

General Brown Central School District Wellness Policy

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

In summer, 2005, the General Brown Central School District established a district-wide wellness committee in order to assess the effectiveness of current programs and set goals for coming years. This committee, comprised of teachers, administrators, school nurses, and food service personnel, will continue to function in an advisory capacity as the district develops language for a comprehensive wellness policy.

The District Wellness Committee consists of the following individuals:

David Ramie	Dexter Elementary Principal
James Nevers	Food Service Director
Tana Gunn	School Nurse
Melissa Zehr	Health Teacher
Hannah Cottrell	Family & Consumer Science Teacher
Tom Frears	Physical Education
Mike Hartle	Parent
Joe O'Donnell	Athletic Director/Wellness Committee Coordinator

The committee will meet once prior to the beginning of the school year and 3 times during the school year. Dates and times will be determined by the committee president.

School Health and Safety Policies and Environment

Two functions of the General Brown Central School District Wellness Committee are 1) to promote staff awareness of wellness-related issues and 2) to update written curriculum, building level procedures, and Board of Education policy regarding health, safety, and health education. Safety issues will receive top priority from administration and maintenance personnel. In addition, school health services will collaborate with faculty and administration in developing procedures, curricula and planning for medical emergencies.

Nutrition Guidelines for Foods and Beverages Available on School Campuses during the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages that they are exposed to as part of their daily environment. Knowing this, the General Brown Central School District will:

- Seek reasonably priced foods and beverages that are lower in fat and higher in nutrition.
- Choose foods and beverages that are lower in sugar and fat and avoid non-nutritious foods (i.e. candy).
- Menu food items with increased nutritional value.
- Insure that menus meet the guidelines set forth by the Healthy, Hunger-Free Kids Act of 2010
- Support a district wide wellness committee that will help set nutritional goals and guidelines.

Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. Building knowledge and skills in this area helps children to make healthy eating and physical activity choices. With this in mind, General Brown Central School District 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 during their junior-senior high years. A credentialed health education teacher provides instruction on such topics as healthy eating and decision-making.
- Set up Nutrition Information Centers / display nutritional posters in school dining rooms.
- Ensure that 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 all staff on health and wellness related issues during district professional development time.

Physical Activity Goals

The primary goals for schools' physical activity components are to provide opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach the long- and short-term benefits of a physically active / healthful lifestyle. To this end, General Brown Central School District 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.
- Provide training to enable teachers and other school staff to promote lifelong physical activity and healthy decision-making among students.

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

One goal of a comprehensive wellness policy is to create a total school environment that is conducive to healthy eating and physical activity. With this in mind, General Brown Central School District will:

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- 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 all 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 school day.
- Prohibit 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 or for classroom make-up time.
- Ensure that schools' fundraising efforts are supportive of healthy eating and items sold for consumption throughout the school day meet the guidelines set forth by the Healthy, Hunger-Free Kids Act of 2010.
- 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 by students outside school hours.
- Encourage parents, teachers, school administrators, students, professionals 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 ("Focus on Health").
- Provide programs that address violence and destructive decisions that students make, in relation to their health and safety. At the elementary level, students participate in Life Skills activities in grades 3, 4 and 6, DARE in grade 5, and numerous other character education / drug intervention programs throughout the school year.
- 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 throughout the school year. All reports generated during the evaluations will be maintained by the Committee President and the Food Service Director.

Members of the General Brown Central School District Wellness Committee will assess district programs, and will be charged with operational responsibility for ensuring that schools progress toward 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 wherever possible.