

Catskill CSD Student Nutrition/Wellness Plan

Purpose and Goal

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and regular physical activity is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns and fitness habits. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Through our comprehensive physical education program, health program, consumer science program and collaboration with food services we will provide our students with a foundation for lifelong wellness.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Superintendent shall appoint a School Wellness Advisory Committee. One of its missions shall be to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall recommend revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- E. The CCSD Food Service has chosen the "Choose Sensibly – Certifiably Snack-a-Licious Program" developed by the New York School Nutrition Association with the following guidelines for the snacks in our program:

FAT	7 Grams or less
SATURATED FAT	2 Grams or less
SODIUM	360 Milligrams or less
SUGAR	15 Grams or less

These are single serve snacks that food service professionals encourage and motivate students to purchase in an effort to educate on how to make better snack choices.

Component 2: Quality School Meals

- A. The Catskill CSD will offer breakfast and lunch programs and will participate in a district-wide universal feeding program providing meals to all students. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school food service operation.
- D. Menus will meet the nutrition standards established by New York State. Menus will feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local cultural and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

Component 3: Other Healthy Food Options

- A. The School Wellness Committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events)
- B. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- C. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbecue plate sales after school hours would be acceptable.

Component 4: Pleasant Eating Experiences

- A. Facility design is new and innovative.
- B. Drinking fountains will be available for students to get water at meals and throughout the day.

- D. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.

Component 5: Nutrition Education

- A. Catskill CSD will follow Health Education and Family and Consumer Sciences curricula standards and guidelines as stated by the New York State Department of Education Standards. All schools in the Catskill School District will articulate nutrition curricula among the health, family and consumer sciences, physical education department and school nurses.
- B. Students in kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers and food service staff can display posters, videos, websites, etc. on nutrition topics.

Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.

POLICY

2009

Students

- E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

Component 7: Implementation

- A. The School Wellness Committee shall be composed nurses, PE teachers, health teachers, consumer science teachers, Athletic Director, and the Director of Food Service Director. The policy will be reviewed by each building SDM Committee and the BOE Policy Committee.
- B. The School Wellness Committee members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement. These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.
- C. The School Wellness Committee will assign campus groups, excluding classroom teachers, to do peer reviews of another campus in the spring semester of each year.
- D. The School Wellness Committee will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

Adopted: June 28, 2006

Revised/Adopted: January 2009