

Plattsburgh City School District Nutrition and Physical Activity Policy Guide

It is our goal to improve the health and wellness of our entire school community: students, families, faculty, staff and administration by continuous needs assessment, implementation of best practices and working collaboratively with a variety of community agencies and resource supports.

5405 Wellness and Nutrition
Nutrition and Physical Activity Policy

The Board of education recognizes that schools influence the lifelong dietary and physical activity habits of children. They, in partnership with parents, are responsible for conveying the importance of good nutrition, effective exercise and generally healthful lifestyles. The Board further recognizes that students who are well nourished and healthy are more likely to be academically motivated, alert and successful.

Policy Attachments:

- Attachment A - Smart Snack Standards
- Attachment B - Alternatives to Using Food as Reward
- Attachment C - Creative School Fundraising Ideas
- Attachment D - Creative Financing and Fun Fundraising

Nutrition

School Meals:

- All students receive universal free breakfast and lunch meals* that are in compliance with the USDA nutrition standards for reimbursable school meals. *Universal free meals are dependent on Community Eligibility Provision (CEP) and subject to change.
- School provides breakfast through the USDA School Breakfast Program.
- Foods and beverages sold or served at school meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and provide clean, safe and pleasant settings and adequate time for students to eat.
- To maximum extent practicable all schools in our district will participate in available federal school meal programs.
- Free drinking water is available in the cafeteria during meal times and throughout the school day.
- All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.
- School meals include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods are promoted in the cafeteria.

Foods and Beverages Sold Individually (during the school day and at school sponsored events):

All food and beverage sold individually outside the reimbursable school meal programs (include those sold through a la carte lines, vending machines or student stores) during the school day or through programs for students after the school day meet the nutrition requirements established by local, state and federal statutes and regulations. Daily use of a snack cart with healthy offerings should be encouraged.

- All foods sold and served before and after school meet smart snack requirements.

- Beverages containing caffeine are not sold on the high school campus.

Fund Raising Activities Involving Food:

To support children's health and school nutrition education efforts, school fundraising activities that involve food should meet the nutrition requirements established by local, state and federal statutes and regulations. The district will provide a list of suggested alternative fund raising activities.

All fund raisers during the school day must meet Smart Snack Standards. There are no exemptions.

Rewards:

Schools should not use foods or beverages, especially those that do not meet nutrition requirements, as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as punishment.

Celebrations:

Schools should limit celebrations that involve foods that do not meet the nutrition standards. Each party should include no more than one food or beverage that does not meet nutrition standards. The wellness committee will disseminate a list of healthy party ideas to parents and teachers at the beginning of each school year (USDA smart snack standards attached).

Meetings & Staff Wellness:

Food and beverages offered at meetings (before, during and after school) should be in accordance with New York State Department of Health Guidelines for Healthy Meetings.

School staff members shall be encouraged to model healthy eating and physical activity behaviors.

All district staff will have access to the high school fitness room. Keys must be requested and district will be responsible for equipment maintenance.

Nutrition Education & Promotion:

The Plattsburgh City School District aims to teach, encourage and support healthy eating by students.

Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- Is integrated into other components of a coordinated health program, such as school health services. For example, health education/promotion is provided by school nursing personnel through the following activities: distributing educational materials; individual advice or counseling; small group or classroom discussion; presentations; bulletin board displays; school newspaper/publications.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens.
- Promotes fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods and health enhancing nutritional practices.
- Emphasizes caloric balance between food intake and energy expenditure (Physical activity/exercise).
- Links with school meal programs, other school foods and nutrition-related community services.
- Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.

Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items. Marketing regarding food to promote healthy choices is encouraged.

Composting

Ninety-four percent of all food waste ends up in landfills. As that food rots, it releases methane gas. Methane is one of the greenhouse gases responsible for warming the planet. 'Increasing consumption and reducing wasted food means students get the nutritional benefits from the National School Lunch Program (NSLP) and School Breakfast Program (SBP)' (USDA link) while saving the district money and helping the environment.

- The best way to reduce the impacts associated with food waste is to prevent waste altogether.
- Track amount of surplus food and adjust ordering accordingly.
- Creatively re-purpose surplus food with modified recipes.
- Follow food safety protocols.
- Encourage home and career/health classes, elementary art classes to make food waste reduction signage with students of all levels.
- Opportunities for Problem Based Learning to explore ways to prevent waste and promote a healthy environment.

Donate surplus food that is still safe to eat.

- Cafeteria will provide a basket for canned/pre-packaged items prior to expiration date for students to take home.

Utilize food waste diversion methods to keep waste out of the landfill.

- Donate food scraps to a local farmer or vendor.
- Utilize on-site composting.
- Track amount and type of scraps in central collection location.

Physical Activity

Daily Physical Education (P.E.) K-12:

Plattsburgh City School district will strive for all students in grades K-12, including students with disabilities, special health care needs, and in alternative educational settings, to receive daily physical activity. New York State Standards will serve as a guide for the physical education program. A certified physical education teacher will teach all physical education classes. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of the physical education class time participating in moderate to vigorous physical activity. The District realizes that this would be the ideal situation and continues to promote and support its physical education program.

No PE exemptions except for medical exemptions.

Daily Recess:

All elementary school students (K-5) will have at least 20 minutes per day of supervised recess, preferably outdoors, with appropriate space and equipment. School personnel should verbally encourage moderate to vigorous physical activity. In the same light, it is important for classroom teachers to provide short physical activity breaks, which are grade level appropriate when extended periods of inactivity have occurred.

Food rewards are discouraged and teachers are provided with a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible.

Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence.

Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work. Excepts will be up to the Principal's discretion.

Physical Activity Opportunities After School:

All elementary, middle and high schools will offer extracurricular physical activity programs such as physical activity clubs or intramural programs. The high school and middle school, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests and abilities of all students including boys, girls, and students with disabilities and students with special health care needs. After school child care and enrichment programs will provide and encourage verbally through the provision of space, equipment and activities periods of moderate to vigorous physical activity.

Safe Routes to School:

The school district will work together with local public works, public safety and/or the police department to make it easier and safer for students to walk and/or bike to school.

Use of School Facilities Outside of School Hours:

School spaces and facilities should be available to community agencies and organizations offering physical activity and nutrition programs with administrative approval and in keeping with existing facilities use policies. School policies concerning safety will apply at all times.

Physical Education Curriculum/Grading:

At the elementary level, the goal of the physical education curriculum is to foster a love of physical activity and play, hoping to instill a need for physical fitness. Throughout the year the elementary physical education classes will attempt: to develop coordination, grace and control; to provide opportunities for increased responsibility; to give each child a wide range of skills, including gymnastics and dance; to present opportunities for each child to belong to a group in which there is acceptance; to provide experiences which will develop initiative, self-reliance, self-worth, honesty and kindness to others; to develop a sense of fair play and cooperation; and to provide an integration of the physical education class with the subject areas being taught in the classroom. Students will be assessed on skill objectives and behavior, which include effort, attitude and cooperation.

The physical education goals and objectives at Stafford Middle School are to provide the opportunity to participate in a wide range of activities; to promote collaborative activities supported through Adventure Base Learning which includes a low ropes course; to provide a strong aquatics program based on the American Red Cross Level 1-7; and to prepare students with team and individual sports skills for an emphasis on physical wellness and lifelong activities.

At Plattsburgh High School, the physical education curriculum encompasses traditional team and individual sports as well as lifelong sports and activities.

Currently, physical education grades are included as part of an individual's grade point average. The graduation requirement for Physical Education is 2.0 credits (.25 credits each semester).

Implementation, Monitoring and Review

The Plattsburgh City School District Health Education Advisory Committee will develop plans to facilitate implementation, monitor, review and as necessary, revise school nutrition and physical activity guidelines.

All schools are required to develop comprehensive school physical activity programs (CSPAP) that address family and community engagement in physical activity, and provide a wide-variety of offerings. A CSPAP plan is created by the wellness committee.

Parents, students, staff and community will be involved in a triennial review of the Nutrition and Physical Activity Policy. Review will be facilitated by the Wellness Committee.

District shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website.

The wellness committee shall conduct a quantitative assessment of policy implementation every three years using a Wellness School Assessment Tool such as, WellSAT or NYS Wellness Policy Assessment Tool.

The Nutrition and Physical Activity Policy and triennial assessment results will be available to the public on the district's website.

There will be a designated representative from each school building to attend committee meetings.