- 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 school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students

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on the school campus during the school day* and *ideally, the extended school day** will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

The District will encourage that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards as outlined in the Wellness Policy.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.

- *Schools will be encouraged to use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).*

Nutrition Promotion

The District provides nutrition promotion and education and promotes healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;

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- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets HSP Silver/Gold level).
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets HSP Silver/Gold level).

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

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[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

Food advertising and marketing is defined¹ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. All schools in the district will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- *Through a formal joint or shared use agreements indoor and outdoor physical activity facilities will be open to students, their families, and the community outside of school hours (meets HSP Gold). [Change Lab Solutions](#) provides guidance regarding joint or shared use agreements.*

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- *The District will work with schools to ensure that inventories of physical activity supplies are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.]*

Physical Education

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via FitnessGram, Pacer or other appropriate assessment tool) and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets HSP Silver level).*
- *All physical education teachers in [District] will be required to participate in at least once a year professional development in education (meets HSP Silver level).*
- *All physical education classes in [District] are taught by licensed teachers who are certified or endorsed to teach physical education (meets HSP Gold level).*
- *Waivers, exemptions, or substitutions for physical education classes are not granted.*

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum and in physical education classes the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

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Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year (*This policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends (HAROLD-YOU'LL CHECK WITH IVAN??) teachers provide short (1-3 minutes) physical activity breaks to students during and between classroom time. These "Brain Gym" activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for "Brain Gym" activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading

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activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: using the weight room and cardio room, when open/available; participating in intramurals and other extended day activities (ping pong, step, dance and interscholastic sports teams)

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will continue developing relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

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The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will encourage staff to organize a wellness subcommittee or activities that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors such as: individual, partner or group walks; use of the Fitness Center and Cardio Room; weight watchers club, adult swim, and ballroom dance lessons. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

- *The District will use a healthy meeting policy for all events with available food options, created by the SWC/DWC or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.]*

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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Glossary:

Extended School Day - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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Appendix A: School Level Contacts

School	Name	Title	Email Address	Role
Fallsburg Central School District	Suzanne Lendzian	Athletic Director	slendzian@fallsburg csd.net	
