

# South Buffalo Charter School

## WELLNESS POLICY

The South Buffalo Charter School (“School”) is committed to providing a school environment that promotes and protects children’s health, well-being and the ability to learn by fostering proper nutrition and physical activity. Healthy eating and physical activities are essential for students to achieve their full academic and physical potential, mental growth, lifelong health and well-being.

The School will establish a Wellness Committee in 2014-2015 comprised of parents, students, representatives of the school food service department, the school nurse, physical education/health teachers, school administrators and the public to oversee this policy and report to the Board of Education regarding its implementation and any recommendations for amendments or modifications to this policy.

### **Nutrition Education Goals**

The primary goals of nutrition education are to influence students’ eating behaviors and to build nutrition knowledge and skills that help children make lifelong healthy eating and positive physical activity choices. The School will provide nutrition education that is appropriate for students’ age; and provides opportunities for student to practice skills and have fun.

#### Goals:

- a) Use programs including not limited to, the new food pyramid, a dietary guide and the F.I.T.T. principle in classroom teaching;
- b) Review and confirm that nutrition education in the curriculum is accurate and current;
- c) Encourage staff members to reinforce good nutrition and integrate nutrition concepts into various subject areas, such as math, science, social studies, health and physical education;
- d) Inform parents about food service requirements, food choices, and how food choices are categorized;
- e) Provide Food Service nutrition analyses to the community on the School’s website;
- f) Offer appealing, varied and nutritious food choices;
- g) Provide students and staff with adequate space to eat meals in pleasant surroundings and provide adequate time to eat and relax;
- h) Provide safe drinking water and convenient access to facilities for hand washing and oral hygiene; and
  - (a) Provide appropriately scheduled meal periods. Lunch should be scheduled as near to the middle of the school days as possible and should not be scheduled during tutoring, club or organization meetings.

## **Physical Activity Goals**

The primary goals for the School's physical activity components are to provide opportunities for student development in the areas of knowledge and skill pertaining to specific physical activities; to maintain students' physical fitness; ensure regular participation in physical activity; and to teach students the benefits of a physically active and healthy lifestyle.

### **Goals:**

- (a) Provide students with opportunities for physical activity during the school day through physical education classes and regular recess periods for elementary students;
- (b) Provide students with opportunities for physical activity through before and/or after school programs including, but not limited to, intramurals and interscholastic athletics;
- (c) Enlist support from families to help ensure that children engage in 60 minutes per day of physical activity;
- (d) Encourage families to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events;
- (e) Enforce minimum physical education requirements applicable to students;
- (f) Identify and seek to progressively remedy any deficits in meeting state mandates for physical education as specified in the Commissioner of Education's regulations;
- (f) Provide adaptive physical education programming for students with individualized education plans;
- (g) Include safety education when promoting physical activity, e.g., wearing helmets and appropriate footwear, avoiding hot sun; and

## **Goals for Other School-Based Activities**

The School's primary goal is to create a total school environment that is conducive to healthy eating and being physically active. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, the District shall also establish standards to address all food and beverages sold or served to students, including those available outside of the school meal program.

**Goals:**

- (a) Purchase healthier food choices and age-appropriate serving sizes for vending machines and bookstores;
- (b) Encourage alternatives to in-school candy sales as fundraisers, considering healthier options or physical activities instead;
- (c) Encourage alternatives to food as reward (e.g. pizza parties), such as discounted tickets or gift certificates to community venues, roller skating, bowling, etc.
- (d) Encourage community access to School facilities for physical activity including but not limited to the Fitness Center, Community Education and Community Pool;
- (e) Encourage community involvement with wellness events such as Girls on The Run and Corporate Challenge.
- (f) Encourage fundraising activities which follow the School Wellness and Nutrition Standards, such as fruit sales, chicken barbeques, etc.

**Nutrition Guidelines**

The Wellness Committee will prepare nutrition guidelines for all foods available at the School during the school day. The objective of such guidelines will be to promote student health and reduce childhood obesity.

**Implementation and Evaluation of the Wellness Policy**

The School's Wellness Policy will be publicized through various means including, but not limited to, the School Website at [www.southbuffalocs.org](http://www.southbuffalocs.org). Evaluation and feedback from interested parties, including an assessment of student, parent, teacher and administration satisfaction with the Wellness Policy is essential to the School's evaluation of this program. To the extent practicable, students, parents and the public will be offered the opportunity to participate in the development of strategies to promote healthy food choices in the school environment.

The Wellness Committee will meet at least once annually to measure the success of the goals outlined in this policy and to update its objectives and activities. No less than once every three years, the Wellness Committee will develop a summary report to review policy compliance, assess progress and determine areas in need of improvement.

**Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Child Nutrition and WIC Reauthorization Act of 2004  
Public Law Section 108-265 Section 204  
Richard B. Russell National School Lunch Act  
42 United States Code (USC) Section 1751 et seq.  
Child Nutrition Act of 1996  
42 United States Code (USC) Section 1771 et seq.  
7 Code of Federal Regulations (CFR) Section 210-10  
[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)

1<sup>st</sup> Reading: 5-13

2<sup>nd</sup> Reading: 5-13

Adoption date: 5-13-14