

# **Thousand Islands Central School District**

## **Wellness Policy**

### **Policy Statement**

The entire school community needs access to an environment that encourages the intake of healthful foods and participation in lifelong physical activity in order to grow, learn, and thrive.

Lifelong eating habits are greatly influenced by the types of foods and beverages available for students in their daily environment. Furthermore, primary goals for schools' physical activity components are to provide opportunities for students to develop the knowledge and skills for physical activities, to acquire and maintain optimal physical fitness standards, to ensure regular participation in physical activity, and teach the importance of the long and short term benefits of a healthy lifestyle.

The Thousand Islands Central School District's goal is to create a total school environment that is conducive to healthy eating habits and being physically active not only as students, but for a lifetime.

### **Nutritional Guidelines for all Food and Beverages Available on School Campuses during the School Day**

The TICSD will set guidelines:

- for foods and beverages in a la cart sales in the food service program;
- for foods and beverages sold in the vending machines, snack bars, school stores, and concession stands on school campuses;
- for foods and beverages sold as part of school-sponsored fundraising activities;
- for refreshments served at parties, celebrations, and meetings during the school day; and
- to make decisions on these guidelines based on nutrition goals, not on profit making.

### **Nutritional Goals**

The primary goal of nutrition education is to influence students' eating habits. Building knowledge and skills in this area will equip students with the necessary knowledge for good decision making throughout their lives. The TICSD will:

- provide nutrition education for all students, K-12, as part of the ongoing instructional curriculum. Elementary classroom teachers will develop and implement activities corresponding to health related topics and a sequential curriculum that aligns with NYS Standards. At the secondary level, all students are required to take health education courses in middle school (3) and high school (1) year. A credentialed health education teacher provides instruction on such topics as healthy eating and decision-making.
- set up Nutritional Displays in the school dining rooms, outside the gymnasiums, and in the weight room;
- ensure the health education curriculum standards and guidelines include nutrition education as part of instruction. In addition, nutrition education activities and information will be integrated into core curricula whenever appropriate.
- provide time for staff on health and wellness related issues during district professional development time.

## **Physical Education Guidelines for all students during the School Day**

The TICSD will provide:

- adequate physical education minutes per week for elementary, middle, and high school students;
- physical education for all students K-12 for the entire school year;
- physical education that is taught by certified physical education teachers;
- physical education that includes students with disabilities, special health-care needs, and in alternative educational settings;
- physical education that will not allow substitution for meeting the physical education requirement by student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports); and
- adequate physical education that engages students in moderate to vigorous activity during at least fifty (50) percent of physical education class time.

## **Physical Education Goals**

The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short and long term benefits of a physically active and healthful lifestyle. The TICSD will

- provide opportunities for physical activity during the school day via physical education (PE) classes, recess periods for elementary school students, and the integration of physical activity into the academic curriculum. At the high school, students will compose and adhere to an individualized physical activity/fitness plan.
- provide opportunities for physical activity through a range of after school programs including, but not limited to, intramurals, interscholastic athletics, and clubs;
- encourage parents and guardians to support their children's pursuit of a healthy lifestyle through proper rest, nutrition, and physical activity; and
- provide training to enable teachers and other school personnel to promote lifelong physical activity and healthy decision-making among students.

## **Guidelines for Other School-Based Activities Designed to Promote Student Wellness**

The TICSD will:

- offer classroom health education that compliments physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities;
- provide opportunities for physical activity to be incorporated into other subject lessons;
- offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutritional standards for individual foods and beverages;
- provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising;
- provide opportunities for parents to share their healthy food practices with others in the school community;
- provide information about physical education and other school-based physical activity opportunities before, during, and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school;
- include sharing information about physical activity and physical education through the district's web site, newsletter, other take-home materials, or special events;

- limit food and beverage marketing to the promotion of foods and beverages that meet the standards for meals or for foods and beverages sold individually; and
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

## **Goals for Other School-Based Activities Designed to Promote Student Wellness**

For students to receive the nationally recommended amount of daily physical activity (at least 60 minutes per day) and for student to fully embrace regular physical activity as a personal behavior, the entire school community needs support. Students need opportunities for physical activity beyond physical education class, parents need support in their efforts to provide a healthy diet and daily physical activity for their children, and the school-based marketing must be consistent with nutrition education and health promotion. Our goal is to create a total school environment that is conducive to healthy eating and physical activity. The TICSD will:

- ensure that school facilities provide a clean, safe, enjoyable meal environment for students. Cafeterias in each building should offer enough space and serving area to keep wait time to a minimum.
- maintain drinking fountains in all schools, so that students may obtain water at meals and throughout the day;
- encourage students to participate in the school meals program, protecting the identity of students who eat free and reduced price meals;
- ensure an adequate time for students to enjoy eating with friends, according to a schedule that provides lunch as near as possible to the middle of the day;
- prohibits withholding food as a punishment in school;
- require that foods used as a reward are healthy/have some nutritional value;
- prohibit the denial of student participation in physical education or lunch as a form of discipline for classroom make-up time;
- ensure that schools' fundraising efforts are supportive of healthy eating;
- provide opportunities for on-going professional training for foodservice staff and teachers in the areas of nutrition and physical activities;
- make efforts to keep school or district-owned facilities open for use outside of school hours;
- Encourage parents, teachers, school administrators, students, professional, and community members to serve as role models in being physically active, both in school and at home;
- continue to publicize community-sponsored activities that keep students and parents active and healthy;
- provide information and outreach materials about nutrition and wellness to the community via regular publications in the District Newsletter;
- provide programs that address violence and destructive decisions that students make, in relation to their health and safety; and
- Continue to provide referrals to outside agencies for students and families in need for targeted assistance that cannot be provided during the school day.

## **Measuring Implementation of the Local Wellness Policy**

Implementation and effectiveness of the policy will be evaluated at the end of each odd-numbered year using the School Health Index Self Assessment and Planning Guide (Atlanta, Georgia. 2004). This index provides a standard set of criteria by which policy and program goals can be measured.

Members of the Thousand Islands Central School District Wellness Committee will assess district programs, and will be charged with operational responsibility for ensuring that the school progresses toward the goals established in the Wellness Policy. Evaluations will be provided to the Superintendent of Schools and to the Board of Education during its annual review. Parents, students, food service personnel, school board members, and community representatives will be involved whenever possible.