

COMPREHENSIVE WELLNESS POLICY

Kingston City School District is committed to creating school environments and experiences that promote and protect students' physical health, mental health, well-being and ability to learn by supporting a positive school climate and culture, healthful eating and daily physical activity opportunities. Therefore, it is the policy of the Kingston City School District that a District Wellness Policy is created where:

- Schools will provide nutrition promotion, nutrition education, physical activity and physical education; promote lifelong habits of healthy eating and physical activity; and will establish linkages between health education and school meal programs with related community services;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations;
- All students in pre-school through grade 12 will have opportunities, support and encouragement to be physically active on a regular basis;
- Schools recognize the multiple dimensions of health by including mental health, and the relationship of physical health and mental health, so as to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity;
- Students learn about mental health as an important aspect of overall health and social well-being in K-12 programs.

This policy applies to all students, staff, and schools in the District.

School Health and Wellness Advisory Committee

Health and Wellness Advisory Committee Role and Membership

The District has a representative district wellness committee to establish goals for and oversee the development, implementation, and periodic review and update of this district-level wellness policy (hereafter referred as "wellness policy"). This Committee will meet at least five times a year. The committee membership includes, to the extent possible, but is not limited to: person(s) in parental relation(s), students, representatives of the school food authority, teachers, including physical education teachers, school health professionals, school administrators, school board members, community partners and the general public.

Individual school buildings may develop their own wellness committee that is open to person(s) in parental relation(s), students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

Leadership

The District will designate one or more district officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

Implementation, Monitoring, Accountability and Community Engagement

The District will inform and update the public (including person(s) in parental relation(s), students and others in the community) about the content and implementation of the wellness policy. A copy will be posted on each school's website.

The District will periodically measure and make available to the public an assessment on the implementation of the wellness policy, including:

1. The extent to which schools are in compliance with the wellness policy;
2. The extent to which the wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the wellness policy.

There will be a triennial review according to federal regulations.

Nutrition

The goal is to promote overall health and well-being and reduce childhood obesity by ensuring that all foods and beverages provided to students meet or exceed the USDA Nutrition Standards for School Meals and are consistent with the nutrition standards for competitive foods which meet the Smart Snacks in School nutrition standards for all foods sold in school outside the school meals program under the Healthy Hunger-Free Act of 2010.

Water

The District will make drinking water available to students free of charge, as nutritionally appropriate, and potable water for consumption in the place where school meals are served during meal services.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Meet, or exceed, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent nondairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

Schools should engage students and person(s) in parental relation(s) through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with person(s) in parental relation(s) and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- Operate the School Breakfast Program.
- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, such as allowing breakfast in the classroom and "grab-and go" breakfast, and comply with NYS Breakfast After the Bell legislation in qualifying schools (<http://www.cn.nysed.gov/content/breakfast-after-bell-implementation-and-reporting-breakfast-delivery-methods>).
- Notify person(s) in parental relation(s) and students of the availability of the School Breakfast Program.
- Encourage person(s) in parental relation(s) to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling

Schools will make every effort to:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Avoid scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Provide students access to hand washing or sanitizing;

Competitive Foods and Beverages

Foods and beverages sold, served, or marketed on the school property during the school day will meet the nutrition guideline requirements of the USDA Nutrition Standards in the National School Lunch and School Breakfast Programs, recommendations of the U.S. Dietary Guidelines Americans, the Healthy, Hunger-Free Kids Act of 2010, and the Smart Snacks in Schools standards.

Food items sold individually such as food and beverages sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc. will follow the USDA Smart Snacks in School Guidelines (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>). This includes food and beverages sold after the school day including before/after care on school grounds, clubs, and after school programming.

Beverages

USDA Smart Snack standards for beverages sold in elementary and middle schools will also be applied in high schools.

Procurement

The District encourages the purchase and procurement of local food for use in the cafeteria to work towards the 30% New York State Initiative.

<https://agriculture.ny.gov/system/files/documents/2021/12/workingtowards30nysinitiative-1.pdf>

Celebrations and Rewards

The District will make every effort to ensure that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

The District provides nutrition promotion and education which positively influence lifelong eating behaviors in a positive manner by encouraging healthy nutrition choices. Nutrition promotion encourages students to participate in the school meals programs and includes marketing and advertising of healthy, nutritious foods and beverages. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

Nutrition education is designed to provide students with knowledge and skills necessary to promote their health and make positive food and nutrition choices. Nutrition education teaches behavior-focused skills and will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards. These concepts will also be reinforced during classroom snack times and integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects to encourage adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being.

Marketing in Schools

The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote students' health by permitting marketing only for those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Physical Activity

The District will provide opportunities, support, and encouragement for every student to regularly participate in physical activity and develop the knowledge and skills for specific physical activities in the classroom and at recess.

Physical activity during the school day will not be withheld as punishment for any reason; this does not include participation on sports teams that have specific academic and other requirements.

Students may not have physical activity taken away from them as a consequence of poor behavior or as a discipline for any reason. (Example: recess, running laps or jogging around a playground). Schools will provide at least 20 minutes of active daily recess to all elementary school students.

When feasible, the school or district will open indoor and outdoor physical activity facilities and spaces through a formal joint or shared-use agreement.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

A written physical education curriculum/program for each grade level in compliance with New York State Learning Standards has been developed and is kept on file with the Director of Physical Education.

Other School-Based Activities that Promote Student Wellness

The District will make every effort to integrate physical, mental, and social-emotional wellness activities across the entire school setting and to coordinate and integrate other initiatives related to physical activity, physical education, nutrition education and promotion, and other wellness components to promote student mental health and well-being, optimal development, and strong educational outcomes.

Safe Routes to School

When and where appropriate, the District will form partnerships with parents, PTOs/PTAs, the planning, police, public works, parks, and public safety departments of municipalities, and other local non-profit organizations to create walkable, bikeable, and rollable routes to school.

Community Partnerships

The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will engage with person(s) in parental relation(s)/caregivers, families, and the general community to promote the benefits of a positive school climate where students feel safe and connected to school staff, families and administrators, and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (such as email or displaying notices on the District's website), as well as non-electronic mechanisms (such as newsletters, presentations to or sending information home to person(s) in parental relation(s)), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Under the Director of Food Services, the District will administer the school meal programs. As part of the District's responsibility to operate a food service program under federal law, the District will provide continuing professional development for all food service staff.

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Cross Ref: 8505, Charging School Meals & Prohibition Against Meal Shaming