



## **Policy 5661**

## **Non-Instructional/Business Operations**

### **WELLNESS**

The Warsaw Central School District is committed to supporting a healthy environment where students and staff learn and participate in practices that enhance the development of life-long wellness behaviors. Such behaviors include healthy eating, regular physical activity, and knowledge of nutrition and nutritional choices. The District will adhere to and apply all standards and provisions of the United States Department of Agriculture (USDA) and of the Healthy, Hunger-Free Kids Act of 2010, including all updates to that Act. The District will also explore and, where desirable, implement additional steps intended to establish and enhance a school environment that promotes student and staff well-being in the present and in the future.

#### **Wellness Committee**

A District-wide Wellness Committee will be maintained to protect and support the wellness of students, staff, and others and to promote the goals of this policy. The committee's composition will be consistent with USDA guidelines, will seek breadth and diversity, and will permit participation by the general public as well as members of the school community including parents, students, representatives of the school food program, teachers, school health professionals, the school board, and school administrators. In addition, the committee will welcome comments, concerns, and suggestions from members of the school community who are not committee members.

The committee will focus on issues related to school wellness, including policy development and implementation, compliance with federal regulations, and policy and program evaluation and revision. It will submit recommendations for change to the Superintendent.

The committee work will be ongoing but, pursuant to the USDA *Final Rule* of July 29, 2016, will include a full assessment of the wellness policy, no less than once every 3 years. The committee will maintain records of its work which will be available to the public.

#### **Designated Official**

The Superintendent will designate a school official who will oversee the work of this committee and assure District compliance with federal and state requirements as well as with the terms of this policy in all District schools.

#### **Nutrition Standards: Food in the School**

Under the supervision of the Director of Food Services, the Warsaw Food Service Program will meet or exceed nutritional standards of all federal regulations and guidelines as they apply to schools and will provide balanced meals and a variety of healthy food choices. Medically authorized special diet requests will be honored. In addition, access to nutritional information of the Food Service Program will be available to the community.

The District will maintain a program for free and reduced-price meals for all students who qualify. The program will adhere to all federal and state laws and regulations. Applications will be kept strictly confidential.



# ***Warsaw Central School District***

*Home of the Tigers*

*Policy Manual*

The District will maintain procedures by which students may charge meals within limits. The procedures will assure that no child will be denied food during school meal times and that the dignity and integrity of each child will be protected.

Foods and beverages sold or provided outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the USDA Smart Snacks in School nutrition standards. Guidelines for such foods will be shared with parents and community.

## **Educational Goals**

### *Nutrition*

Where relevant to course content and student needs, classroom programs will emphasize the benefits of healthy eating, of weight management, of understanding food labels, and of physical activity along with the ability to assess the effects of choices the students may make.

### *Physical Activity*

Physical Education classes will promote student understanding of, engagement with, and commitment to the development of motor skills and regular exercise of sufficient intensity and duration to provide significant health benefits.

Where appropriate, other programs and the school environment itself will encourage healthy physical activity for students and staff.

### *Social and Emotional Goals*

Classroom and school activities will encourage healthy group dynamics, such as collaboration, cooperation, mutual respect, and mutual support.

Students will be encouraged to express thoughts and feelings in a responsible manner.

School and community support services will be available for students and staff as needed and available to promote emotional and social well-being

## **Marketing**

Marketing or advertising of foods that do not meet *Smart Snacks in School* standards is prohibited in all District schools.

National School Lunch Act, 42 USC § 1758(b)  
National School Lunch Program and School Breakfast Program  
regulations, 7 CFR § 210.11  
Local School Wellness Policy Implementation Under the Healthy,  
Hunger-Free Kids Act of 2010; 79 FR 10693  
Education Law § 915  
8 NYCRR § 135.4

Adopted: 7/7/09, Revised by Board: 8/18/15; 10/20/15; 4/25/19