

Whitehall Central School District

Wellness Policy Summary for Parents



School Districts that participate in the Free and Reduced Lunch Program are required to have Local Wellness Policies under the **USDA Healthy, Hunger-Free Kids Act** (<https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>). This provision requires school districts to report wellness events and activities annually and report progress toward meeting wellness goals every three years. The results of these reports will be shared with the Board of Education and the school community and will be posted on the District's website.

The Wellness Committee:

- Helps the District implement and evaluate the Wellness Policy.
- Plans District wellness events and programs.
- Coordinates efforts in the District to create a healthy environment.

The District is recruiting staff, parents, community members, and students to join the Wellness Committee. **Contact Deborah Mackey, Food Service Director at dmackey@railroaders.net to join.**

2017 District Wellness Goals

1. Incorporate nutrition education at each grade level, K-12.
2. Increase opportunities for students to practice nutrition-related skills.
3. Emphasize the role of healthful eating and physical activity for overall health and wellness.
4. Promote community-based wellness activities and opportunities.
5. Promote healthy food and beverage choices for all students and encourage participation in school meal programs using Smarter Lunchroom techniques, which guide students toward healthy choices.
6. Eliminate marketing, to the extent practicable, of foods and beverages that do not follow USDA nutrition standards on school property. <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
7. Develop a District-wide Comprehensive School Physical Activity Program (CSPAP) in an effort to provide students with the recommended 60 minutes of physical activity a day. <http://www.shapeamerica.org/cspap/what.cfm>



Guidance for Foods and Beverages Sold During the School Day

Free and Reduced Meal Programs

Applications for participation will be sent home to all families at the beginning of the school year, provided at open houses, and available on the District's website.

<https://www.railroaders.net/pdf/lunch/freeapp.pdf>

- Menus are posted on the District website, sent home monthly with elementary students, and are available at registers in the Jr./Sr. High School. Copies can also be requested from the front office at all schools.
- Students will be asked for their feedback on the school meals.
- All foods, beverages, and snacks sold or marketed during the school day* by the school or school affiliates, such as booster clubs, will meet the **USDA Smart Snack Standards**. <https://www.fns.usda.gov/sites/default/files/cn/allfoods-flyer.pdf>
- Free drinking water will be available at all times throughout the school day.

***School Day- the period beginning the midnight before, to 30 minutes after the end of the official school day.**

School Celebrations and Rewards

- ◆ Parents are encouraged to provide students with healthy options at any school event where food and beverages are served.
- ◆ Ideas for school celebrations can be found on the handouts entitled **Healthy School Celebrations and Birthdays** and **Healthy Food and Beverage Ideas**.
- ◆ Staff is encouraged to utilize non-food activities and rewards, such as physical activity , whenever possible.



The District cafeteria is available to cater healthy celebrations and events. Check out the offerings at www.railroaders.net/pdf/lunch/Catering-2017.pdf. Please contact **Deb Mackey, Food Service Director** at 518-499-0346 ext. 2013 or dmackey@railroaders.net.



Physical Education and Physical Activity

- All students in grades K-12 are required to take physical education.
- Interscholastic sports, intramural sports, and recess will **not serve as substitutes** for physical education.
- Activities and equipment can be adapted to meet the needs of students who are temporarily or permanently unable to participate in their scheduled physical education class.
- Interscholastic sports, physical activity clubs and intramurals shall be available to all students.
- Elementary students will be offered a minimum of 20 minutes of recess daily. It is encouraged that physical activity breaks for students be incorporated throughout the day.
- The District strongly recommends that physical activity breaks, such as recess, not be withheld as a disciplinary action.
- All schools will develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students and community members.

Fundraising, Concession and Vending

- The District encourages the sale of non-food items, when appropriate.
- Fundraising events outside the school day* are encouraged to support the goals of the Wellness Policy by including the sale of healthy food items.
- All foods and beverages sold during the school day* as fundraisers, (including school stores, candy sales or vending machines, or by outside organizations) must comply with the USDA Healthy, Hunger-Free Kids Acts "Smart Snacks in Schools" standards.
- Events where food and beverages are sold or served should include a balance of healthy options or snacks that meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.
- To purchase Smart Snack compliant snacks for your next fundraiser or concession, contact **Deb Mackey, Food Service Director** at 518-499-0346 ext. 2013 or dmackey@railroaders.net.



To view the complete Wellness Policy go to:
<https://www.railroaders.net/pdf/wellnesspolicy.pdf>