

Policy Information

Series 4000 - Non-Instructional/Business Operation

Wellness Policy

Policy # 4560, 5.6

POLICY

2006 4560
Non-Instructional/Business
Operations

SUBJECT: Genesee Valley BOCES WELLNESS POLICY

Genesee Valley BOCES is committed to providing a school environment that promotes and protects the health and well-being of students and staff supporting healthy eating, physical activity, and the development of lifelong wellness practices. The District has established the Wellness Committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's Wellness Committee is a coordinated effort by the entire community.

1. Setting Nutrition Education Goals

Genesee Valley BOCES aims to encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge & skills necessary to promote and protect their health
- Students will receive consistent nutritional messages throughout the school including classrooms and cafeteria
- Faculty and staff will be encouraged to promote and model healthy eating
- Healthy eating by staff and students will be promoted by following the Choose Sensibly Standards (see appendix)
- Provide guidelines for parents and guardians regarding nutrition (via pamphlets, website)

Professional Development

- Provide on-going professional development related to nutrition

2. Setting Physical Activity Goals

Genesee Valley BOCES encourages all students and staff to sustain regular life-long physical activity as a foundation for a healthy, productive, fulfilling life.

Physical Education

- Students are provided w/ a learning environment that is modified when necessary to allow for maximum participation in physical education.
- Each student will have opportunities, support, & encouragement to be physically active on a regular basis
- Each student will have physical education at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to

promote and protect their health.

- Each student will be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of health enhancing level of fitness.
- Each student will be provided varied opportunities for enjoyments, challenge, self-expression and social interacting that will lead to a physically active lifestyle.
- Each student will be encouraged to participate in a range of after-school programs, including intramurals, interscholastic athletics, and physical activity clubs through their home school.
- Staff will be encouraged to provide regular opportunities for students to engage in physical movement during the school day (see appendix for specific suggestions)

Professional Development

- Provide on-going staff development related to benefits of physical activity
- Provide staff with information regarding community resources available to support physical activity and share information w/ students and families as appropriate

3. Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Genesee Valley BOCES will support good nutrition by employing the following the Choose Sensibly Guidelines:

- All foods made available at GV BOCES' campuses should comply with the Choose Sensibly Standards including, but not limited to:
 - Vending machines
 - A la carte
 - Fundraising
 - Student stores
 - School parties and celebrations
- Meals and a la carte items sold in the cafeteria will adhere to the Choose Sensibly Standards (see appendix)
- Continue membership in the National School Lunch and Breakfast Program
- **Fundraising Activities:** School fundraising activities will use only foods that meet the "Choose Sensibly Standards" set by New York State. Genesee Valley BOCES will make available a list of ideas for acceptable fundraising activities. (refer to appendix for Choose Sensibly Standards and fundraising ideas) Fundraising activities offering food items other than those on the "Choose Sensibly Guidelines" list may be sold, on a case by case basis, with prior approval of the building principal.
- **Snacks:** Snacks served during the school day or in enrichment programs will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water is the primary beverage. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. A list of healthy snack items can be found in the appendix.
- **Rewards:** Schools will limit use of foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment. If food is used as a reward the it will meet the Choose Sensibly Standards(see appendix for alternatives to food reinforcers)

Professional Development

- Provide staff development related to the rationale for limiting use of food as a reward and selecting alternatives

4. Setting Goals for Other School-Based Activities Designed to Promote Student and Staff Wellness

Insert policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- Ensure that fundraising efforts are supportive of healthy eating by providing training for all staff related to regulations for sale of food
- Implement a tobacco policy and implement a tobacco cessation program (investigate grant opportunities through Student Support Services Center)
- Provide information to students regarding the consequences of smoking (see appendix for contact information)

Professional Development

- Provide on-site health education for staff (annual health fair, professional development including asthma, diabetes, seizure disorders)
- Provide training for staff related to alternatives for using unhealthy food as fundraisers
- Provide training for appropriate staff related to regulations for sale of food

Setting Goals for Implementation, Measurement and Evaluation

In accordance with the law GV BOCES' Wellness Policy must be established by July 1, 2006.

- The District Superintendent will designate one or more staff members to have operational responsibility for ensuring that the district meets the goals and mandates of the GV BOCES' Wellness Policy. Designated staff members may include, but are not limited to, the following personnel:
 - a. Administrators
 - b. School Health Personnel including the school nurse and the Physical Education teacher
 - c. School Food Service Director
- The Wellness Policy will be disseminated to all faculty and staff, and reviewed, during the first week of school
- The Wellness Policy will be disseminated to all new staff at orientation for new staff
- Assessment of the district's Wellness Policy and implementation efforts will be reviewed on an annual basis

Appendix A

Creative Financing & Fun Fundraising: Alternatives to selling candy for schools & clubs

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|-----------------------------|-------------------------------------|
| Candles | Christmas trees |
| Greeting cards | Valentine flowers |
| Gift wrap, boxes, and bags | School art drawings |
| Magazine subscriptions | Gift baskets |
| Gift items | Scarves |
| Coupon books | Giant coloring books |
| Holiday wreaths | License plate holders w/school logo |
| Gift certificates | Souvenir cups |
| Flowers, bulbs, poinsettias | Bumper stickers |
| Cookbooks | Spirit/seasonal flags |
| Balloon bouquets | Rent a special parking space |
| House decorations | Coffee cups/mugs |
| t-shirts, sweatshirts | Stuffed animals |
| books, calendars | Raffle donations |
| buttons, pins | Pocket calendars |
| air fresheners | Batteries |
| customized stickers | Emergency kits for cars |
| bleacher cushions | Crafts |
| plants | First aid kits |
| pet treats/toys/accessories | |

Tupperware
Christmas ornaments
Stationary
Bath accessories

School spirit gear
Yearbook covers
Garage sale
Music, videos, CD's

Healthy Food Items

Fruit smoothies
Frozen bananas
Low fat String cheese
Low fat pudding
Trail mix
Fruit and nut baskets
Lunch box auctions
Fruit & yogurt parfaits
Raw vegetable sticks/slices w/ low-fat dressing
or yogurt dip
Fresh fruit & 100% fruit juices
Frozen 100% fruit juice pops
Dry roasted peanuts, tree nuts, and soy nuts (not
coconut palm nuts)
Low-fat meats and cheese sandwiches
Party mix (variety of cereals, nuts, pretzels etc.)
Low-sodium crackers
Baked corn chips & fat free potato chips w/
salsa & low fat dips
Low-fat muffins, granola bars, cookies
Angel food & sponge cakes
Low-fat ice creams, frozen yogurts, sherbets
Pure ice cold water

Things that Promote the School

Cookbook made by school community t-
shirt/sweatshirt sales
bumper stickers & decals calendars

Adapted from Shasta County Public Health information- California Project LEAN

Appendix B

Ideas to Provide Physical Movement During the Course of the School Day

Brain Gym
Yoga
Run or walk the track
Play Simon says
Dance
Exercise to a CD or DVD
Move to music
Have students act out academics
Play instruments
Mum ball

Around the World
Move from learning station to learning station
Stand during table activity
Sit on exercise ball
Art activities on easels or create large murals
Kickball
Softball
Trust Walks
Trust falls
Project Adventure Activities
Walk in the community
Give tours for visitors
Ribbon wands
Therabands
Bean bag activities

Appendix C

Choose Sensibly Guidelines

Go to www.health.gov/DIETARYGUIDELINES/dga2000/document/choose.htm

Why not use food as a reward?

A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior. Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but also should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves w/ food behaviors associated w/ unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times. At minimum, children should be rewarded using nutritious foods that adhere to the Choose Sensibly Standards. The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward.

Alternatives to Food Reinforcers

Elementary School Students

- Trips to a treasure box filled with nonfood items such as stickers, play tattoos, bubbles, jump ropes, puzzles, key chains, yo-yo's, spider rings, charms, trading cards, pencil toppers
- Coupons for extra credit
- Play favorite game
- Tokens
- Make deliveries to office
- Sit by friends
- Help teach
- Eat lunch with preferred adult
- School supplies
- Show and tell
- Book
- Stickers
- Stamps
- Positive, personal note
- Curriculum related movie
- student is guest teacher
- peer tutor
- choice time at end of class

- student is guest teacher
- peer tutor
- work with younger children
- positive personal note from teacher
- Puzzles
- Board game
- Cards
- Points
- Tokens
- Drawing, painting, clay
- Crafts
- K'nex, Legos
- Build models
- *Time on playground
- *Extra time in gym
- *swimming

Middle and High School

- Preferred seating
- Listen to music while working
- 5 minute chat break
- homework pass
- extra credit
- educational computer time
- eat lunch outside
- have class outside
- choice time at end of class
- student is guest teacher
- peer tutor
- work with younger children
- positive personal note from teacher
- Puzzles
- Board game
- Cards
- Points
- Tokens
- Drawing, painting, clay
- Crafts
- K'nex, Legos
- Build models
- *Extra time in gym

*Avoid taking physical activity away as a consequence. Instead add time for good behavior (everyone gets 20 minutes, but those of you who did x,y,z will have 30 minutes)

**Know your students and always ask permission before touching

Adapted by ADADC from a Lexington-Fayette County, KY Health Department Flyer

Social Rewards

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person.

Recognition

- trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., “Great Job!”)
- recognizing a child’s achievement on the school-wide morning announcements and/or the school’s website
- a photo recognition board in a prominent location in the school
- a phone call, e-mail, or letter sent home to parents/guardians
- a note from the teacher commending his/her achievement

Privileges

- going first
- choosing class activity
- helping the teacher
- having an extra few minutes of recess
- sitting by friends
- sitting in a special seat next to, or at the teacher’s desk
- no homework pass
- teaching the class
- playing an educational game
- making deliveries to the office or another classroom
- eating lunch with a preferred adult
- listening to a book on CD
- going to the library to select a book
- working at the school store
- taking a walk with a preferred adult
- designing a class or hall bulletin board
- writing or drawing on whiteboard
- taking care of class pet

Rewards for a class

- extra recess
- eating lunch outside
- going to lunchroom first
- reading outside
- holding class outside
- extra art, music, PE, reading time
- dancing
- playing a game or doing a puzzle as a group
- free choice time at end of day
- a performance by teacher and/or students
- a book read aloud to class
- a field trip

School supplies

- Pencils: colored or with logos or decorations
- Pens
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps

- Plastic scissors
- Bookmarks
- Highlighters
- Sidewalk chalk
- Markers
- Coloring books
- Rulers
- Pencil sharpeners, grips, or boxes
- Gift certificate to school store

Adapted from information at www.cspinet.org/nutritionpolicy/constructive_rewards.pdf.

Appendix D Tobacco Information Resources

- Reality Check is a national organization that provides information to schools
- School Support Center staff , located at GV BOCES Central Services in LeRoy, have numerous resources. Contact Kim McLaughlin at kmclaughlin@gyboces.org

Appendix E Wellness Committee Members

Joelle Lyman, Teacher
 Deb Swink. Aide
 Roberta Partridge, Clerk Typist /Parent/Community Member
 Jan Messner, Teacher
 Megan Bennett, Program Assistant
 James Ryan, Superintendent of Buildings and Grounds
 Kristin Kendall-Jakus, Supervisor of Curriculum and Instruction
 Carol Powell, Teacher
 Becky Wager, Student Support Center
 Deb Eby, Counselor
 Mary Della Penna, Food Service Manager

Board Approved
 7/19/06
 11/15/06