

SULLIVAN WEST CENTRAL SCHOOL DISTRICT WELLNESS PLAN

**Stephen Walker
Superintendent of Schools**

**Lorraine Poston
Asst. Superintendent for Administrative Services**

**Wellness Committee
Board Members 2021-2022
Rose Joyce-Turner, President
Kathleen Meckle, Vice President
Katrina Chellis, Member
Ken Cohen, Member
Juliete Gaebel, Member
Matthew Halloran, Member
Brian Kitson, Member
Jennifer Nystrom, Member
Kristy Sigelakis, Member**

**Initial Plan April 2009
Revisions: Sept. 2010; April 2011; February 2014; June 2014; July 2015;
Aug. 2017; Oct. 2021**

Given the documented connection between proper nutrition and adequate physical activity and educational success, the Sullivan West Board of Education adopts the following goals, actions and initiatives to provide district students and staff with a school environment that promotes health and wellness and reduces childhood obesity.

WELLNESS PLAN REQUIREMENT 1

The Sullivan West Central School District has established and will maintain a Wellness Committee that will have representatives from a multitude of areas. The Wellness Council will monitor, review, and, as necessary, revise school nutrition and physical activity policies. In addition to educating our students, this plan will include initiatives to provide wellness programs and activities for our staff.

Nutrition Education

To help ensure the health and well-being of each student attending Sullivan West Central School District, and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service, the Board of Education encourages teachers, principals, and Nutrition Service employees to recognize the lunch period as an integral part of the educational program of the district. Towards this effort, the Sullivan West Central School District will encourage the following practices to implement the goals of this plan.

- Make the cafeteria conducive to the consumption of breakfast and lunch meals.
- Make an economically sustainable meal program available consisting of a healthy and nutritious breakfast and lunch, so that students are prepared to learn to their fullest potential in compliance with National School Lunch Program.
- Make efforts to ensure that families are aware of need-based programs for free or reduced –price meals and encourage families to apply.
- Enable sampling and tasting of healthy food choices in classrooms and the kitchen as part of nutrition education. As part of this endeavor, encourage classes to use food and cooking as part of a learning experience that also sheds light on the customs, history, traditions and cuisine of various countries and cultures.
- Lunch periods will attempt to be scheduled, pending master schedule, so that students will not have to eat lunch unusually early or late. Ideally, there will be an attempt to eat after periods of exercise when the master schedule can allow for this accommodation.
- All school eating areas shall make available free, safe, drinking water sources and facilities for washing hands.
- Meals will be attractively presented and served in a pleasant environment with sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners and respect for others.
- As per the National School Lunch regulations, all organizations and students of all grade levels are prohibited from the sale of food and snacks including candy, soda, cookies and sweets at any time during the school day until one half hour after dismissal. It is encouraged that non-food fundraisers be utilized.
- Food services will utilize an automated accounting system (Nutri-Kids) to protect student privacy and so that students nutritional needs can be monitored.

- Given concerns about allergies and other restrictions on a significant number of children's diets, staff should discourage students from buying and sharing their foods and beverages with one another during meal or snack times.
- Promote fresh fruits, vegetables, salads, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.

Communication with Parents

The Sullivan West Central School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information and post nutrition tips on Nutri-kids or Sullivan West CSD website. The staff will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The Sullivan West Central School District will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. It is also anticipated that parents will communicate with their child's teachers regarding any specific health concerns (e.g. peanut or dairy allergies).

The Nutri-Kids system will allow parents to access their child's eating patterns for purposes of discussion regarding healthy eating habits/nutrition.

School Meals

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve a variety of low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); whole OR 2% milk will not be served
- Encourage and try to enhance food with whole grain pasta, bread and bagels
- Sell only 100% fruit juices
- *Allowed* – Water without added caloric sweetener, fruit drinks that are 100% fruit juices, and unflavored or flavored low-fat or fat-free milk.
- *Not Allowed* – Soft drinks containing caloric sweeteners; sports drinks (except G2) fruit-based drinks that contain less than 100% real fruit juice beverages containing caffeine or iced tea with added sugar.
- Ice cream will only be served if it meets the guidelines of Smart Snacks.
- Pizza will only be served twice a week.
- Cookies, for extra purchase, that meet the Smart Snacks requirement may be sold. (No other cookies will be served)
- The cafeteria will not be serving the following items: Coffee crumb cake, assorted turnovers, pop tarts, doughnuts, cinnamon buns, Gatorade (except G2), nachos and cheese, corn dogs, and chips (except for baked).
- Vegetarian options are available.

RECOMMENDED SNACK LIST HEALTHY HEARTS

Getting to the Heart of Healthy Living

Fresh Fruit and Vegetables

All fresh or canned fruits/vegetables

Apples

Bananas

Berries

Cherries

Dried fruits without preservatives or sugars

Fruit Salad

Grapefruit

Kiwi

Mango

Melon slices

Nectarines

Oranges

Papayas

Peaches

Pears

Pineapple slices/chunks

Salsa and chips

Strawberries

Watermelon slices

Broccoli

Cauliflower

Carrots

Celery Sticks

Sweet pepper slices green, red, yellow

Tomatoes

Olives

Pickles

Zucchini

Dairy Snacks

Low fat yogurt

Low fat cottage cheese

Low fat cheese cubes/slices

String cheese

Other Snack Foods

Cereal bars

Chex Mix

Granola Bars

Mini bagels with whipped or fat free cream cheese

Whole grain, oat bran, multi-grain breads

Bread Sticks

Flat Bread

Bagel chips

Pretzels

Soy crisps

Sun Chips

Popcorn (Reduced Fat)

Baked potato chips

Veggie chips

Cinnamon Toast Bites

Frozen Yogurt Pops

Corn Puffs

Graham Crackers

Drinks

Fruit Juices

Fruit Smoothies

Water

100% fruit juice

Low fat (1%) or skim milk

FUNDRAISING IDEAS THAT GET YOU MOVING OR DO NOT INVOLVE FOOD

- Dance-a-thon
- Dodge Ball Competition
- Candle Sale

- Harlem Wizards
- 5K Run/Walk
- Open Gym Night
- Basketball Night/Volleyball Night
- Family Fun Day
- Fall Festival
- Dances
- Wrapping Paper Sales
- Bulbs and Plant Sales
- Poinsettia Sale
- Daffodil Sale
- Breakfast with the Bull Dog (for smaller children)
- Golf Tournaments - Faculty
- Softball Tournaments
- Color Wars
- Bowl-a-thon

It is recommended that all fundraisers and snacks served at activities adhere to the guidelines set forth in the Wellness Plan and the National School Lunch regulations.

Physical Activity

The Sullivan West Central School District recognizes the positive benefits of physical activity for students' health and academic achievement. Recognizing that physical activity is a crucial and integral part of a child's education, the district will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop their physical, mental, emotional, and social well-being.

Formal instruction in Physical Education (PE)

All K-12 students in the district will receive instruction in PE in accordance with state and federal requirements.

Daily Physical Activity

All students will be given an opportunity for physical activity daily (recess). Although this activity will be supervised, students will be able to choose, organize and run their own appropriate physical activities. Recess will provide students opportunities to develop healthy bodies and enjoyment of movement while also allowing them to practice life skills such as communication, negotiation, conflict resolution, etc.

Integrating Physical Activity into the Classroom Setting

Teachers will be offered staff development opportunities in how to integrate short physical activity breaks throughout the day (e.g. brain gym).

Before and After School Physical Activity Opportunities

Students will be given opportunities for physical activities through the utilization of school programs including, but not limited to intramurals, interscholastic athletics and activity clubs.

School-Based Learning Experiences

Schools play a crucial role in educating students on environmental issues and preparing them to be the stewards of their natural resources. The quality of life in future generations will depend upon our students' willingness and ability to solve today's environmental problems and prevent new ones from developing.

Through the use of experiential learning opportunities in school gardens and cooking classes, students can better understand where their food comes from and how the food choices they make impacts the health of the larger social and natural communities in which they live.

The Board of Education will ensure that:

- The District encourages integrating garden, nutrition education, cooking and eating experiences, and energy and renewable energy experiences into the curriculum at all grade levels.
- The District is encouraging the establishments of relationships with local farms so that farmers and farm workers will visit school classrooms and students will visit farms to gain an appreciation of fresh, locally grown food.
- At each school site, students are encouraged to recycle, conserve materials, water and energy, use biodegradable materials when possible (green initiatives) and dispose of wastes in an environmentally sound way.
- Students shall be offered the opportunity to participate in programs that make connections between diet, health and the environment, and the interdependence of living things (e.g. 6th grade Frost Valley trip, Eggstravaganza, Farm Days, Andersen's Maple Farm).
- Involve students and staff in reducing waste, composting, recycling (e.g. cans, bottles, paper, ink cartridges, cell phones) and purchasing recycled material.
- Consider posting nutritional guidelines to teach students to read labels, etc.

Professional Development

The School District recognizes that using the local food system as a context for learning, and embedding nutrition education in a school's curriculum, generates new content for students to learn. It is also encouraged for teachers to learn new content and new strategies for teaching it. For food service personnel, new menus require new ways of purchasing, preparing, and presenting foods. The transition to an educational model that makes food and health central parts of the academic curriculum requires professional development. The district shall conduct periodic reviews of professional staff development offered which focuses on student wellness.

Waste Reduction

The School District recognizes that school meal programs that utilize pre-packaged, processed foods consistently generate more solid waste than those that cook from whole ingredients. A shift to cooking meals from fresh, whole ingredients usually leads to a reduction in solid waste, and in the expense associated with waste disposal. The School District will encourage:

- Meals prepared at school which utilize fresh, whole unpackaged, unprocessed or minimally processed ingredients, to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste

WELLNESS PLAN REQUIREMENT 2

Part of the educational mission of the Sullivan West Central School District is to improve the health of the entire community by teaching students and families' ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through the maintenance of nutrition guidelines for all foods available at each school during the course of the day with the objectives of promoting student health and reducing childhood obesity. The School District will ensure that:

- Schools shall develop a "Healthy Snacks" and "Healthy Parties" plan, and provide parents and teachers with a list of healthy, affordable food choices for snacks and parties. The school will encourage limited celebrations that involve food during the school day and promote "shared celebrations."
For example, once per month is birthday time and healthy snacks will be shared with the class to celebrate any one who has a birthday during that month.
- Foods offered to students and employees of the district during the day as a snack, an incentive, or in school offices (whether provided by parents or staff), be encouraged to remain consistent with the goals of the plan.
- The foods used during classes as part of the learning process, for fundraisers that take place at school, for at-school parties, or school-sponsored events, shall be consistent with the goals of the plan.
- Vending machines and school stores shall only offer approved items as consistent with nutrition guidelines and the goals of the plan.
- Create partnerships with local organizations such as Sullivan 180, to assist and promote wellness opportunities for both schools.

Fundraising Activities

Fundraising activities will comply with the National School Lunch regulations and Healthy, Hunger-Free Kids Act's "Smart Snacks in Schools" Rule and every effort will be made to limit the activities that involve food that does not meet the intent of the plan. To that end, marketing and advertising of foods and beverages on school campuses will be consistent with the regulations. The district encourages and supports fundraising activities that promote physical activity. A list of acceptable ideas for fundraising will be available to clubs, teams and other groups involved in fundraising. (See Fundraising ideas.)

Schools shall develop a "Healthy Snacks" and "Healthy Parties" plan and provide parents and teachers with a list of healthy, affordable food choices. (See Recommended Snacks list.)

WELLNESS PLAN REQUIREMENT 3

The School District will assure that guidelines for school meals are not less restrictive than applicable provisions of regulations and guidance pursuant to the Child Nutrition Act and the National School Lunch Act.

WELLNESS PLAN REQUIREMENT 4

In conjunction with the adoption of a District Wellness Plan, the district shall establish a standing Wellness Committee to monitor the implementation of the Wellness Plan and in presenting recommendations to the Board of Education.

The District Wellness Chairperson shall report annually to the Board on the implementation of this plan. Every two years, said person, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this plan is having a positive effect on increasing student wellness and decreasing childhood obesity in the district.

WELLNESS PLAN REQUIREMENT 5

Parents, students, representatives of the school food authority, the school board, school administrators and the public are all encouraged to participate in the development of the local Wellness Plan.

The members of the Wellness Committee are:

Lorraine Poston: Asst. Superintendent for Administrative Services
Rod McLaughlin: Elementary Principal
Kevin Carbone: Elementary Asst. Principal
Mark Plescia: High School Principal
Scott Haberli: Middle School Principal
Sheri Parucki, School Psychologist
Kayla O'Dell: Elementary Social Worker
Rachel Van Tuyl: High School Social Worker
Judy Durkin: Elementary School Nurse
Danielle Dubois: High School Nurse
Dave Eggleton: High School PE Teacher/Athletic Director
Scott Scardino: Elementary PE Teacher
Dara Smith: School Lunch Manager
Christina Kautz: District Clerk
Dawn Hauschild: Elementary Teacher
Michele Brockner: Elementary Teacher
Kathy Hector: Elementary Teacher Asst.
Hilda Monfredo: High School Teacher Aide
Marcus Pratti: ES SRO
Tia Frunzi: HS SRO
Nancy Ference: Community Member
Debbie Owen: Community Member
Anna Steppich: Parent/Community Member

In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The district shall monitor and review the implementation and effectiveness of this plan by conducting:

1. Periodic checks of the nutritional content of food offered in cafeterias for meals and a la carte items, and sales of consumption figures for such foods.

2. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
3. Periodic student surveys of opinions of cafeteria offerings and wellness efforts.
4. Periodic review of professional staff development offered which focuses on student wellness.
5. Periodic informal surveys of building principals, classroom staff, and school health personnel regarding the progress of wellness activities and their effects.
6. Periodic review of data currently collected by the district, including but not limited to: DASA data, BMI scores, attendance and graduation rates and test scores (regents results and /NYS assessment exams).

The District will engage in partnerships with organizations such as Sullivan 180 to encourage and explore new avenues that promote wellness for both students and staff.

WELLNESS INITIATIVE FOR STAFF

The Sullivan West Wellness Committee recognizes that healthy eating and activities should be available to staff as well as students. To that end, the committee is introducing activities that staff can voluntarily participate in, as well as invite guest speakers to present lifestyle tips for living healthy and happy lives. Below are examples of seasonal activities that may be introduced as part of this initiative.

MONTH	ACTIVITY
September	Paddling – Kayaking
October	Biking
November	Archery
December	Painting/Art Projects and Activities
January	Nutrition/Healthy Eating, Fitness Center
February	Snowshoeing
March	“March Madness” – Basketball, Badminton, Volleyball, Frisbee Golf
April	Fly Fishing, Photography
May	Gardening, Plant Exchange
June	Photo Projects, Yard Projects

It is recommended that the Committee seek out volunteers to provide instruction in the areas listed. The list of activities is only a sample of the possibilities. Staff will be invited to suggest activities or areas of interest that they can instruct.