



CITY SCHOOL DISTRICT OF ALBANY

5405

- Required**
- Local
- Notice

WELLNESS POLICY

PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have multiplied in children and adolescents, and physical activity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, a large percentage of students do not participate in sufficient vigorous physical activity;

Whereas, a minimum percentage of children (2 to 19 years) eat a healthy diet that includes the recommended servings of fruits and vegetables;

Whereas, nationally, the items most commonly sold outside the school meal program on school grounds include low nutrition foods and beverages;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Therefore, the City School District of Albany is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

DISTRICT WELLNESS COMMITTEE

The City School District of Albany (District) has established a District-wide committee to develop, implement, monitor, review, and as necessary, make recommendations to the Board of Education to revise the District Wellness Policy. A comprehensive list of the 2013-14 committee members is attached to this policy. The Wellness Committee shall meet a minimum of two times annually.

COMMUNICATION STRATEGIES

The District will provide information related to the Wellness Policy through various forms of communications. Additionally, families will be provided the opportunity to give feedback on wellness initiatives.

HEALTH EDUCATION

Through health education courses and curriculum, the District will provide opportunities for students to achieve the skills, knowledge and attitudes that will allow for the attainment of an optimal quality of life through the development and maintenance of total well-being. The District will strive to develop nutrition and physical activity lessons that can be integrated into existing curriculum and health education programs.

PHYSICAL EDUCATION

The District will maintain a sequential, comprehensive curriculum that is validated and aligned with the New York State Standards for elementary and secondary students. The curriculum will have an emphasis on lifetime fitness activities and will be taught by New York State certified Physical Education instructors.

Physical Education instruction will be scheduled by grade level as follows:

- K-3: 3 times per week* (in compliance with state regulations by conducting "6 Minute A Day" workouts daily)
- 4-6: 3 times per week*
- 7-12: 3 times per week alternating with 2 times per week*

*Physical Education at all grade levels will equal and/or average out to 120 minutes per week

Physical Education instruction levels will, at all times, be maintained in compliance with state regulations. Physical Education class size will be consistent with the requirement of good instruction and standing.

Student progress will be assessed at each grade level based on goals and learning objectives that are aligned to learning standards.

The District will provide administrative leadership to the Health and Physical Education staff to coordinate professional development, new initiatives, communication and motivation.

The Physical Education program shall be provided adequate space and equipment and conform to all applicable safety standards. The District will provide, to the extent possible, appropriate computer access to all Physical Education offices and gymnasiums to allow for comprehensive and timely communications as well as 21st century learning opportunities to take place.

INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING and DAILY RECESS

The District will provide students in grades K-3 the “6 Minute A Day Workout” every day that school is in session. Elementary Building Principals are responsible for overseeing compliance in their schools. In addition, all elementary teachers are encouraged to include an additional 6 minute activity burst within the school day. This excludes recess time.

Schools should discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should strive to give students periodic breaks during which they are encouraged to stand and be moderately active as permitted by test guidelines.

In addition to the scheduled Physical Education class time, the District will provide elementary school students with at least 20 minutes a day of supervised recess, preferably outside and prior to lunch, during which time staff encourage physical activity and provide appropriate space and equipment. School staff shall not withhold participation in recess from students or cancel recess to make up for missed instructional time.

Outdoor recess time will be permitted as long as weather conditions are appropriate. Procedure steps and decision points for determining appropriate weather conditions are as follows:

- When temperatures are below 20 degrees Fahrenheit, including wind chill, outdoor activities should be suspended, including outdoor sports, physical education, clubs, and playground/recess.
- Weather conditions and wind chill should be reviewed daily in order to determine if the conditions are too risky for outdoor activities.
- When students engage in outdoor activities, they should be properly clothed for the weather conditions

Cold Weather * (Based on wind-chill temperatures)

Above 25 degrees F	Regular outdoor activities
16-25 degrees F	Sunny days – regular outdoor activities
	Overcast days – limited outdoor activity (10-15 minutes)
10-15 degrees F	Sunny days – limited outdoor activity (10-15 minutes)
	Overcast days – no outdoor activity
Below 10 degrees F	No outdoor activity

**Proper dress is required to take part in activities*

Hot Weather (Based on heat index temperatures)

Above 95 degrees F	No outdoor activity
90-95 degrees F	Limited outdoor activity (10-15 minutes)
Below 90 degrees F	Regular outdoor activities

Air Quality Index

Above 200	No outdoor activity
150-200	Limited outdoor activity (10-15 minutes)
Below 150	Regular outdoor activities

NUTRITIONAL STANDARDS FOR ALL FOODS ON CAMPUS

All schools will provide breakfast through the USDA National School Breakfast Program. This District will support measures to increase breakfast participation at all schools including non-traditional meal service styles (i.e. breakfast in the classroom, breakfast after the bell, grab and go, vending, etc.)

All school meals, snacks, a la carte food items and beverages will meet the standards and regulations put forth by the USDA, Federal and State Government agencies.

All foods made available on all school campuses will meet nutritional requirements set by the USDA, Federal and State government agencies for the National School Breakfast Program (NSBP) and the National School Lunch Program (NSLP).

Strategies to increase participation in school meals throughout the District will include ensuring both the satellite and full service facilities offer a variety of nutritious and appealing selections. To the extent possible, students will also be included in planning food service menu offerings. Information about the nutritional content of meals will be publicized and shared with students and parents.

All a la carte food and beverage items available in areas accessible to children will be within the allowable standards for sugar, fat, sodium and calorie content. To the extent possible, only whole foods (i.e. whole grains, unprocessed foods, fruits and vegetables) will be sold/served. The sale of such food and beverage items will be allowed through the school meal program only and will be regulated, monitored and enforced by the Food Service Director.

The sale and distribution of soda and foods of low nutritional value is prohibited in the schools and at school events. Food and beverages with the exception of water may be used in the classroom for curriculum related activities only. Any food served to students to meet curriculum goals will include only those of high nutritional value. Parents will be notified in advance of any food and/or beverages that will be provided. The use of food or candy as a reward in any District school is prohibited. Classroom celebrations including, but not limited to, incentives, rewards, birthday or holiday celebrations, will focus on activities rather than food.

Vending machines in student areas will be controlled by the Food Service Department. All food items available in vending machines in student areas will meet all USDA standards for meals and/or snacks. Faculty vending machines will be inaccessible to students. Food and beverage sales in school stores are prohibited and all food sales outside of the NSBP/NSLP are prohibited during the school day. Organizations are encouraged to use non-food items for promotions or fundraising activities. If food fundraising is utilized, sale during the school day is prohibited.

Marketing of any food items within the District will clearly label, promote and/or identify healthy food choices. Advertising and logos featuring foods with minimal nutritional value is not allowed on school materials or school property. The District will not accept donations, advertising or funding from companies or organizations promoting foods of minimal nutritional value.

CHILD NUTRITION OPERATIONS, ENVIRONMENT, FOOD SAFETY

The District will employ a Food Service Director and Managers that are properly qualified according to current professional standards. All food service personnel will have adequate training in food service operations. The District will ensure that professional development in the area of food and nutrition will be provided for all food service personnel in compliance with current professional standards. All foods made available throughout the District will comply with state and local food safety and sanitation regulations.

For the safety and security of the food and facilities, access to the food service operational areas will be secured and limited to food service staff and authorized personnel only. Use of kitchen facilities by anyone other than food service personnel is by permission of the Food Service Director only and is not guaranteed.

The District will, to the extent possible, operate a summer food service program (SFSP) open to all children in the community.

The District will provide a clean, safe and pleasant environment with adequate seating and supervision by trained personnel that promotes healthy eating. Withholding meals will not be used as a form of punishment.

The District will provide students with adequate time in which to consume meals, a minimum of ten (10) minutes for breakfast and twenty (20) minutes for lunch.

Students and staff will have access to free, safe and fresh drinking water throughout the school day.

OTHER SCHOOL-BASED ACTIVITIES

The District will provide a program of health services that enhances the educational process through the promotion, protection, maintenance and improvement of the health status of students and staff.

The District will, to the extent possible, provide after school programs that encourage physical activity and healthy habit formation. This will include a program of intramurals and interscholastic sports. Participation in such extracurricular programs shall be an option for all students.

The District will work to create partnerships and mentorships with community agencies to increase student physical activity and improve student and staff wellness. This ensures that school facilities will be made available to the community and organizations, specifically those promoting wellness and physical activity for students, parents and staff

WELLNESS POLICY AS IT RELATES TO DISCIPLINE

Staff members shall not deny participation in District meal programs, recess, Physical Education classes or other physical activity opportunities as a form of discipline or punishment unless the safety of student(s) is in question. In addition, physical activity (ex. running laps, push-ups) will not be used as discipline or punishment.

WELLNESS POLICY AND STUDENTS WITH SPECIAL NEEDS

The District recognizes that individual students, for varied reasons, may benefit from modifications of the Wellness Policy as it is written as it relates to food and physical activity. Exceptions may only be made to this policy as it applies to students for those with specific requirements based on an Individual Education Plan (IEP) and/or Functional Behavior Assessment (FBA) / Behavior Improvement Plan (BIP) recommendation.

MONITORING AND POLICY REVIEW

The Superintendent will ensure compliance with the established District-wide Wellness Policy. The Superintendent may designate a District level staff member and/or advisory team to monitor compliance; and such designee shall report semi-annually, and at such other times as the Superintendent specifies, regarding compliance with this policy and related procedures.

In each school, the Building Principal will ensure compliance with the District policy by accurately completing and submitting a report on the school's compliance to the Superintendent or designee annually.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on compliance to the Superintendent as needed (or, if done at the school level, to the Food Service Director).

The Superintendent or designee will develop a summary report every three years on District-wide compliance with the District's established Wellness Policy, based on input from schools and related staff within the District. That report will be provided to the Board of Education and also distributed to the Wellness Committee, parent/teacher organizations, Building Principals, and school health services personnel in the District.

Adopted: 09-05-06
Revised: 11-03-11
Revised: 01-17-13
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City School District of Albany Wellness Policy Committee Members 2013-2014			
DIGGS, Ed.D.	TRESA	ASSISTANT SUPERINTENDENT FOR STUDENT SUPPORT SERVICES	ACSD
BAMBERGER	KATHRYN	PTA PRESIDENT, DELAWARE COMMUNITY SCHOOL 2012-20-13/PARENT	ACSD
BOYER	JACQUELINE	PUBLIC HEALTH REPRESENTATIVE/PARENT	ACSD
FINKENBINDER, RD	LISA	SCHOOL LUNCH DIRECTOR	ACSD
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KILBY, MD, MPH	KIMBERLY	ASSISTANT PROFESSOR, DEPT OF SURGERY, DEPT OF FAMILY MEDICINE	ALBANY MEDICAL COLLEGE
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SWAN, MPH	SUZANNE	SENIOR PUBLIC HEALTH EDUCATOR	ALBANY COUNTY HEALTH DEPT
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