

**Immaculate Conception School of Allegany County**  
**Wellness Policy**  
**October 2016**

The Immaculate Conception School of Allegany County (ICS) is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating habits and physical activity. In an effort to combat childhood obesity and promote overall health and wellbeing of the students of (ICS), the Board of Education has adopted the following Wellness Policy:

**Wellness Committee**

ICS has established a Wellness Committee to develop the School's proposed local wellness policy and make such policy recommendations for review and adoption by the Board of Education. The Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Faculty member
- c) The District's food service program;
- d) The School Board;
- e) School administrators; and
- f) Home & School Representatives

The Wellness Committee will assess current activities, programs and policies available in the School; identify specific areas of need within the School; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the School.

**Goals to Promote Student Wellness**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. All staff in the school are encouraged to model healthy eating habits and participation in physical activity as a valuable part of daily life.

Taking into account the parameters of ICS (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the School is located (the general economy; socioeconomic status; local tax bases; social, cultural and religious influences; geography; and legal, political and social institutions) the School has adopted this school wellness policy to meet the following goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

ICS will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being and to foster lifelong habits by providing skills-based health education in required health classes to all students. This education shall include nutrition education and instruction on healthy body image, weight management, eating disorders, media literacy, menu planning and reading nutrition labels.

- This education shall be taught only by qualified health educators/and or classroom teacher.
- Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level K-8.

- All staff are encouraged to incorporate nutrition in their lessons if the opportunity arises.
- Ongoing professional development and training provided to all staff in the area of nutrition education will be provided.

### Physical Activity

ICS will provide opportunities for every student to be involved in physical education, which will consist of physical activities to maintain lifelong physical fitness and a healthy lifestyle within the school environment. Through this process, students will develop the knowledge and skills of specific physical activities to maintain physical fitness and understand the short term and long term effects of physical activity for a healthy lifestyle.

ICS will ensure that the following standards, including but not limited to those in accordance with the Commissioner's Regulations, are met to achieve this goal:

- a) Physical education class requirements:
  - All students in grades K-8, which include students with disabilities, as well as students with special health care needs, will receive a minimum of 80 minutes of vigorous physical education per week. Modified programs will be provided for special needs students.
  - Staff members shall not deny participation in recess or other physical activity opportunities as a form of punishment unless the safety of students is in question. Staff members will modify participation in recess or other physical activity opportunities as a consequence as a result of safety and/or disruptive behavior to include walking as an alternative form of exercise.
  - All students will have regular assessments for the attainment of physical education skills.
  - All classes will have appropriate resources to correspond with physical education activities and conform to all applicable safety standards.
  - All Physical Education classes will have the same student/teacher ratios used in other classes when possible (maximum teacher to student ratio shall be 1:22).
  - Interscholastic and intramural sports and recess will not serve as a substitute for a quality physical education program.
- b) Staff training/certification for physical education:
  - Physical education classes will be taught by a NYS certified physical education teacher and/or the physical education teacher **may** have training in SPARK Program directives and CPR.
  - All physical education teachers will be provided professional development on an annual basis.
- c) Physical activity outside physical education classes:
  - All students will receive recess for a minimum of 20 minutes at least 1x per week. Recess shall occur whenever possible in a space that encourages moderate to vigorous activity. Outdoor recess should be utilized when possible, weather permitting.

- Staff will modify participation in PE or other physical activity opportunities as a consequence due to safety or disruptive behavior to include walking or another form of physical activity (ie jumping rope.).
  - All activities will be staff monitored and will be available to all students.
  - Whenever possible, activities will be made available through before-and after-school programs such as, interscholastic athletics, intramural activities, after-school enrichment programs and physical activity programs and clubs.
- d) Safe Routes to School (Grades K-8)
- When appropriate, ICS will work together with the local public works and school grounds crew to ensure students have a safe and easy route to use to arrive and depart from school.
  - School policies concerning safety will apply at all times.

ICS will encourage and challenge staff members to investigate, implement, and promote programs to increase physical activities that are developmentally appropriate for all students. In addition, classrooms shall incorporate, where possible, brief (5- to 8- minute) bouts of physical activity before, during, or after sedentary classroom periods.

#### Other School-based Activities

ICS wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. Therefore, the School will ensure the following standards are met to achieve this goal:

- a) Federal School Meal Programs:
- ICS will participate to the maximum extent practicable in the National School Lunch Program. The School will meet, at a minimum, all federal and state laws and regulations governing school meals, foods sold in competition with school meals, and requirements for school nutrition and wellness policies per the most current Child Nutrition Reauthorization.
- b) Access to school nutrition programs:
- ICS will provide information about and encourage students, staff and families to participate in all available federal school meal programs.
- c) Meal environment:
- ICS will ensure that:
    1. All dining areas are safe, clean and accessible
    2. All dining areas have sufficient space for students to sit and consume meals
    3. Dining tables are washed before and after each lunch period
    4. Meal times are scheduled near the middle of the day
    5. After obtaining food, students will have at least 20 minutes to eat lunch.
    6. Adequate time for hand washing and/or hand sanitizing is provided before each child's scheduled lunch

7. Students and staff will have access to free, safe and fresh drinking water throughout the school day and where school meals are served.
8. Recess is scheduled before lunch, when possible.

d) Community access to ICS facilities for physical activities:

- School grounds and facilities will be available to students, staff, community members and community organizations and agencies offering physical activity and nutrition programs as often as possible, including before, during and after the school day, on weekends and during school vacations. School policies concerning safety will apply at all times.
- ICS highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain healthy lifestyles. These activities and policies may include, but, are not limited to, establishment and maintenance of a staff wellness committee or sub-committee, staff development and access to school facilities.

e) Community involvement:

- ICS will support involvement of families and community members in wellness planning and activities beyond participation in the Wellness Committee. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- The Wellness Policy will be publicized on the school website and in at least one print publication annually, and will be made available at school community events such as Open House.

f) Body Mass Index (BMI) Testing

- Students' heights and weights will be monitored 2x a year.
- Parents may be notified if their child falls in a range exceeding the pediatric recommendations for age and height.

## **Nutrition Guidelines**

All foods and beverages sold, offered or served before, during or after the school day, including after school programs and official transportation to and from school and school sponsored activities, will meet the nutrition content and portion standards listed below, with the goal of encouraging healthy lifelong eating habits. Exceptions will be made on a limited basis.

### Nutritional Values of Foods and Beverages

1. Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards per the most current Child Nutrition and WIC Reauthorization Act and associated implementation timeline. This includes all milk offered be fat-free or low-fat plain or flavored milk or nutritionally equivalent non-dairy alternative approved by USDA.
2. All foods sold, served or offered individually and outside of the reimbursable school meal, including concession stands, cafeteria a la carte lines and fund raisers, will meet the below standards for nutrient content and portion size. **Vending machines are not available** in the school building. These standards will be altered as necessary to meet or exceed regulations included in the most current Child Nutrition and WIC Reauthorization Act and associated implementation timeline.

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**3. There are two options for this Section: the first reflects the Institute of Medicine (IOM) recommendations that will likely become regulation under the most current CNR.**

***Option 1: ICS Adapted***

Foods and beverages offered to K-8 students during the school day are limited to:

- **Fruits, vegetables, whole grains, combination products\*, non-fat and low-fat dairy per portion as packaged with:**

- 200 calories or less;
- No more than 35% of total calories from fat;
- Less than 10% of total calories from saturated fats;
- Trans fat-free ( $\leq 0.5\text{g}$  per serving);
- 35% or less of calories from total sugars (except yogurt w/ no more than 30 g total sugars);
- Sodium content of 200 mg or less.
- Nuts and Seeds – allowed as combination products as long as other nutrient standards are met; the fat content will not count against the total fat content of the product.

\*Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion.

- **A la carte entrée items with:**

- No more than 35% of total calories from fat;
- Less than 10% of total calories from saturated fats;
- Trans fat-free ( $\leq 0.5\text{g}$  per serving);
- 35% or less of calories from total sugars (except yogurt w/ no more than 30 g total sugars);
- Sodium content of 480 mg or less;
- 200 Calorie content does not apply, but not to exceed calorie content of comparable NSLP entrée items.

- **Beverages as described below:**

- Water without flavoring, additives or carbonation (except seltzer water) – any size
- Low-fat (1%) and non-fat (skim) milk – maximum 8oz. serving:
  - Lactose-free and soy beverages are included
  - Flavored milk with no more than 22 g of total sugars per 8oz. serving
- 100% fruit and vegetable juice - 4oz. portion as packaged
- Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sport programs involving vigorous activity of more than 1 hour duration.

**OR**

**Option 2**

1. Individual snack items shall not exceed 240 calories per package.
2. No more than 35 % of calories from total fat (excluding, nuts, seeds, peanut butter and nut butters)
3. No more than 10% of calories from saturated fat
4. No more than 35% of its weight from added sugars
5. No more than 230 mg of sodium per serving for snack items (such as chips, crackers, cereals, baked goods, and French fries); no more than 480 mg of sodium per serving for pastas, meats and soups; and no more than 600 mg of sodium for pizza, sandwiches and main dishes.
6. Encourage use of whole foods, including whole grains, unprocessed foods and fresh produce
7. Portion sizes will not exceed:
  - a) One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
  - b) One ounce for cookies;
  - c) Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
  - d) Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream;
  - e) Eight fluid ounces for beverages, excluding water;
  - f) The portion size of la carte entrees and side dishes, including potatoes, will not be greater than the comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.
8. Fruits and vegetables -- a choice of at least 2 fruits and non-fried vegetables will be offered for sale at any location where foods are sold on campus. Such items could include, but are not limited to: fresh fruits and vegetables, cooked, canned (canned in fruit juice or light syrup) or dried fruits and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).
9. Beverages: Allowed: Water, 100% fruit or vegetable juice, fat-free or low-fat plain or flavored milk with no more than 22g total sugar per 8 ounce serving or nutritionally equivalent non-dairy alternative approved by USDA.
  - a) Drinking water must be available at no cost to all students during meals
  - b) Not allowed: Drinks other than those listed above, including but not limited to soft drinks, sports drinks, iced teas and fruit drinks that are not made with 100% fruit juice.

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4. Nutrition information for products sold on campus will be readily available near the point of purchase and/or on the school's website. It will also be available upon request.

**Do we need this?**

5. The use of foods and beverages as reward or consequence will be monitored, including but not limited to reward or punishment related to academic performance or behavior. No child will be denied a healthy snack or lunch. Healthy snacks will be encouraged for all celebrations.
6. The school district will encourage and provide recommendations for healthy snacks or non-food items for parties and classroom celebrations.

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

In accordance with law, the School's wellness policy must be established by July 1, 2006 and updated in accordance with the most current Child Nutrition and WIC Reauthorization Act and associated implementation timeline. The School will ensure school and community awareness of this policy through various means such as publication in newsletters and/or the School calendar. Further, professional development activities for staff and student awareness will be provided, as appropriate, on the goals of the School's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle. Time will be given for the Food Service Director to receive professional development once per school year.

ICS shall review the implementation and evaluation plan for the wellness policy in order to monitor its effectiveness and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff member(s) within the School to have operational responsibility for ensuring that the School meets and enforces the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/or physical education teacher; and
- c) School Food Service Director.

These designated staff members shall report annually to the Superintendent on the School's compliance with the wellness policy and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on school-wide compliance with the School's wellness policy based on input from staff and students. That report will be provided to the School Board and also distributed to the principal, wellness committee, parent-teacher organizations, and school health services personnel within the School. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the School's evaluation program. Further, ICS shall document the financial impact, if any, to the school food service program, fundraisers and other school-based events based on the implementation of the wellness policy.

ICS will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the School's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices meeting or exceeding the standards and regulations described above. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population.

Assessments of the School's wellness policy and implementation efforts may be repeated on an annual basis, but it is required that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. ICS, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

**Approved by the Immaculate Conception School Board June 2014**