

WELLNESS PROGRAM

The Maine-Endwell Central School District is committed to providing a school environment that promotes and protects student health, well being, and the ability to learn by supporting healthy eating and physical activity. In recognition of the importance of healthful foods and opportunities to be physically active in order to grow, learn and thrive, the Maine-Endwell Central School District has established guidelines to be used to develop and implement a successful school wellness program to meet the needs of all students within the district. This will include the following:

- The District will engage students, parents, staff, food service professionals, health professionals and other interested community members in developing and implementing, monitoring, and reviewing a district-wide nutrition and physical activity policy.
- All students will be given opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served by the District will meet the nutritional recommendations of the United States Dietary Guidelines for Americans.
- The District will provide nutritional and physical education to foster lifelong habits of healthy eating and physical activity.

I. SCHOOL DISTRICT WELLNESS COUNCIL

The school district wellness council will consist of the Superintendent or designee, the Athletic Director, Food Service Supervisor, and others as deemed necessary.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

A. The Maine-Endwell School Nutrition Program will:

1. Meet, at minimum, the nutritional requirements (RDA) established by state and federal programs.
2. Offer a variety of fruit and vegetables.
3. Participate in the National School Breakfast and Lunch Programs.
4. Support all efforts to eliminate any overt identification of students participating in the Free/Reduced price meal program.
5. Encourage staff development and training of employees in child nutrition.

6. Ensure vending sales are under the control of the School Nutrition Program. Under Chapter 647 of the New York State Law, the sale of candy or soda of any type cannot be sold to students anywhere in school buildings from the beginning of the school day until the end of the school day.
 7. Ensure that no food sold in the school buildings during breakfast or lunch periods, are in competition with the National School Lunch Program.
- B. Nutritional Recommendations For Snacks Being Sold In Our School Buildings
1. Grades K-5 - All snacks will meet the Choose Sensible Guidelines
 - a. Fat: 7 grams or less per serving
 - b. Saturated Fat: 2 grams or less per serving
 - c. Sugar: 15 grams or less per serving
 2. Grades 6-12 Snacks
 - a. Recommend meeting the Choose Sensible Guidelines.
- C. Food Safety
1. Food Service areas will be restricted to school nutrition staff and authorized personnel in order to ensure food safety and to secure the facility food service area.
 2. No homemade foods are to be brought into schools for classroom celebrations or shared snacks. Foods brought into classrooms must be purchased from permitted facilities and should be in the original wrapper with nutritional information available.
 3. Foods prepared and served on the Maine-Endwell campus meet all New York State Health and Safety codes.
 4. Classroom celebrations in which food is consumed is to be limited to twice a month.
- D. Fund Raising/Concessions/School Sponsored Events
1. Food sold should adhere to the above nutritional recommendations.
 2. Sales should include 100% juices, water, fruit and vegetables.
- E. Snacks
1. Snacks served during the school day or in after-school-enrichment programs will make a positive contribution to children's diets and health.
 2. The wellness council should establish a list of healthful snacks to provide teachers, after school program personnel, and parents. These lists will be available on the District website.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION

A. Nutrition Education Promotion

1. The District aims to teach, encourage, and support healthy eating by students by:
 - a. Offering at each grade level a standards-based program that provides students with the knowledge and skills necessary to promote and protect health. This will be accomplished through health education classes integrated into math, ELA, science, social sciences, physical education, and other electives.
 - b. Promoting consumption of fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy preparation methods, and health enhancing nutrition practices.
 - c. Linking school meal programs, other school foods, and nutrition related community services
 - d. Teaching media literacy with an emphasis on the impact food marketing has on the consumer.
 - e. Making training available for teachers and staff to effectively deliver quality nutrition education.
 - f. Providing educational information and encouraging healthy eating and physical activity for families, both within the home and outside the home.

B. Staff Wellness

1. Offer employees assistance programs that promote healthy eating and exercise programs.
2. Make available the fitness center at the High School for all employees.
3. Support the Maine-Endwell educational workshops.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

- A. Maine-Endwell School District will provide Physical Education for grades K-12.
- B. All students in grades K-12 will receive physical education that meets the New York State Department of Education mandates and also aligns to the New York State Standards.
- C. A certified physical education teacher, employed by the district, will teach all physical education.

- D. Participating in interscholastic sports does not excuse student athletes from participating in physical education classes.

V. DAILY RECESS

- A. Students in grades K-8 will have approximately twenty minutes of supervised daily recess available, preferably outdoors, during which, students will be encouraged to engage in moderate to vigorous physical activity.
- B. The district will provide space, equipment, and personnel for supervised recess.

VI. PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

- A. Both the middle school and high school will offer extracurricular activity programs that meet the needs, interest, and abilities of all students.
- B. The high school and middle school grades 7-12 will offer, as appropriate, interscholastic sports programs.

VII. MONITORING AND EVALUATION

- A. The Superintendent of schools or designee will ensure that schools are meeting requirements of the established wellness policy. Others in the district who are responsible to the Superintendent for ensuring compliance of the various components of the established wellness policy are:
 - 1. Director of Health, Physical Education, Athletics, and Building principals for nutrition education and physical activity.
 - 2. Food Service Director for nutrition policies within the school food service area.