

WELLNESS POLICY ARLINGTON CENTRAL SCHOOL DISTRICT

The Board of Education recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and that good health fosters positive student attendance and education. Healthy eating and physical activity are essential for students to achieve their academic and physical potential, mental growth and lifelong health and well being.

The Arlington Central School District is committed to providing school environments and experiences that promote children's health, well-being and ability to learn by supporting healthy eating choices and physical activity.

Therefore, it is the policy of the Arlington Central School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies and procedures.
- All students in grades K-12 will have opportunities, support and encouragement to enhance their knowledge and skills to understand the benefits of a physically active and healthful lifestyle, as well as to be physically active on a regular basis.
- The child nutrition programs will comply with federal, state, and local requirements. Child nutrition programs shall be accessible to all children.
- Schools will provide nutrition education and physical education as an integral part of the curriculum to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

ARLINGTON CENTRAL SCHOOL DISTRICT

REGULATIONS STUDENT WELLNESS

NUTRITIONAL EDUCATION

1. School programs, including state and local curricula, should ensure that students in kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles, including healthy eating behaviors. Nutrition education should be emphasized by all school personnel and should include reinforcement of physical activity.
2. Nutrition education programs will take place both within the classroom and school dining facilities in collaboration with teachers, health service providers, and food service staff. Students will receive consistent nutrition messages throughout the school.
3. Staff with primary responsibility for nutrition education and physical education, including elementary teachers and school nurses, should be properly trained and should participate in appropriate professional development activities.
4. The School District should provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home.
5. Ongoing professional training for food service staff will be provided in the areas of nutrition and wellness.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

1. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
2. Schools should facilitate all students' participation in moderate to vigorous physical activity through formal and informal programs, including physical education classes, which are in accordance with state and local guidelines.
3. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
4. Students should be given opportunities for physical activity through a range of before and after school programs including, but not limited to, intramurals, interscholastic athletics, and activity clubs.

NUTRITION STANDARDS FOR FOOD AND BEVERAGES SERVED/SOLD DURING THE SCHOOL DAY

1. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature, in compliance with NYS Health Code Regulations.
2. Food and beverage providers should offer modest portion sizes that are age-appropriate for elementary, middle, and high school students, respectively.
3. The a la carte foods that are available will include a variety of choices of nutritious foods that are presented in an accessible and appealing manner.
4. Classroom snacks and celebrations, especially in elementary schools, should encourage healthy choices. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations.
5. All food and beverages made available in schools during the school day should be consistent with the current dietary guidelines, including increasing nutrient density, decreasing fat and added sugar, and moderating portion size.
6. All food made available in the schools will adhere to the food safety and security guidelines of the Hazard Analysis Critical Control Points (HACCP) Plan.
7. Food Service administrative staff will work with registered dietitians to evaluate and monitor food and beverage offerings.

OTHER SCHOOL BASED ACTIVITIES

1. Schools will provide a clean, safe and enjoyable meal environment, providing adequate time and space for students to eat their meal.
2. Food should not be used as a reward or punishment.
3. Withholding recess as a form of punishment is discouraged.
4. Schools should encourage fundraisers, such as the sale of non-food and nutritious food items, that promote positive health habits

A District-Wide Health Communications Council will be formed to work with the schools to develop strategies to meet the criteria and guidelines set forth in the District Wellness Policy and Regulations. Membership of the District-Wide Health Communications Council will include students, parents, teachers, health professionals, food service administrators, and building and district administrators.