

Granville Central School District

Wellness Policy Summary for Parents



School Districts that participate in the Free and Reduced Lunch Program are required to have Local Wellness Policies under the **USDA Healthy, Hunger-Free Kids Act** (<https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>). This provision requires school districts to report wellness events and activities annually and report progress toward meeting wellness goals every three years. The results of these reports will be shared with the Board of Education and the school community and will be posted on the District's website.

The Wellness Committee:

- Helps the District implement and evaluate the Wellness Policy.
- Plans District wellness events and programs.
- Coordinates efforts in the District to create a healthy environment.

The District is recruiting staff, parents, community members, and students to join the Wellness Committee. **Contact Laura Colombo, School Health Coordinator at lcolombo@granvillecsd.org to join.**

2017 District Wellness Goals

1. Incorporate nutrition education at each grade level, K-12.
2. Increase opportunities for students to practice nutrition-related skills.
3. Promote community-based wellness activities and opportunities.
4. Emphasize the role of healthful eating and physical activity for overall health and wellness.
5. Promote healthy food and beverage choices for all students and encourage participation in school meal programs using Smarter Lunchroom techniques, which guide students toward healthy choices.
6. Eliminate marketing of foods and beverages that do not follow USDA nutrition standards on school property. <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
7. Develop a **District-wide Comprehensive School Physical Activity Program (CSPAP)** in an effort to provide students with the recommended 60 minutes of physical activity a day. www.shapeamerica.org/cspap/what.cfm



Guidance for Foods and Beverages Sold During the School Day

Free and Reduced Meal Programs

Applications for participation will be sent home to all families at the beginning of the school year, provided at open houses, and available on the District's website.

<http://www.granvillecsd.org/files/1549132/free%20and%20reduced%20lunch%20application.pdf>

- Menus are posted on the District website, sent home monthly with elementary students, and are available at registers in the Jr./Sr. High School.
- All foods, beverages, and snacks sold or marketed during the school day* by the school or school affiliates, such as booster clubs, will meet the USDA Smart Snack Standards. <https://www.fns.usda.gov/sites/default/files/cn/allfoods-flyer.pdf>
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Free drinking water will be available at all times throughout the school day.

*School Day- the period beginning the midnight before to 30 minutes after the end of the official school day.

School Celebrations and Rewards

- ◆ Parents are encouraged to provide students with healthy options at any school event where food and beverages are served or sold.
- ◆ Staff is strongly encouraged to utilize non-food activities and rewards, such as physical activity, whenever possible.
- ◆ School personnel are strongly discouraged from using food as a reward or withholding food as punishment under any circumstance.
- ◆ Ideas for schools celebrations can be found on the handouts entitled **Healthy School Celebrations and Birthdays** and **Healthy Food and Beverage Ideas**.
- ◆ Smart Snack compliant snacks are available for purchase through the cafeteria for your child's classroom party. Please place your order three weeks prior to your child's celebration. **Contact Joanne Warner, Food Service Manager at 518-642-1051 ext. 2119 or jmwarner@granvillecsd.org.**



Physical Education and Physical Activity



- All students in grades K-12 are required to take physical education.
- Interscholastic sports, intramural sports, and recess will **not serve as substitutes** for physical education.
- Interscholastic sports, physical activity clubs and intramurals shall be available to all students.
- The District encourages students K-8th grades to be provided with a 20 minute period of daily recess.
- All classroom teachers, and particularly those engaged in the instruction of K through 8 students, are strongly encouraged to incorporate physical activity breaks throughout the school day.
- Physical activity during the school day, including, but not limited to, recess or classroom activity breaks, will not be withheld for disciplinary action unless the student is a danger to him or herself or others.
- Activities and equipment can be adapted to meet the needs of students who are temporarily or permanently unable to participate in their scheduled physical education class.
- All schools will develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students and community members.

Fundraising, Concession and Vending

- Fundraising events outside the school day* are encouraged to support the goals of the Wellness Policy by including the sale of healthy food items, non-food items and by promoting events involving physical activity.
- All foods and beverages sold/distributed during the school day* as fundraisers, (including school stores, candy sales or vending machines, or by outside organizations must comply with the USDA Healthy, Hunger-Free Kids Acts "Smart Snacks in Schools" standards. <https://fns-prod.azureedge.net/sites/default/files/cn/allfoods-flyer.pdf>
- Events where food and beverages are sold or served should include a balance of healthy options or snacks that meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.
- To purchase Smart Snack compliant snacks for your next fundraiser or concession, contact **Joanne Warner, Food Service Manager at 518-642-1051 ext. 2119 or jmwarner@granvillecsd.org** three weeks in advance of your fundraising event.



To view the complete Wellness Policy go to:

[http://schoolsites.schoolworld.com/schools/Granville/files/filesystem/Policy%205661%20Wellness%20policy%202017%20draft%20for%20the%20BOE%20as%20of%209262017%20\(3\)2.pdf](http://schoolsites.schoolworld.com/schools/Granville/files/filesystem/Policy%205661%20Wellness%20policy%202017%20draft%20for%20the%20BOE%20as%20of%209262017%20(3)2.pdf)