

**CAYUGA ISD
STUDENT WELFARE
WELLNESS PLAN**

MISSION STATEMENT:

Cayuga ISD is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the ability to learn and succeed by embracing wellness, daily physical activity and healthy nutritional choices as part of the total learning environment.

VISION:

The Cayuga ISD Wellness Program is to become the primary resource for CUSD students and employees in achieving a healthier lifestyle. Programs and opportunities will be implemented that will foster a culture that promotes good health while placing emphasis on reducing health risks and their progression.

PHILOSOPHY: (Wellness Plan)

Cayuga ISD is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating and physical activity. Therefore, goals of the District include:

- District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies.
- All students in grade PK-12 will have opportunities, support, and encouragement to be physically active on a daily basis.
- Food Service Manager will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the Final Rule Professional Standards for State and Local School Nutrition Programs Personnel as required by the Healthy, Hunger-Free Act of 2010.
- Provide clean, safe, and pleasant settings and adequate time for students to eat.

- To our ability, our district, will participate in available federal school meal programs including: School Breakfast Program (SBP) and National School Lunch Program (NSLP).
- District will provide all students nutritional education and physical education to foster lifelong habits of healthy eating and physical activity, and correlate between health education and school meal program, and with related community services.

GOALS

Nutrition Education:

- Nutrition education is offered in the school dining room and classroom environment.
- State and district health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education core curriculum.
- Schools will conduct nutrition education activities and promotions that involve parents, students and community.

Physical Education:

- The primary goal for the school physical activity component is to provide opportunities for every student to develop knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthy lifestyle.
- Students should have a minimum of 30 minutes of physical activity on most days of the week. These activities shall provide an environment that foster safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Students will be given opportunities for physical activity during the school day through recess and PE.
- Students will be given opportunities for physical activity through a range of after school programs, including interscholastic athletics at the middle and high school level.

- Adequate equipment will be available so that each student has the opportunity to participate in physical education during the time allotted.
- Students with disabilities will participate in the PE program at their assigned school in the least restrictive environment.

Other School-Based Activities:

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- Provide sufficient time for students to eat meals in lunchroom facilities that are clean, safe and comfortable
- Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time
- Provide on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education

GOALS TO PROMOTE EMPLOYEE WELLNESS

Health maintenance requires a balance between energy consumed (food), and energy expended, (exercise). Excess food intake along with physical inactivity leads to obesity and various medical conditions. It is the goal of Cayuga ISD to provide an environment where all employees are at optimal health.

- We will foster a healthy environment by the following:
- Evaluating the needs of staff and deliver programs to address these needs
- Providing wellness opportunities
- Providing professional development opportunities
- Sharing health related information with staff and community members to positively impact the entire community
- Staff will be instructed about basic injury prevention and about safety specific to the school environment or their job

A PLAN FOR IMPLEMENTING THE GOALS OF THE PROGRAM

A coordinated effort between the School Health Advisory Council and the District Nurse, PE teacher, Food Service Manager (School Wellness Committee) will provide the structure for Wellness policy implementation.

- The School Wellness Committee shall develop, implement, monitor, review and revise annually the district's wellness procedures
- The School Wellness Committee shall provide and serve as resources to school sites for implementing the wellness policy procedures
- The School Wellness Committee shall facilitate the implementation of the district wellness policy

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE ON EACH SCHOOL CAMPUS AND DISTRICT FACILITIES DURING SCHOOL/WORK DAY

- Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support a student's physical growth, brain development, and resistance to disease, emotional stability and ability to learn.
- Nutrition guidelines that require the use of products that are low in sugar, sodium, fresh fruits and vegetable, whole grains, fat free and low fat milk, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the District's Food Service.
- A la carte offerings to middle and high school students shall be nutritious and meet smart snack requirements and recommended guidelines.
- Set guidelines for foods and beverages sold in vending machines and snack bars on school campuses available to students.
- Water will be provided at all campuses, as well as, the cafeteria.
- With at least one employee managing each project, students representing their school or the District may participate in approved fundraising to benefit the District or a non-school, charitable organization. Participation shall be voluntary and shall be approved when the fundraising activity relates to the District's educational mission.
- Fundraising through sales of foods and beverages that could be consumed during the school day shall meet the requirements for competitive foods

unless the District allows an exception from the competitive food requirement, as permitted by state and federal law.

A PLAN FOR MEASURING IMPLEMENTATION

Cayuga Independent School District will establish a plan for measuring implementation of the local wellness policy. The School Wellness Committee shall provide assistance to schools to create healthy school nutrition environments, promote healthy eating habits, and increase physical activity among elementary and secondary students.

- The district health education teachers will be responsible for providing technical assistance and resources to all schools. They will support the implementation of health education and nutrition education to all schools
- All schools must include a goal for student health and fitness in the School Improvement Plan
- The district and schools will conduct ongoing evaluation, revision, and implementation of the wellness policy

A PLAN FOR MODIFYING THE PROGRAM BASED ON EVALUATION DATA

Assessments will be reviewed every year, to review policy compliance, assess progress and determine areas in need of improvement. As part of that review, SHAC, Nurse, Food Service Manager, PE and administration will evaluate the nutrition and physical activity environment in the schools. The district, and individual schools within the district, will, as necessary, revise the wellness strategies and develop work plans to facilitate their implementation at their campus.

School Wellness Committee

All schools shall create, strengthen, or work within their scope to develop, implement, evaluate, revise and recommend school nutrition and physical activity plans. This will promote education for lifelong healthy nutrition and physical activities. The School Wellness Committee is a group of individuals representing the school and community and may include representatives from any of the following:

- School Counselor
- School Nurse
- Food Service Department
- Physical Education Teacher
- Parent/Community Member
- Other members as determined by the school principal

The recommendations of the SHAC concerning health/nutrition education will also be considered and implemented to the greatest level possible for grades PreK-12. School policies concerning safety shall apply at all times.

The School Wellness Committee will provide coordinated communications to the students, families, community and staff.

Physical activities and/or nutrition service programs designed to benefit staff health may be coordinated utilizing District resource individuals.

Responsibilities of the School Wellness Committee include:

- Organize and lead the School Wellness Committee
- Evaluate school wellness
- Determine wellness goals for the school
- Aid in implementation of plan to reach School Improvement goal
- Coordinate schoolwide wellness initiatives
- Monitor and revise plan after re-evaluation

INVOLVEMENT OF PARENTS, STUDENTS, REPRESENTATIVES OF THE SCHOOL FOOD AUTHORITY, THE SCHOOL BOARD, TEACHERS, SCHOOL ADMINISTRATORS, SUPPORT STAFF, DISTRICT ADMINISTRATORS AND THE PUBLIC

Long term effective partnerships among families, school and local community partners benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health promotion projects.

- The School Health Advisory Council and the community, at large, will have the opportunity to be included as participants in all individual school and district wellness planning.

- Individual schools and the district at large shall actively support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness.

Presented to Cayuga Board of Trustees: 6/7/2021

Approval or Dis-approval of Policy: Approved

Signature of Board of Trustee: Tom West

Printed Name of Board of Trustee: Tom West