

**Local Wellness Policy – May 2006**

**INTRODUCTION:** Section 204 of the federal Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 [Public Law 108.265] requires that each Local Educational Agency [LEA] participating in the National School Lunch Program, School Breakfast Program, Special Milk Program, and Summer Food Service Program establishes a Local Wellness Policy [LWP] for schools under the LEA. This policy must be developed and implemented not later than the first day of the school year beginning after June 30, 2006.

The **Putnam Valley Health Advisory Council** [HAC], a community organization of parents, teachers, students, administrators, law enforcement, recreation and healthcare professionals, and other community members, has a 12-year history of supporting and implementing programs that enhance the health and safety of all the students and families of the Putnam Valley Central School District [PVCSD]. The HAC has already taken an active role (in concert with the Putnam Valley Board of Education) in developing this policy and will also remain active in implementing it and revising it annually to reflect the developing needs of our constituents.

The New York State Education Department [NYSED] has established the following components of a sound LWP:

1. Establishment of goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness;
2. Nutrition guidelines for all foods that are available on each school campus during the school day, with the objectives of promoting student health and reducing childhood obesity;
3. Assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the federal government;
4. Establishment of a plan for measuring implementation of the LWP, including designation of one or more persons within the LEA or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the LPW; and
5. Involvement of parents, students, representative of the school food authority, the school board, school administrators, and the public in the development of the LWP.

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**COMPONENT 1:** Establishment of goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The PVCSD recognizes the importance of wellness, including sound nutrition, as a key component of current and future academic and personal success. Within budgetary and scheduling constraints, we are committed to providing school programs and environments that promote safe physical activity and healthful eating. We propose the following goals as components of our overall wellness plan:

**Goal 1:** Increase nutrition education at all grade levels by:

- Planning and organizing lessons in making healthy food choices;
- Providing teacher education packets, provided by the food service or other professional sources, that can be used to supplement classroom instruction at the K-4 level;
- Update and maintain nutrition education units in MS and HS health education classes;
- Inviting local nutrition experts to support the program through presentations to students;
- Encouraging our physical education staff to incorporate nutrition information into their curriculum, if possible.

**Goal 2:** Promote healthful choices in all school cafeterias and improve awareness of the importance of good nutrition and physical activity throughout our schools through the use of signs, posters, tips of the week, *HAC Helpline*, etc.

- Make Food Pyramid posters available to cafeterias and school nurses in all three schools;
- Encourage the posting and distribution of *HAC Helpline* newsletter and other wellness information through PTA/PTSA news outlets;
- Develop a Wellness Area on our District website that summarizes the LWP and offers tips on good nutrition, fitness, and overall wellness, as well as links to other accredited wellness and nutrition websites.

**Goal 3:** Increase promotion of school-based physical activity programs such as intramurals, interscholastic athletic teams, and recreational opportunities for students and adults in the community.

- Pay special attention to those students who may not be traditional team athletes and/or who may be at risk for unhealthful behaviors

**Goal 4:** Examine, in all three schools, the use of high calorie or unhealthful foods as snacks; rewards; fundraising items; or party fare.

- Rewards for academic achievement or other accomplishments should be limited to non-food items;
- Fundraising activities should promote physical activity. Examples are basketball shoot-a-thons; walk-a-thons; jump-rope-a-thons; home run derbies; Family Fun and Fitness Days; or Make a Difference Day park projects;

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- Fundraising sales should avoid high-calorie, high-sugar content foods and/or focus on non-edible items;
- Birthdays and other holidays can be celebrated as a group rather than individually, and healthy snacks should be encouraged. Parties in class should be limited to no more than two per month. The District will develop a list of “choose sensibly” party fare for distribution to parents.

**Goal 5:** Encourage the dissemination of key points of this Wellness Policy throughout the PV community.

- Employ our traditional community relations and communications program to encourage teachers, staff, and administrators in all three buildings to model good nutrition, fitness, and general wellness behaviors in the classroom, the cafeteria, and at school-sponsored events;
- Use the PV HAC’s periodic newsletter, *HAC Helpline*, to explain the program and underscore specific aspects of it, including nutrition education and fitness/wellness facts;
- Use other District communication tools, including the PVCSD web site, the *Putnam Valley Spotlight* newsletter, our Key Communicators program, internal and external email lists, Superintendent’s Conference Days, faculty meetings, and other appropriate avenues to further the goals of this program.

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**COMPONENT 2:** Nutrition guidelines for all foods that are available on each school campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Nutritional Guidelines

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Have no more than 30% of calories from fat (excluding nuts and peanut butter) and 10% of calories from saturated fat;
- Offer a choice of at least two fruits and/or vegetables in all cafeterias;
- Offer a variety of fruits and vegetables; and
- Offer low-fat 1% and fat-free milk and nutritionally equivalent non-dairy alternatives (to be determined by USDA).

Soda will not be sold at the HS until after all regularly scheduled classes end (1:50 pm). All vending machines will be turned off during school hours. When the school district contract with Pepsico expires, the district will revisit its contractual obligation to sell soda in vending machines. Additionally, those vending machines that sell packaged snacks, ice cream, etc. will be turned off during school hours.

Portion Size

- Limit portion size of foods and beverages sold to those listed below:
- One and ¼ ounces for chips, crackers, popcorn, cereal, trail mix, or dried fruit;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, muffins;
- Six ounces or less for ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve ounces (16 in MS and HS) for beverages, excluding water.

Meal Times and Schedules

- Will provide students with at least 20 minutes after sitting down for lunch;
- Space and time permitting, will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm;
- Should not conflict with music lessons, guidance appointments, tutoring, club, or organizational meetings or activities, unless students may eat during such activities; and
- Will provide students with access to hand washing or hand sanitizing before they eat meals or snacks.

Fundraising Activities

To support children's health and school nutrition education efforts, school fundraising activities will not include any foods that do not meet the above nutrition and portion size standards. Sale of candy, cake, brownies, cookies, soda, etc., will be limited in school.

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There will be some flexibility allowed during examination weeks when lunch services are not typically available. Groups such as the Make A Difference Club have attempted to fill this gap by offering the sale of lunch items to those students who may have to be in school for both morning and afternoon tests.

The District will encourage fundraising activities that promote physical activity and will develop a list of suggested fundraising ideas.

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**COMPONENT 3:** Assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the federal government.

All reimbursable school meals shall meet or exceed regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act [42 U.S.C. 1779] and sections I (f)(1) and 17(a) of the Richard B. Russell National School Lunch Act [42 U.S.C. 1758(f)(1), 1766(a)], as those regulations and guidance apply to schools.

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**COMPONENT 4:** Establishment of a plan for measuring implementation of the LWP, including designation of one or more persons within the LEA or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the LPW.

In Putnam valley, the HAC, in collaboration with the Superintendent's Office and the Food Service Director, will work cooperatively to measure the implementation of our LWP using the following benchmarks in June of 2007:

**Goal 1 Benchmark:** Nutrition education was increased at all grade levels. Ex. Have nutrition lessons been introduced at the K-4 level? Have nutrition education units been updated in the MS and HS health classes?

**Action Step:** Survey teachers and staff to determine degree of improvement.

**Goal 2 Benchmark:** Information about healthful nutrition and physical activity choices was made available in highly visible locations throughout the District to reinforce healthy living. Ex. Have newsletters and/or other wellness information been distributed to all district families at least 4 times throughout the school year? Did we establish a website Wellness Area and has it received visitors?

**Action Steps:** Catalog information distributed. Record website hits.

**Goal 3 Benchmark:** School-based physical activity programs such as intramurals, interscholastic athletic teams, and recreational opportunities for students and adults in the community have been increased.

**Action Step:** Participation and programs will be reviewed by the athletic department and the PV Parks and Recreation Department.

**Goal 4 Benchmark:** The use of high calorie or unhealthful foods as snacks, rewards, fundraising items, and/ or party fare has decreased in all three buildings.

**Action Step:** Catalog instructional material and staff /parent directives. Survey staff in each building.

**Goal 5 Benchmark:** The dissemination of key points of this Wellness Policy throughout the PV community has been successfully accomplished.

**Action Step:** Review what initiatives have been taken and their success through the use of surveys.

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**COMPONENT 5:** Involvement of parents, students, representative of the school food authority, the school board, school administrators, and the public in the development of the LWP.

As stated in the Introduction to this LWP, The **Putnam Valley Health Advisory Council** [HAC], a community organization of parents, teachers, students, administrators, law enforcement, recreation and healthcare professionals, and other community members, has a 12-year history of supporting and implementing programs that enhance the health and safety of all the students and families of the Putnam Valley Central School District [PVCSD]. The HAC has already taken an active role (in concert with the Putnam Valley Board of Education) in developing this policy and will also remain active in implementing, reviewing, and revising it annually to reflect the developing needs of our constituents.

**SUMMARY:** The PVCSD is committed to improving student nutrition and wellness through the policies and programs outlined above. With the support and input of the Putnam Valley Health Advisory Council, the District will promote these policies and programs to the fullest extent allowed by budget, staffing, and scheduling, in an effort to improve both the health and the well-being of all of our students. We recognize that this document is a first step: We anticipate that it will remain a fluid and flexible work in progress for the next several years as we explore and learn the practices that work best in our community.