

CAYUGA INDEPENDENT SCHOOL DISTRICT

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Elementary Principal

Local Wellness Policy

Preamble

Cayuga I.S.D., is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while, minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and State Nutrition Standards
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have opportunities to be physically active before, during and after school
- Schools engage in nutrition, physical activity, and other activities that promote student wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication/monitoring of the policy, its established goals, and objectives.

This policy applies to all students, staff, and schools in the District at Cayuga Elementary School, Cayuga Middle School, and Cayuga High School. Specific measureable goals and outcomes are identified within each section below.

- *The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.*

I. Nutrition

Cayuga I.S.D. is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams

trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutritional needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Fresh Fruit & Vegetable Program (FFVP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by Local, State, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA Nutrition Standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
 - Menus will be posted on the District website
 - School meals are administered by a team of child nutrition professionals.
 - The District Child Nutrition Program will accommodate students with special dietary needs.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
 - Students are served lunch at a reasonable and appropriate time of day.
 - Participation in Federal Child Nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- *Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.*
- *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.*

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. To support healthy food choices, the foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School Nutrition Standards, at a minimum. Smart Snacks aim to improve student

health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

Celebrations and Rewards

Although a parent or grandparent is not prohibited from providing food for a school-designated function or for children in the child's or grandchild's classroom for his or her birthday, please be aware that children in the school may have severe allergies to certain food products. Therefore, it is imperative to discuss this with the child's teacher prior to bringing any food in this circumstance. Occasionally, the school or a class may host certain functions or celebrations tied to the curriculum that will involve food. The school or teacher will notify students and parents of any known food allergies when soliciting potential volunteers for bringing food products.

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. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the *Alliance for a Healthier Generation* and the *USDA*].

Cayuga I.S.D. will encourage fundraisers that promote physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

Exempt Fundraiser

An exempt fundraiser is a event the Competitive Food Nutrition Standards do not apply to Smart Snacks. Each campus may have up to (6) six exempt fundraising days per year. Food and beverage items sold for exempt fundraisers cannot be sold in competition with school meals in the food service area during the school meal service.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

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. This promotion will occur through at least:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, other school foods and nutrition-related community services;
- Includes nutrition education training for teachers and other staff.

Physical Activity

Children and adolescents should participate in physical activity every day. A substantial percentage of students' physical activity can be provided through our physical education program. Physical activity before, during and after school is encouraged; staff involvement and family and community engagement will be a part of this plan. Our school will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available for students to be physically active. The District will conduct necessary inspections and repairs.

Public Use (GDK Local)

The Board permits public use of designated school facilities for educational, recreational, civic, or social activities, when these activities do not conflict with school use or with this policy. No commercial use for profit shall be permitted. The public shall be allowed to use outdoor facilities, such as the tennis courts, track, and school playgrounds, without formal permission, when these facilities are not being used for school activities. The Board shall retain the authority to approve use of school facilities. Approval shall not be granted for any purpose that would damage school property or to groups that are known to have damaged other rented property.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with the 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. The curriculum will support the essential components of physical education.

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.

All elementary students will receive physical education for at least 150 minutes per week throughout the school year.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Gram Program).

Recess

All elementary students will have the opportunity to participate in recess throughout the school year. Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute, for physical education classes.

Classroom Physical Activity

Teachers will implement activities in their day that enhance learning through physical activity. They will incorporate movement and kinesthetic learning approaches into core subject instruction when possible. These are used as periodic opportunities to be active or to stretch throughout the day. These physical activity breaks will complement and not substitute, for physical education class, recess, or class transition periods.

II. Stakeholder Engagement

Committee Role and Membership

The District will convene a representative district wellness committee (DWC) or work along with the SHAC committee meeting at least four times per year. Meetings consist of establishing goals for and overseeing school health, nutrition, safety policies, and programs. This also includes development, implementation, periodic review, and update of this district-level wellness policy.

The DWC membership will represent all school levels (elementary, middle, and high schools) and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., Food Service Manager); physical education teachers; health education teachers; school health professionals (nurses, school counselors, & psychologists); school administrators (e.g., superintendent & principal); school board members; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Cayuga I.S.D. will establish an ongoing School Health Advisory Council (SHAC) that convenes to review school-level issues, in coordination with the DWC.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Cayuga I.S.D. will designate a school wellness policy coordinator, who will ensure compliance with the policy.

III. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

A coordinated effort between SHAC, District Nurse, PE Teacher, Food Service Manager, and the District Wellness Committee will provide the structure for Wellness Policy Implementation.

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

- The District Wellness Committee shall facilitate the implementation of the district wellness policy

This wellness policy and the progress reports can be found at: www.cayugaisd.com.

IV. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

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; such foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. (Exceptions for fundraisers sold during school hours, but consumed after school hours.)

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
 - Advertisements in school publications or school mailings.
 - Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/School Nutrition Services/Athletics Department/SHAC/Booster Club reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

V. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/persons responsible for managing the triennial assessment and contact information are:

- Cayuga I.S.D. Superintendent: Dr. Joe E Satterwhite @ jsatterwhite@cayugaisd.com
- Nurse: Kristen Mills @ kmills@cayugaisd.com
- Food Service Manager: Leslie Glenn @ lglenn@cayugaisd.com

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Cayuga I.S.D. will actively notify households/families of the availability of the triennial progress report.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of appropriate means. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School Nutrition Standards. 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 parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

VI. Records Retention

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Cayuga I.S.D. Superintendent office, Nurse's office, and Food Service Manager's office, and/or at www.cayugaidsd.com. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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

Approval or Dis-approval of Policy: Approved

Signature of Board of Trustee: 

Printed Name of Board of Trustee: Tim West