

Candor Central School District

District Wellness Policy

(as approved by the CCSD Board of Education 01-16-20)

General Statement of Belief:

The Candor Central School District, hereinafter referred to as the District, is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District has established a Wellness Committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's wellness committee may include, but is not limited to, representatives from each of the following groups:

- a. Parents
- b. Students
- c. The District's food service program
- d. The School Board
- e. School Administrators
- f. Members of the public
- g. Teachers of PE, Health, and/or Family Consumer Science
- h. Grounds and Maintenance

The District Wellness Committee will assess and recommend goals, as needed, to the Board of Education relating to the promotion of school and community wellness in the following areas:

- Nutrition Education Goals
- Nutrition Promotion Goals
 - Nutrition guidelines to promote student health and reduce childhood obesity
 - Recommendations and practices for food and beverage marketing
- Physical Activity Goals
- Other school-based activities:
- Federal School Meal Program (compliance with USDA regulations)
- Access to school nutrition programs
- Meal environment
- After-School Program(s)
- Community Access to the District's Facilities
- Staff Wellness
- Student Wellness

The District Wellness Committee Chair/designee will inform and update the public about the content and implementation of the District Wellness Policy.

Nutrition Goals

- Students in grades PreK - 12 receive nutrition education that is integrated into the total school program and teaches the skills needed to adopt healthy eating behaviors.
- Coordination between the education program and the foodservice program provides a consistent nutrition message throughout the school and community.
- The Committee will provide a list of USDA requirements to applicable staff.
- The meals and snacks available during the school day will meet USDA requirements.
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

Nutrition Promotion Goals

- The Committee will periodically provide adequate training for staff, parents, and community that provides nutrition education.
- The Committee will assist in activities such as developing community/school gardens, etc.
- The District will use a variety of strategies to promote healthy choices such as those in the Smart Snacks in School nutrition standards.
- The District will limit the marketing of food and beverages to those that meet the Smart Snacks in School nutrition standards.

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

Physical Activity Goals

- Students are provided daily opportunities for physical activity inclusive of, but not limited to, Physical Education classes (as required by NYSED), recess periods, interscholastic athletic competition, and the integration of physical activity into the academic curriculum.
- The District will collaborate with community agencies to provide opportunities for students to participate in physical activities before and after school.
- Parents and guardians are encouraged by the school to support their children's participation in physical activities and to be physically active role models.
- Teachers are discouraged from denying recess to students as a form of discipline.
- The Wellness Committee will organize and/or partner with other groups or individuals to provide family events that include a physical activity component.

Other School-Based Activity Goals

The District is committed to the goal of creating a total school environment that is conducive to healthy eating and being physically active.

Federal School Meal Program

- The District will provide healthy meals and snacks during the school day that comply with USDA regulations.

Access to school nutrition programs

- The District will provide lunch and breakfast for eligible students at a free/reduced cost.
- The District will provide lunch and breakfast for all students at the lowest prices possible.

Meal Environment

- The District will provide meal environments that are safe, clean, and large enough to ensure all students have access to school meals with minimum wait time.
- The District encourages all students to participate in the school meal programs and protects the identity of students who receive free or reduced meal prices by using coded PINs for all students.
- The District will ensure adequate time is provided for students to enjoy eating healthy foods with friends during the school day.
- The District will ensure scheduling of lunchtime as near to the middle of the day as possible.
- The District will provide multiple opportunities for Grade 7-12 students access to breakfast.

Consistent School Activities and Environment

- The District will provide opportunities for on-going professional training and development for all staff in the areas of nutrition and physical activity.
- The District will make a focused effort to collaborate with the community to ensure District-owned physical activity facilities are open for use by students and the community outside of school hours.
- The District encourages all school staff, parents, and community members to serve as role models in practicing healthy eating habits and being physically active in school, at home, and in the community.

- The District will provide information about programs such as Food Stamps and Women, Infants, and Children (WIC) to students and parents upon request via the Community Wellness Program Director or School Social Worker.
- The District encourages all students to participate in school meal programs such as the National School Lunch, snacks for after-school programs, and the School Breakfast program.

Measurement and Implementation Plan

The District will use the following to assess the implementation of the Local Wellness Policy and measuring the effectiveness of said policy:

- The District Wellness Committee will convene annually to review the implementation of the policy and measure policy effectiveness. The Wellness Committee will present its findings to the Board of Education as needed. The chair of the Wellness Committee, as the superintendent's designee, will be responsible for ensuring compliance with the District Wellness Policy. The District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.
- All amendments to the wellness policy will be reviewed at the building level and then forwarded to the District Wellness Committee for review. The Wellness Committee will forward recommendations to the Superintendent for consideration with final approval from the Board of Education.
- The Business Administrator has the authority and responsibility to ensure that the schools comply with this policy.
- The District Wellness Committee will create an annual report to be published on the District website. This report will include:
 - Information on how the public can obtain a copy of the wellness policy
 - A description of each school's progress in meeting the wellness policy goals
 - A summary of each school's wellness events or activities
 - Contact information of the leader of the wellness policy team
 - Information on how individuals and the public can get involved

Marketing

- Emphasis on the sale and marketing of foods and beverages that meet the Smart Snacks in Schools nutrition standards will be made during the school day.