

**SUBJECT: DISTRICT WELLNESS POLICY**

The Ellenville Central School District recognizes that schools play a critical role in promoting student health, preventing childhood obesity and combating problems associated with poor nutrition and physical activity.

The Ellenville Central School District is committed to providing a school environment and experiences which promote healthy choices and physical activity.

Therefore, it is the policy of the Ellenville Central School District that the District establishes a wellness committee. The District's wellness committee will include, but is not limited to, representatives from each of the following groups:

- a) The School Board;
- b) School Administration;
- c) Physical Education Teachers;
- d) School Health Professionals;
- e) The District's food service program;
- f) Parents;
- g) Students;
- h) Members of the Public

The District Wellness Committee may review current activities and programs available in the District and identify specific areas of need within the District. Minutes of the meetings of the Wellness Committee will be submitted to the Superintendent.

- All students will have opportunities, support and encouragement to be physically active on a regular basis, consistent with the Regulations of the Commissioner of Education.
- The Child Nutrition Program will comply with the federal, state, and local requirements and will be accessible to all children.
- Schools will provide nutrition education and physical education as an integral part of the curriculum to foster lasting habits of healthy eating and physical activity. The schools will also encourage cooperation between health education, school meal programs and related community services.

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**SUBJECT: DISTRICT WELLNESS POLICY****Nutrition Education**

- 1) Nutritional education will be a component of the District Health Education curriculum in grades K-12.
- 2) Nutrition education will include knowledge based understanding in regards to the importance of healthy food choices as they relate to personal health and healthy lifestyles.
- 3) Staff responsible for student nutrition and nutrition education may be provided the opportunity of nutritional training through professional development activities.
- 4) The district will provide educational information regarding nutrition and healthy eating habits through District communications (e.g. District website, newsletters, etc.).

**Physical Activity and Physical Education**

- 1) All students will have support and encouragement to be physically active on a regular basis. Schools will facilitate all students' participation in moderate to vigorous physical activity in accordance with federal and state requirements.
- 2) Schools will provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
- 3) Students will be given opportunities for physical activity through the utilization of school programs including, but not limited to, interscholastic athletics and extra-curricular activity clubs.

**Food and Beverages Served/Sold During the School Day**

- 1) Foods and beverages available during the school day will include a variety of healthy choices.
- 2) Food and beverages available during the school day will be offered in portion sizes age-appropriate for elementary, middle and high school students,

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Non-Instructional/Business  
Operations

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- 3) Classroom snacks and celebrations, especially in elementary schools, should encourage healthy choices. Parents and families will receive guidance from the school on foods that are appropriate for such celebrations.
- 4) Schools will encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items.

### **Reimbursable School Meals**

The School District will follow all Federal and State guidelines to ensure that all eligible children have access to free/reduced price meals in a non-stigmatizing manner.

### **Policy Administration**

The School Business Official is charged with operational responsibility for ensuring that the District meets the Wellness Policy as adopted.

### **Implementation and Evaluation of the Wellness Policy**

The Superintendent designates the School Business Official to evaluate the effectiveness of the Wellness Policy and possible modifications via an assessment tool. The results of assessment will be made available to the public.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204

Richard B. Russell National School Lunch Act , 42 USC Section 1751 et seq.

Child Nutrition Act of 1966, 42 USC Section 1771 et seq.

7 CFR Section 210.10

Wellsat.org assessment tool: [http://wellsat.org/evaluation\\_2.aspx?a=e](http://wellsat.org/evaluation_2.aspx?a=e)

Adoption Date: March 8, 2016