

WELLNESS PROGRAM

The Maine-Endwell Central School District is committed to providing a school environment that promotes and protects student health, well being, and the ability to learn by supporting healthy eating and physical activity. In recognition of the importance of healthful foods and opportunities to be physically active in order to grow, learn and thrive, the Maine-Endwell Central School District has established guidelines to be used to develop and implement a successful school wellness program to meet the needs of all students within the district. This will include the following:

- The District will engage students, parents, staff, food service professionals, health professionals and other interested community members in developing and implementing, monitoring, and reviewing a district-wide nutrition and physical activity policy.
- All students will be given opportunities, support, and encouragement to be physically active before, during and after school.
- Food and beverages sold or served by the District will meet the nutritional recommendations of the United States Dietary Guidelines for Americans.
- The District will provide nutritional and physical education to foster lifelong habits of healthy eating and physical activity. 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;
- Schools will 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.

I. SCHOOL DISTRICT WELLNESS COUNCIL

Committee Role and Membership

The District will convene a representative district 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.

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, representatives of the school nutrition program, 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.

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 designated official for oversight is: Jeffrey L’Amoreaux, Assistant Superintendent.

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

Name	Title / Relationship to the School or District	Email address	Role on Committee
Jeff L’Amoreaux	Assistant Superintendent	jlamoreaux@me.stier.org	Assists in the evaluation of the Wellness policy implementation
David Cook	Athletic Director	dcook@me.stier.org	Assists in the evaluation of the Wellness Policy
Tom Nunn	Food Service Director	tnunn@btboces.org	Provides guidance & assistance to meet Food Service requirements
Steve Klock	Food Service Site Manager	sklock@btboces.org	Provides guidance & assistance to meet Food Service requirements

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

A. School Meals

1. The Maine-Endwell School Nutrition Program is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting 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.

2. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including the Provision 2 free breakfast program for all schools. As a result of this program, Homer Brink Elementary and Maine-Memorial Elementary participate in the Breakfast in the Classroom program. The middle and high utilize free reimbursable breakfast vending machines, and both offer a grab and go type breakfast. In addition, there are currently two terraponic grow units at Maine Memorial Elementary which allow us to grow nutrient dense produce to provide to our school lunch program. 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:
 - Meet, at minimum, the nutritional requirements established by state and federal programs.
 - Offer a variety of nutrient dense fruits and vegetables.
 - Participate in the National School Breakfast and Lunch Programs.
 - Support all efforts to eliminate any overt identification of students participating in the Free/Reduced price meal program.
 - Make efforts to ensure that families are aware of need-based programs for free or reduced price meals and encourage families to apply. The district will also utilize the Direct Certification process to categorically make students eligible for free meals.
 - Encourage staff development and training of employees in child nutrition.
 - Ensure vending sales are under the control of the School Nutrition Program. Under Chapter 647 of the New York State Law, the sale of candy or soda of any type cannot be sold to students anywhere in school buildings from the beginning of the school day until the end of the school day.
 - Ensure that no food sold in the school buildings during breakfast or lunch periods, are in competition with the National School Lunch Program.
 - Are accessible to all students.
 - Are appealing and attractive to children and served in clean and pleasant settings.
 - Students and staff will have adequate space to eat meal in clean, safe, pleasant surroundings and will have adequate time. It is recommended that full day students are permitted a daily lunch period. The district recommends that all students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
 - Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques, including:
 - 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., salad bar, yogurt parfaits, fruit & yogurt smoothies, 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., salad bars, grab and go line, etc.).
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.

B. Competitive Foods and Beverages

The District is committed to ensuring all foods and beverages available to students on the school campus during the school day from 7AM to 3PM will meet the USDA Smart Snacks in School nutrition standards at a minimum. The link to the “All Foods Sold in Schools” can be found here:

<http://www.cn.nysed.gov/common/cn/files/Attachment%202%20All%20Foods%20Sold%20In%20School.pdf>

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:

- Ala Cart Options in cafeterias
- Vending Machines
- School Stores
- Snack or Food Carts

C. Food Safety

1. Food Service areas will be restricted to school nutrition staff and authorized personnel in order to ensure food safety and to secure the facility food service area. 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.
2. No homemade foods are to be brought into schools for classroom celebrations

or shared snacks. Foods brought into classrooms must be purchased from permitted facilities and should be in the original wrapper with nutritional information available.

3. Foods prepared and served on the Maine-Endwell campus meet all New York State Health and Safety codes.
4. Classroom celebrations in which food is consumed is to be limited to twice a month.

D. Fund Raising/Concessions/School Sponsored Events

1. 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.
2. Sales should include 100% juices, water, fruit and vegetables.

E. 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.

1. The District will only allow promotion of corporate brand foods and beverages that meet the USDA Smart Snack in School nutrition standards.
2. The District will prohibit brand displays on marquees, vending machine exteriors, score boards, menu boards and other food service equipment, as well as cups used for beverages.

F. Water

1. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

G. Celebrations and Rewards

1. All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:
 - a. Celebrations and parties.
 - b. Classroom snacks brought by parents.
 - c. 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.

III. NUTRITION EDUCATION AND WELLNESS PROMOTION

A. Nutritional Education Promotion

1. The District aims to teach, encourage, and support healthy eating by students by:
 - a. Offering at each grade level a standards-based program that provides students with the knowledge and skills necessary to promote and protect health. This will be accomplished through health education classes integrated into math, ELA, science, social sciences, physical education, and other electives.
 - b. Promoting consumption of fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy preparation methods, and health enhancing nutrition practices.
 - c. Linking school meal programs, other school foods, and nutrition related community services
 - d. Teaching media literacy with an emphasis on the impact food marketing has on the consumer.
 - e. Making training available for teachers and staff to effectively deliver quality nutrition education.
 - f. Providing educational information and encouraging healthy eating and physical activity for families, both within the home and outside the home.

B. Staff Wellness

1. Offer employees assistance programs that promote healthy eating and exercise programs.
2. Make available the fitness center at the High School for all employees.
3. Support the Maine-Endwell educational workshops.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy

across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection). 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.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

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.

- A. Maine-Endwell School District will provide Physical Education for grades K-12.
- B. All students in grades K-12 will receive physical education that meets the New York State Department of Education mandates and also aligns to the New York State Standards. Physical Education classes will promote, teach, and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics). All students in grades K-3 will receive physical education (120 minutes/5 days a week for elementary school students, grades 4-6 receive 120 minutes/week, minimum 3 days per week, and approximately 105 minutes/every other day for middle and high school students) for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- C. A certified physical education teacher, employed by the district, will teach all physical education.
- D. Participating in interscholastic sports does not excuse student athletes from participating in physical education classes.

V. DAILY RECESS

- A. Students in grades K-8 will have approximately twenty minutes of supervised daily recess available, preferably outdoors, during which, students will be encouraged to engage in moderate to vigorous physical activity. When feasible, recess will occur prior to lunch to ensure appropriate healthful food and beverage intake. Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing make it necessary for students to remain indoors for

long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active. When appropriate, physical activity should be encouraged during transition, break, and free time.

- B. The district will provide space, equipment, and personnel for supervised recess.

VI. PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

- A. Both the middle school and high school will offer extracurricular activity programs that meet the needs, interest, and abilities of all students.
- B. The high school and middle school grades 7-12 will offer, as appropriate, interscholastic sports programs.

VII. IMPLEMENTATION, MONITORING AND EVALUATION

A. Implementation Plan

1. The Superintendent of schools or designee 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 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. Others in the district who are responsible to the Superintendent for ensuring compliance of the various components of the established wellness policy are:
 1. Director of Health, Physical Education, Athletics, and Building principals for nutrition education and physical activity.
 2. Food Service Director for nutrition policies within the school food service area.

This wellness policy and the progress reports can be found at:

<http://spartansfs.org/wellness-policy.cfm>

- B. Recordkeeping

1. The District will retain records to document compliance with the requirements of the wellness policy at Administrative Offices
Documentation maintained in this location will include but will not be limited to:
 - The written wellness policy;
 - Documentation demonstrating that the policy has been made available to the public;
 - Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
 - Documentation to demonstrate compliance with the annual public notification requirements;
 - The most recent assessment on the implementation of the local school wellness policy;
 - Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

C. Annual Notification of Policy

1. The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

D. Triennial Progress Assessments

1. 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;
 - A description of the progress made in attaining the goals of the District's wellness policy.

2. The position/person responsible for managing the triennial assessment and contact information is Jeffrey L'Amoreaux, Assistant Superintendent.
3. The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
4. The District will actively notify households/families of the availability of the triennial progress report.

E. Revisions and Updating the Policy

1. The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments 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. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

F. Community Involvement, Outreach and Communications

1. 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 important school information with parents.
2. 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.

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