

## **902 ITHACA SCHOOL DISTRICT WELLNESS POLICY**

The Ithaca School supports a healthy school environment by promoting physical, nutritional and mental wellness for each child K-12. Through the holistic balance of wellness and health, Ithaca will maintain its educational environment. We believe children learn by example as well as a positive approach towards steps to achieve certain wellness goals. The goals will be achieved by the following:

- Ensure all children are educated in the importance of physical activity to maintain healthy muscles, bones, heart and minds.
- Promote the maximum amount of physical education
- Promote physical activity through healthy competition, fitness challenges, and non-food rewards while encouraging family involvement.
- Promote healthier nutritional choices for meals, snacks and beverages by providing school breakfast, lunch menus and by the elimination of vending snack machine options as well as soda pop in our school
- Provide appealing and attractive meals served in a clean and pleasant setting
- Provide free and reduced-price meals while eliminating any stigma associated with those meals
- Provide ten minutes for breakfast and at least 20 minutes for lunch
- Discourage students from sharing their foods and beverages during meals and snack times, given concerns regarding allergies and other dietary restrictions
- Provide milk and water machines to students and staff
- Provide community education regarding nutritional choices and healthier lifestyles
- Provide fresh fruits and vegetables while maintaining lunch menus that derive no more than 30% total calories from fat and less than 100% from trans-fats or saturated fats.
- Coordinate all of the above goals through the School Health Council consisting of various staff, parents and concerned individuals.

### **TO ACHIEVE THESE POLICY GOALS:**

#### **I. School Wellness Committee**

The Ithaca School District will create, strengthen and work with the existing Wellness and Nutrition Committee to develop, implement, monitor and review if necessary, the school nutrition and physical activities policies. The Committee will serve as a resource for implementing these policies. This committee will consist of representation from

parents, administration, school board, teachers, health care professionals and food service, and members of the community.

## **II. Nutritional Quality of Foods and Beverages Sold and Served on Site**

The District will provide all school meals in compliance with the National School Lunch and School Breakfast Programs including whole grains, fruits and vegetables, and lowfat dairy.

### **Breakfast:**

- The district will notify parents and students of the availability of the School Breakfast program and be given a calendar of meals.
- The district will encourage parents to provide a healthy breakfast for their children through newsletters, articles, take-home materials, or other means.

### **Free and Reduced-price Meals:**

- The district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.

### **Meal times and Scheduling:**

- Will provide students with at least 10 minutes to eat for breakfast and 20 minutes to eat lunch
- Should schedule meal periods at appropriate times- lunch between 11AM and 1 PM
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks

### **Sharing of Foods and Beverages:**

- Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Foods and Beverages Sold outside of the School Meal Program:**

- The district will not allow soda pop and candy during the school day
- Vending machines will contain water and water products and juice and provide healthy snacks for purchase as determined by the Wellness Committee
- Food sold by the Special Education department on the cart will follow these guideline also
- The soda pop machines will be available for after school activities and events
- Snacks sold after school by groups and clubs after 3:30 can be outside the daytime guidelines of no soda pop and candy

Snacks:

- Every effort to encourage parents to provide healthy snacks to classes should be made via written and oral communication to the homes.
- On special occasions, candy and pop could be served as a special treat with prior approval of the administration. Every effort to limit celebrations that involve food during the school day to no more than one party per month and class should be addressed.
- Snacks must comply with the National School Lunch Smart Snack Regulations.

### **III. Nutrition and Physical Activity Promotion**

Nutrition education:

The Ithaca School District aims to teach, encourage, and support healthy eating by students.

The district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of the sequential, comprehensive, standards-based curriculum designed to promote students with knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also classroom instruction such as science, social studies, language arts and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparations and health-enhancing nutrition practices
- Links physical activity and food intake
- Included training for staff and teachers

Integrating Physical Activity into the Classroom setting:

- Every effort will be made to provide all children with physical education opportunities for a minimum of 2-3 times per week. These classes will be taught by a certified physical education teacher. Student involvement in other physical activities (interscholastic sports or intramurals) will not be substituted for meeting the physical education requirement.
- All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which staff will encourage moderate or vigorous exercise.
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce the time spent on sedentary activities, such as watching television
- Opportunities for physical activity that are incorporated into other subject lessons

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. When activities, such as school-wide testing, make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Outside of the School Day:**

The Ithaca District will offer extracurricular activities, such as booster club activities when appropriate. Opportunities will be made to meet the needs, interests and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.

**Use of School Facilities Outside of School Hours:**

The Ithaca District believes that we are a community school and encourages the use of its facilities by community members, parents, staff and students. School space and facilities are available before, during and after the school, on weekends, and during school vacations. These spaces and facilities are available by contacting the business office and signing up for use of the facility. School policies in regards to safety and liability will apply at all times.

**Communication with Parents:**

The Ithaca District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will provide tips via the community newsletter, on the school website, sending home information via newsletters or flyers and provide nutritional data on school menus. In addition, the district will attempt to provide opportunities for parents to learn and share information via community information nights.

The Ithaca district will provide information about physical activities and opportunities available before, during and after school in the district. Such supports will be done via the community newsletter, the website, take-home materials or special events.

**Staff Wellness:**

The Ithaca School District highly values the health and well-being of its staff and will develop activities and policies to support personal efforts by the staff to maintain a healthy lifestyle. Plans developed in regards to staff should be based on input solicited from the staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle. Activities should be developed on an annual basis under the direction of the District Wellness and Nutrition Committee.

#### **IV. Monitoring and Policy Review**

The Administrator or designee of Ithaca School will ensure compliance with the district-wide nutrition and wellness policy. School food service staff will ensure the compliance with the nutrition policies within the food service areas and will report on the area to the administrator. If needed, the administrator will identify and prioritize needs and develop a plan to facilitate their implementation.

Annually, the administrator will report to the district wellness and nutrition committee and the school board on topics and issues that fall under the direction of this policy. The policy will then be reviewed and updated, as determined by the committee and recommendations sent to the School Board for implementation.

**Adopted: 11/08/05**

**Revised: 12/15/2015**

