

2012 updates appear in *Italics*

### Comprehensive Wellness Policy

**On June 30th., 2004 the President of the United States signed Public Law 108-265, The Child Wellness and WIC Reauthorization Act of 2004. Section 204 law requires School Districts participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity, by the school year following July 2006.**

#### **1.Philosophy:**

Students who begin each day as healthy individuals can learn more, learn better and are more likely to complete formal education. Staff who are healthy can perform assigned duties more effectively and can model appropriate wellness behaviors for the students. Recognizing the importance of healthy individuals in our school and community, the Cobleskill-Richmondville Board of Education supports a coordinated and comprehensive approach to student and staff wellness that is sensitive to individual and community needs.

#### **2.Nutrition:**

The Cobleskill-Richmondville Central School District believes that an improperly nourished child cannot learn. Academic performance and general health and well being are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, the ability to resist disease, emotional well being and ultimately, the ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and are served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the Cobleskill-Richmondville Central School District Nutrition Department Services or contracted vendors. Menu and product selection shall utilize student, parent, staff and advisory groups whenever possible.

(b) Nutrition service policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require. *CRCS is within the Federal and State guidelines.*

(c) *Breakfast participation is limited by the following:*

1. *Bus arrivals vary. Some buses arrive just a few minutes before homeroom.*
2. *Proper supervision for late arrivals is a concern.*
3. *Taking food to the classrooms is problematic.*

### **Dining Area:**

- (a) The Cobleskill-Richmondville Central School District shall continue to provide clean, safe and enjoyable dining areas.
- (b) The District shall provide enough space and serving areas to ensure that all students have access to meals with a minimum of wait time.
- (c) Drinking fountains and supplemental water supplies are currently in all schools so that students can have access to water\* at meals and throughout the day.
- (d) All students shall be encouraged to participate in school meals program and protect the identity of those who partake of free or reduced priced meals. *Components have changed for reimbursable meals . Federal guidelines state that the students must take a fruit and/or a vegetable with the meal.*

### **Time to Eat:**

- (a) The Cobleskill-Richmondville Central School District shall ensure adequate time for students who enjoy eating healthy foods with peers in the school district.
- (b) The District shall schedule lunchtime as close to the middle of the school day as possible.

### **Nutrition Education:**

- (a) Students shall receive nutrition education that is intensive and teaches the skills they need to adopt healthy eating behaviors.
- (b) Students shall receive consistent messages , pro-nutrition messages throughout the schools, cafeteria and school media.
- (c) The District shall ensure that the staff who provide nutrition education have the appropriate training.
- (d) *As part of the grant from Bassett Healthcare Network (2012), The" Nutrition Detective is being taught in some second and third grade classes, as well as one of our CCL Home and Careers class. Nutrition "workshops" will be presented in June, 2012 for Grades 6 and 8.*
- (e) *SCCASA will offer all grades a yearly Nutrition Education lesson as part of the Life Skills Training Program.*

### **Food and Physical Activity as a reward or punishment:**

- (a) The Cobleskill-Richmondville Central School District shall **limit** the use of food as a reward.
- (b) The District shall endeavor to find alternate means of exercise for those denied access to recess or other physical activity due to behaviors that endanger themselves or others. For example: students placed in " In School Suspension" (STEP) or 6th grade recess suspension may be provided with a twenty minute walk outside or inside with appropriate staff supervision.

\*Mandated 2012

### **Consistent School Activities and Environment:**

- (a) The Cobleskill-Richmondville Central School District shall encourage all schools' fundraisers to be supportive of healthy eating.
- (b) The *District* will provide opportunities for on-going professional development for food service staff and teachers in the areas of nutrition, health and physical education.
- (c) The *District* encourages the entire school community to serve as role models in healthy eating and being physically active both at school and at home.
- (d) The *District* shall continue to provide information and materials about other Food nutrition services programs (FNS) to students and parents.
- (e) The *District* encourages eligible families to participate in school meals program, i.e. the the National School Lunch and Breakfast programs.

### **All Foods and Beverages on School Campuses During the Day**

Students' lifelong eating habits are greatly influenced by the types of food available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, the Cobleskill-Richmondville Central School District will establish guidelines to address all foods and beverages sold or served to students including those available outside of the school meals program.

- (a) The Cobleskill-Richmondville Central School District *will continue* to purchase locally grown fresh produce for use in our nutrition program.
- (b) The a la carte offerings to students shall be nutritious, meet federal guidelines and be responsive to the consumers.
- (c) Refreshments served at celebrations and meetings during the school day should include nutritious foods. **Birthday and holiday** celebrations that include less nutritious foods should be limited.
- (d) Foods and beverages sold as part of school-sponsored fundraising activities shall be, whenever possible, nutritious.
- (e) Foods and beverages sold in cafeteria snack lines, vending machines and at concession stands should include nutritious **choices**.

### 3. Health Education/Family & Consumer Science

Healthy living skills shall be taught as part of the regular instructional program. The K-12 Health Education Program and the Family and Consumer Science Education Program, by meeting all of the New York State Standards and *beginning to incorporate the Common Core Literacy Standards as they apply to Health, Physical Education and Family and Consumer Science that* will provide the opportunity for all students to understand and to practice concepts and skills related to health promotion and disease prevention. See School Health Index, School Improvement Plan. The Wellness Day is a biennial event at the middle school level

- (a) "Eating Smart is Good for the Heart" month targeting healthy and nutritious food choices. 2006-2007.
- (b) "Go Slow and Whoa" program for grades 5-8 Fall 2006
- (c) "Nutrition Nuggets" publications purchased for grades K-5 (1 per Month) 2007-2009
- d) "Food and Fitness" publication purchased for grades 6-8 (1 per month) 2007-2009
- (d) *"Morning Message" and "Bits and Bites" 2012*
- e) *"Bits and Bites" Nutrition Education available through Bassett Hospital for morning PA announcements 2012.*
- f) *"Iron Chef - Cobleskill-Richmondville" grade 5 for 2012 -grant from Bassett Hospital*
- g) *"Traveling Lunch Lady's - awarded a grant 2009-2012*
- h) *"Girls' Day Out " provided partial grant through the CRCS Education Foundation All 7th grade girls in Schoharie County, empowerment, self-esteem, healthy behaviors & violence prevention May 15th, 2012.*
- i. *"The Great Body Shop Update" as per the new Common Core Standards - ordered for grades K-5 health 2012-2013*

### 4. Physical Education and Activity

The Cobleskill-Richmondville Central School District believes that physical education and physical activity shall be an essential element of each school's instructional program. The primary goals for each school's physical activity components are; to provide opportunities and guidance for every student to develop knowledge, skills and attitudes necessary for specific activities, to achieve and maintain student's physical and mental fitness and to teach the short and long term benefits of a physically active life style. Refer to SHI, School Improvement Plan.

- (a) "Fitness Fridays" added to Middle School Physical Education Program 2006 to present
- (b) Climbing Wall ordered for grades 4-8 2006 to present
- (c) Revamped Fitness Unit and Circuit Training MS and HS 2006 to present
- (d) Additional Project Adventure Activities added to HS program in 2006-present
- (e) Kick Butts Program - grant award sponsored Poster Program, Kick Butts Day 2008
- f) CRCS Walking Club 2006-present
- g) *Sponsored training for a Zumba Instructor 2008*
- h) *Zumba classes for adults and students 2008-2011*

- i) *"Yoga Kids International" training for staff 2012 Training provided by RHENDOMS*
- j) *Participation in the SUNY Fitness Walk 2009- 2012 ( April 30th 2012)*
- k) *PT and OT Services for those in need -on Going.*

*\*Rural Health Ed.Network for Delaware, Otsego, Montgomery and Schoharie Counties*

## American Academy of Pediatrics and the American Academy of Family Practice Recommendation 2006: Daily Physical Education for students

### **5. Counseling, Psychological Services**

The Cobleskill-Richmondville Central School District is committed to developing and providing programs and services to staff, students and their families that promote social and emotional well being to optimize conditions for teaching and learning.

In doing so, each school shall provide the services of guidance counselors, school psychologists or social workers and/or related staff. Such an environment shall encourage students, families and staff to request assistance when needed and shall link them to school and community resources.

### **6. Health Services**

The Cobleskill-Richmondville Central School District shall collaborate with community health liaisons and resources to promote wellness for students, *staff*, families and the community.

- (a) The district believes that coordinated and comprehensive programs of accessible health services should be provided to students and staff and shall include, but not be limited to, nursing, violence prevention, health screening, community health referrals, school safety immunizations, parenting skills, first aid, CPR/AED, and other health education topics.
- (b) *Substance Abuse Forum Grade 6-8 Concentration - caffeine & related stimulants*
- (c) *Substance abuse forums at the High School 2012*
- (d) *Community Forum on Substance Abuse - Concentration Prescription Drugs 2012*
- (e) *Asthma Awareness Education 2011 - to present*
- (f) *Concussion Management( Cobleskill-Richmondville CS Policy - Pending 2012*

## 7. Family, School and Community Partnership

The Cobleskill-Richmondville Central School District believes in fostering solid family, school and community partnerships. Effective, long-term family and community partnerships positively impact student wellness.

- (a) Family, student and community partners shall be included and valued in wellness planning and implementation.
- (b) Community Partnerships (such as Focus, Comprehensive Children's Services Initiative, Schoharie County Council of Alcoholism and Substance Abuse with Drug Deterrent program, CREST, MFA and the CRCS Health Advisory Committee shall be maintained as resources for the district.
- (c) The District shall encourage the involvement of students, families and staff in health enhancing activities throughout the district.
- (d) Each school shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- (e) The Cobleskill-Richmondville Central School district will support training to enable teachers and other staff to promote enjoyable, lifelong physical activity among students.

- 1. *Middle School "Fun Day" ("Nights") 2007- present*
- 2. *Radio Disney Fitness - CRCS Elementary PE 2012*
- 3. *"Yoga Kids International" 2012*
- 4. *Activities at Biennial Health Fair grades 6-8 2000- present*
- 5. *"Activity Night" grades 9-12 May 2012*

## 8. Staff Wellness

The Cobleskill-Richmondville Central School District is fully aware that a healthy staff can more effectively perform their duties and serve as powerful role models for healthy living. This district shall provide information about wellness resources and services such as Employee Assistance Program (EAP). In conjunction with the Cobleskill-Richmondville Health Advisory Committee the district shall continue to support the health, safety and well being of the staff.

- (a) The District shall support the development and implementation of staff wellness activities to ensure that all staff has access to opportunities that enhance their health. For example: promotional rates for community fitness and weight management centers.
- (b) The District shall encourage physicals and health up-dates on an annual basis.
- (c) The District will explore ways to expand yearly health screenings for staff utilizing district and community health professionals.
- (d) Everyone on staff will have the opportunity to participate in health enhancing activities.
- (e) The District shall endeavor to offer in-service courses that focus on health enhancing issues.

- 1. *Progressive Relaxation Techniques for staff and students 2007- present*

2. *Zumba Dance 2009-2011*
3. *Immunizations (Flu) for staff 2007 - present*
4. *Health Screening for staff 2008 and 2010 -Blue Shield & Bassett HealthcareNetwork*
5. *Suicide Prevention Training proposed for Faculty and staff 2013*
6. *Bullying Prevention Training will take place in the 2012-2013 school year for faculty, staff, and students.*

## **Implementation**

The Board of Education designates that the District Health Coordinator work in cooperation with other district staff including the Athletic Director(s), Food Service Manager, principals, teachers and other staff to ensure that the provisions of this Comprehensive Wellness Policy are carried out throughout the district.

## **Monitoring and Review**

The District Health Coordinator shall report periodically to the Board of Education on the implementation of this policy. In consultation with appropriate personnel and advisory committees, the District Health Coordinator shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy and the specific objectives set to meet its goals, may be revised as needed.

The District may monitor and review the implementation and effectiveness of this policy by conducting:

- (a) Periodic informal surveys of building principals, classroom staff and school health personnel to determine the progress of wellness activities and their effects.
- (b) Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items and sales consumption figures for such foods.
- (c) Periodic checks of the nutritional content of food available in vending machines and sales or consumption figures for such foods.
- (d) Periodic checks of the amount of time students spend in physical education classes and the nature of those activities.
- (e) Periodic checks of extracurricular activities of a physical nature, the number of offerings and the rates of participation by those students.
- (f) Periodic checks of student mastery of the nutrition education curriculum.
- (g) Periodic completion of relevant portions of the CDC School Health Index. (2011 Update)
- (h) Periodic review of data currently collected by the district including:
  - attendance data particularly absences due to illness
  - test scores
  - rates of suspension, discipline, and violent incidents;
  - physical education scores on flexibility, cardiovascular endurance and strength;
  - revenues generated from vending machines and a la carte food items;
  - periodic surveys of student/parent/staff opinions of cafeteria offerings and wellness efforts

- Parent Survey - Nutrition completed in the fall of 2006
- TARGET SURVEY UPDATE - fall 2012

### **Closing statement**

Our mission has been to create a plan that embraces our philosophy in the promotion of student, staff and community wellness. This health and wellness policy has been developed with the understanding that other Cobleskill-Richmondville Central School District policies exist that also address health and safety issues of our district. It is our intent that this policy be used in conjunction with other related policies, creating a multi-dimensional approach to enhancing all aspects of the health and well being of our school community.

Ref: P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

42 USC ::1758(f) (1); 1766 (a) (Richard B. Russell National School Lunch Act)

42 USC : 1779 (Child Nutrition Act)

7 CFR : 210.10; 210.11 (National School Lunch Program participation requirements-standards for lunches, snacks and competitive foods)

7 CFR : 220.8 ( School Breakfast Program participation requirements-nutrition standards)

Policy # 5404 Wellness

first review by the Board of Education 5/08/06

second review by the Board of Education 5/22/06

ADOPTED BY THE BOARD OF EDUCATION 5/22/06

Reviewed and Updated ( *updates in Italics* ) 2012