

I. VISION:

Student health and safety is a priority in the Peru Central School District (Peru CSD). Optimal health and physical fitness have a positive impact on student learning, achievement and character development. The Peru CSD has adopted a policy that promotes lifelong fitness, including nutritional education, physical activity as well as social and emotional well-being. The policy is all-inclusive to ensure compliance from all constituencies including but not limited to: school clubs and organizations, parent groups, outside organizations, the school store. The Peru CSD supports the coordinated and collaborative efforts of everyone involved in creating a safe and healthy learning environment.

The Peru CSD's Wellness Policy Team (WPT), which includes administrators, educators from Elementary, Secondary, School Nurse, food service director, school counselor, students, parents, local groups and community members have developed its District Wellness Policy.

Implementation of the District Wellness Policy began on April 7, 2006 when the Policy was initially published and disseminated across campus which was consistent with Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL108-265.) A review and update of the policy began in the fall of 2012.

The Peru Central School District Wellness Policy Team (WPT) will be responsible for reviewing, maintaining and updating the policy. It is recommended that the team meet six times throughout the year, and a full review of the policy be undertaken every three years. The policy team will also be responsible for reviewing student wellness data and making recommendations to the Superintendent and/or Board of Education regarding pertinent issues. District wide wellness programming will include coordinated efforts to:

- Assure that instructional services and curriculum contribute to the overall wellness of each student
- Promote positive social, emotional and physical youth development for every student
- Respond to the identified needs in the community
- Develop effective evaluation strategies that accurately assess the implementation of the district policy
- Efficiently utilize all school and community resources
- Encourage collaboration among all health related personnel

II. NUTRITION EDUCATION: Nutrition education has been defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well-being” (ADA 1996). The primary goal of providing nutrition education is to enable students to make informed food choices, appropriate for their age, and to positively influence the

formation of lifelong eating habits.

A. NUTRITION EDUCATION IN THE CLASSROOM (curricular expectations)

1. Shall be age appropriate
2. Shall be sensitive to and reflective of cultural diversity
3. Shall be provided to students in grades K-12 in accordance with state and district curriculum standards, it shall be behavior focused and skill based
4. Shall be integrated into district curricula as appropriate and feasible.

B. NUTRITION EDUCATION OUTSIDE THE CLASSROOM

1. Food service director will advise and serve as a resource to teachers and students to support the wellness policy. The cafeteria may serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom. Teachers and students are invited to collaborate with the food service director on topics pertaining to wellness and nutrition. Other efforts include hands on lessons about gardening, composting, tower gardens, nutrition, healthy snacks, and food safety via initiatives like Adirondack Farm to School and the CHISEL Program.
2. Students shall receive consistent nutrition messages throughout the school.
3. Staff and guests in our schools will be encouraged to act as role models to promote wellness. For example, teachers are encouraged to properly hydrate by using hydration stations and refillable water bottles throughout the day.
4. Principals should encourage staff to model healthy eating and drinking behaviors. Staff is provided breaks so they are not required to eat with students.

C. TEACHER AND STAFF TRAINING

1. Personnel involved in nutrition education will be offered available resources and opportunities for continuing professional development as needed to deliver effective and accurate nutrition education information.
2. Basic knowledge of nutrition, skill development, practice in program specific activities and instructional techniques, and strategies designed to promote healthy eating habits will be targeted.

III. ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS

Students’ lifelong habits are greatly influenced by the types of foods and beverages available to them. The Peru CSD has established standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

The standards focus on increasing fruits, vegetables, whole grain rich foods, decreasing fat, sugar and sodium and moderating portion size. The food service department will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 and Part 220.

A. ACCESS TO MEAL PROGRAMS – Peru CSD will ensure that all students have access to both

the USDA School Breakfast and Lunch Programs in a non-stigmatized manner. This will entail the evaluation of Morning bus schedules, secondary lunchtime scheduling and programs at CVES that require students to leave the district at lunchtime.

The district's point of sale system, as well as competitive foods sold from the same line as reimbursable meals, protects the privacy of those students that qualify for free and reduced priced meals. Applications for free and reduced priced meals are sent home to all families in the summer, provided at open houses and are available on the website.

Students are prohibited from leaving campus for lunch; there is a 'closed campus' policy in place. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

B. SCHOOL MEAL STANDARDS - All meals served in the School Breakfast and Lunch Program will meet the nutritional criteria as set forth under USDA regulations and shall adhere to the USDA Dietary Guidelines for Americans.

School Lunch

<http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

School Breakfast

<http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

C. MODERATION OF SODIUM

The food service department will follow guidelines for sodium set forth by USDA for school meals. These guidelines will also be used to guide the district's guidelines for all competitive foods (a la carte, vending, school store, concession stands).

D. ADDITIONAL NUTRITIONAL GUIDELINES

All foods sold or made available to students will meet the nutritional requirements established by local, state and federal statutes. All foods will comply with the current USDA Dietary Guidelines for Americans.

1. Potable water will be available, at no cost, to all students throughout the school day. Students will be encouraged to bring a refillable water bottle for use in school. Water filling stations are available in each building.
2. 1% (low fat) and skimmed (no fat) milk is available at breakfast and lunch each day.
3. Sites outside of the cafeteria will offer appealing items that meet the dietary guidelines as outlined below:

Food and beverages sold or provided during the school day on a la carte lines, in after school

programs, for field trips, in vending machines, in school stores, at concession stands, for parties and special events, or other fund-raising activities shall adhere to USDA Smart Snack nutrition standards. (See also the Resource Guide for additional suggestions.) For example, cupcakes, candy, and sugar-fortified beverages do not meet the USDA Smart Snack nutritional standards, and should not be provided as a classroom snack during the school day.

Any entity which uses District facilities at any time is subject to this Policy.

Nutrient Content:

Calorie limits:

- ° Snack items: ≤ 200 calories
- ° Entrée items: ≤ 350 calories

Sodium limits:

- ° Snack items: ≤ 200 mg
- ° Entrée items: ≤ 480 mg

Fat limits:

- ° Total fat: ≤35% of calories
- ° Saturated fat: < 10% of calories
- ° Trans fat: zero grams

Sugar limit:

- ° ≤ 35% of weight from total sugars in foods

For a full list of USDA Smart Snack standards, visit:

http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

All items must be in compliance with the Healthy and Hunger Free Kids Act of 2010.

4. Such food items will be presented in a manner that promotes proper nutritional choices.

- Classroom celebrations and snacks will feature healthy foods or activities that promote wellness-see Resource Guide.
- Fundraisers will consider the sale of non-food related items-see the Resource Guide. It is recommended that schools avoid participation in fundraising and corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.
- Vending companies shall recognize the nutritional needs of students and agree to provide foods or beverages that meets the USDA Smart Snack standards.
- Advertising of foods and beverages within the school shall be consistent with nutritional standards.
- Logos or trademarks displayed on school grounds shall only be allowed for foods that meet the dietary guidelines and promote health, and otherwise in compliance with law.

- Use of educational materials depicting food brands or logos is discouraged. Schools will attempt to limit advertising of unhealthy products in school publications.
- Promotional activities involving food or beverages will be connected to activities that promote physical fitness, academic achievement or positive development.
- All foods with more than one ingredient will be labeled to show compliance with state and local food safety regulations and takes into account the high prevalence of food allergies- See Resource Guide. Therefore, healthy snacks provided for students must come in the original store or restaurant packaging with nutritional label. Homemade classroom snacks are prohibited.

5. Healthy food and beverage choices shall be promoted. Items low in fat, sodium and sugar shall be promoted to students as healthy choices.

- Such items shall be displayed in prominent positions such as on meal lines, in vending machines, or in the school store.
- Such items shall be sold at a price competitive with less nutritious choices.
- Nutritional information will be made available.
- Posters and other media to promote healthy foods shall be placed in the school.
- Healthier selections shall be highlighted on the menu.
- Contests and taste tests encouraging healthy foods will be offered.

School staff members are encouraged to set an example to students, by following the Wellness Policy during all school functions. Consuming food or beverages that do not conform to the standards should not take place in the presence of students.

6. Students will have adequate time to eat meals. The district will evaluate times that students have to eat meals and action will be taken to ensure that every student has adequate time to eat. Target for time allowed students to eat are 10 minutes for breakfast and 20 minutes for lunch. All students in grades 9-12 will be encouraged to take a lunch break. Looking forward, the administration will look to make adjustments in the secondary lunch schedule to give all students a 30-minute lunch break.

7. USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided annually for food service directors, managers and staff. Additional training will be offered to promote and support the requirements of the Wellness Policy.

8. The cafeteria will be a safe and pleasant environment. Floors, walls, etc. will be kept in good repair. Tables and chairs are not damaged and are the right size. Seating is not overcrowded. Rules for safe behavior are enforced. Hand washing or use of hand sanitizer is encouraged prior to eating. Tables and chairs are cleaned between periods. Age appropriate decorations are used. Access to food service areas will be limited to food service staff.

The child nutrition program will aim to be self-supporting. However, the program is an essential educational support activity. Budget neutrality of profit generation will not take precedence over the nutritional needs of students. If subsidy of the child nutrition fund is needed, it will not

be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

9. Food service staff will be prepared for food emergencies. Food service and monitor staff will be trained to deal with choking, natural disasters, service interruptions (electrical shortages, etc.) medical emergencies (allergic reactions, diabetic reactions, etc.), attempts to introduce biological or other hazards to the food supply, and situations that would require students or others to shelter in the school.

10. Food and beverages are not to be used to reward or punish any student. Teachers will be provided a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible. (See resource guide)

IV. COMMUNICATION WITH PARENTS

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy living resources for parents, send home nutritional information, post nutrition and physical activity tips on school websites and provide nutrient analyses of cafeteria offerings. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutritional standards for individual foods and beverages. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties/rewards/fundraising activities. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community.

V. CAMPUS TOBACCO POLICY

Use of nicotine in any form including, but not limited to, smoking, vaporizing, snorting or chewing is prohibited on school grounds/property and functions including non-school hours and/or at any school sponsored event or activity.

For clarification, "school grounds" means any building, structure, and surrounding outdoor grounds owned leased or contracted within the Peru CSD elementary and secondary school's legally defined property boundaries; as well as all Peru CSD vehicles, including vehicles used to transport children or school personnel. This includes off campus school sponsored events such as senior banquet and athletic events.

PHYSICAL ACTIVITY

Daily Physical Education K-12

The Center for Disease Control recommends that children have a minimum of 60 minutes per day of physical activity. It is recommended that all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, receive daily physical education. Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy choices. The physical education curriculum should follow existing standards.

Peru CSD will endeavor to provide a sufficient level of Physical Education to all students. The following are best practices for the Physical Education program:

K-3 Daily PE for a total of 120 minutes per week

Grades 3-6 3 times a week for a total of 120 minutes

Grades 7-12 3 times a week for 1 semester and 2 times a week for the other semester

Currently Elementary and Secondary students receive 40 minutes of Physical Education every other day within a 6-day cycle. All physical education classes are taught by a certified physical education teacher.

Student involvement in other activities involving physical activity such as participating in interscholastic or intramural sports will not be substituted for meeting the physical education requirement.

Exemptions from physical education class time or credit are only permitted with principal approval.

Physical Education waivers will not be granted unless they are ordered by the student's medical provider.

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Adequate space and equipment that conform to all safety standards will be provided.

Physical Education should not be withheld in order to increase instructional time, make-up tests, complete homework or to remediate students who are not performing well academically.

Physical Education classes will have the similar student/teacher ratio used in other classrooms. All staff involved in physical education should be provided with opportunities for professional

development.

Recess for Students in K-6

Peru CSD encourages students in grades K-6 to participate in supervised recess. The Peru CSD will discourage extended periods of inactivity (periods of two or more hours). When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should try to give students periodic breaks during which they may stand and be moderately active. A segment of students in grades 3-6 participate in recess before lunch.

Physical Activity and Punishment

Teachers and other school and/or community personnel will not use physical activity such as running laps, or pushups for disciplinary reasons.

Students may only be removed from Physical Education classes in compliance with the Code of Conduct.

Recess should not be withheld in order to increase instructional time, make up tests, complete homework, or to remediate students who are not performing well academically unless prior approval is obtained from the Elementary Principal or his/her designee.

VII. PHYSICAL ACTIVITY OPPORUNITIES AFTER SCHOOL

The Secondary 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, students with disabilities, and students with special health-care needs and will encourage students to participate in them. Each school should provide physical activity opportunities at the school to all students and staff.

After-school childcare and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

In the Secondary building, there are a number of clubs and/or activities that promote physical

activity:

- The Adventure Club
- SAVE
- MS & HS Student Council
- Varsity Club
- Key Club

These activities are available to students at a no cost or minimal cost.

VIII. USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS

School spaces and facilities when appropriate; be available to community members after the school day and on weekends. District will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members. School policies concerning safety and building use will apply at all times.

Some outside organizations that promote wellness & physical activity in the Peru area and currently assisting the Peru CSD are:

- Cornell Cooperative Extension & 4-H
- CVPH
- PARC
- YMCA Before/After School Program

IX. SAFE ROUTES TO SCHOOL

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school is equipped with sidewalks, crosswalks, solar power crosswalk markers, and bike racks to accommodate students walking and biking to school. A barrier system was established along the football field to designate a safe walking path. The school also embraces student bike and walking safety seminars provided by community partner organizations.

X. INTERGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING

For students to receive the nationally recommended amount of daily physical activity (at least

60 minutes per day), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically- active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate; and
- all teachers will be made available, professional development opportunities that are focused on the integration of physical activity into classroom academic content and schedule throughout the day upon request.

Teachers shall model physical activity by participating in exercise breaks during class time with their students and share their positive experiences with physical activity with their students

XI. MONITORING AND REVIEW OF POLICY

Monitoring

The Peru CSD and the Wellness Policy Team (WPT) will design a strategic plan for the implementation of our district policy over a three year period.

The WPT will oversee and maintain the policy

- a) The review of its progress towards achieving its goals on a yearly basis
- b) Identify achievement gaps and areas in need of improvement
- c) Develop and submit an achievement summary report every three years, addressing policy compliance as it relates to the district's established nutrition and physical activity components, based on input from individual schools. This report will be presented to the Superintendent and/or BOE for review. Recommendations and revisions from them will be encouraged.

The district's Medical Administrator will ensure compliance with the district's Wellness policy. The district's Director of Food Service will ensure compliance with nutrition policies within the

food service program. The principal of each school building will be in charge of building level compliance.

An annual progress report with information about the school's wellness related activities will be shared with the entire school community. The school wellness policy and progress reports will be shared via the school's website.

Review

In order to assure implementation of the Peru CSD's Wellness Policy each school (Elementary & Secondary) will be required to develop an active Wellness Committee. The committee will be comprised of a wide variety of participants representing various stakeholder groups. The committee will be required to do a review of the school's current nutrition and physical activity environment and policy. Each school's wellness needs will be clearly identified and a plan will be formulated to implement and review the policy. A wellness status report will be issued each year. Assessments will be conducted every three years to assure policy compliance and determine areas in need of improvement. The School's Wellness Committee will, if necessary, revise the Wellness Plan in order to facilitate change.

<i>Original First Reading:</i>	<i>August 13, 2013</i>
<i>Original Second Reading & Adoption:</i>	<i>September 10, 2013</i>
<i>Board Review:</i>	<i>December 10, 2013</i>
<i>Full Districtwide Implementation:</i>	<i>By January 6, 2014</i>
<i>Revised – First Reading:</i>	<i>July 11, 2017</i>
<i>Revised – Second Reading & Adoption:</i>	<i>August 8, 2017</i>