

**Goals to Promote Student Wellness –**

Nutrition Promotion and Education:

- a. Nutrition education is integrated within the curriculum in grades K-6 and also taught by a certified Health teacher for grades 7-12. Nutrition education at the elementary grades is supplemented by additional programs and lessons involving nutrition. Cornell Cooperative Extension provides lessons on nutrition, Ag in the Classroom provides lessons pertaining to healthy foods and gardening. The District has started a garden project that the District's students have access to. They participate in many varied activities pertaining to the garden which include growing food, maintaining a garden, maintaining and growing food in raised beds, and an apple orchard. The District's summer recreation program also includes activities that take place and are related to the Tiger Garden.
  
- b. Marketing and Promotion: Healthy food choices are encouraged by the District. In a collaborative effort the District participates in NY Thursday which serves locally grown/produced foods for lunch. The District also hosts an annual event featuring the Tiger Farm. Participants include local farmers and educators for everything farm related. The elementary students participate in activities supporting the American Heart Association. Activities are included in their Physical Education classes and the Jump for Heart event in the spring.

Information is sent to all parents on the menu which goes home monthly. Posters are displayed throughout the schools.

The Cafeteria staff uses the Smarter Lunchroom Techniques and snacks provide to purchase during the day and afterschool meet the standards.

None of the District's scoreboards have any advertisement. The vending machines in the High School offer snacks that meet the guidelines during the day and the drinks that do not meet standards are on a timer that prevents sales during the school day. The Middle School vending machine works in a similar way.

Physical Activity: The District ensures the physical education standards are being met. At the elementary level teachers provide the students with brain/movement breaks during the instructional day. All students have at least 15 minutes of recess time daily at the elementary grades.

Other School Based Activities: The Tioga Elementary qualifies and participates in the Community Eligibility Program. The Middle and High School participate in the National School Breakfast and Lunch programs. The district participates in the Summer Food Service program and an Afterschool Snack program. The District uses a computer system for tracking students' meals which provides every family with confidentiality and encourages participation in the meal programs. The staff periodically provides samples for the students to taste tests for new food items. The meal environment meets the policy

standards. The community has access to the district after the school day through the Building Use Application. Our community partnerships include the agencies participating with the Tiger Farm, Cornell Cooperative Extension, Ag in the Classroom, and the Rural Food Network, the Food Bank of the Southern Tier, and the Food and Health Network. To help combat hunger the District participates in the Backpack Program and sends food home on Fridays with approximately 21 students. The District offers snacks to the students that are involved in academic after school activities. These activities typically include the study halls and test preparation for grades 3-6. The Middle and High School run sports activities after school and Youth Organizations use the buildings for practices. The Pool is open every morning, Monday-Friday, for lap swim and an additional 5 nights Monday through Saturday for lap swim and family swim. Annual Jump for Heart program is held to encourage healthy heart activities.

#### **Nutrition Guidelines –**

School meals follow all State and Federal guidelines. As stated earlier the snacks for sale by the cafeteria follow the recommended guidelines. The food and drinks in the vending machines follow the guidelines or are on a timer.

#### **Professional Development -**

The Food Service Director and all the cafeteria staff are provided with the annual training requirements.

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

Implementation of the Wellness Policy is an ongoing process. The above narrative describes how the Tioga Central School District address the goals of the Wellness Policy. The District will continue to revisit the Policy and review with teachers and staff the importance of the components.

#### **Annual Notification –**

The Wellness Policy will be accessible on the Tioga Central Web page. Monthly menus are sent to all students/families with periodic updates posted on the back of the menus.

#### **Record Keeping –**

All documentation will be kept at the Administration Offices.

#### **Recommendations:**

Convene the Wellness Committee and review the components with the teachers and staff. Collect any information related to the review of the Wellness Policy.