

Non-Instructional/Business
Operations**SUBJECT: BALDWINSVILLE CENTRAL SCHOOL DISTRICT WELLNESS
POLICY**

The Baldwinsville Central School District is committed to providing a school environment that promotes and protects students' health, well-being, and the ability to learn by promoting healthy eating and physical activity habits. The B.C.S.D has established a Wellness Council to develop the proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The B.C.S.D Wellness Council includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students
- c) The District's food service program
- d) The School Board
- e) School administrators
- f) School nurses and teachers
- g) Members of the public

Goals to Promote Student Wellness**Nutrition Education**

The B.C.S.D will provide nutrition education with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

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POLICY****Nutrition Education (Cont.d)**

a. Classroom teaching:

Nutritional education is interwoven throughout the B.C.S.D curriculum documents in Science, Health, Physical Education and Family and Consumer Sciences. These documents cover major understandings, competencies and skills that should be mastered by students as stated in the New York State Core curricula.

b. Education, marketing and promotion links outside the classroom:

The B.C.S.D will utilize all district communication avenues to reach parents, students, staff and the community regarding the Wellness Policy and wellness issues. Educational materials will be displayed to raise awareness of wellness issues within the school buildings.

c. Fundraising

Fundraising will be compliant with the established district policy. The Wellness Council will encourage and provide ideas for non-food related fundraising activities.

Physical Activity

The B.C.S.D will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. The Wellness Council has determined that the following standards are necessary to achieve this goal:

All students will be required to participate in Physical Education instruction and meet the State requirement for credits needed for graduation.

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- a. Students will participate in Physical Education each semester they are in school.
- b. Students with special needs will have programs set-up to meet their needs in an inclusion setting or if needed, individually.

Physical activity outside physical education class:

- § We will encourage students to participate in the district's intramural programs, fitness programs and our inter-scholastic program after the school day.
- § School recess time will be an integral part of building physical activity as weather permits.

Other School-Based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity habits for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Council has determined that the following standards are necessary to achieve this goal:

- All students are offered the opportunity to participate in breakfast and lunch.
- Free/reduced price eligible students are provided full and confidential access to lunch and breakfast.
- After school programs are encouraged to support the consumption of healthy snacks and provide opportunities for physical activity.
- Staff wellness, including good nutrition and physical activity habits, will be promoted.

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POLICY****Nutrition Guidelines**

The District Wellness Council will recommend which nutrition standards will be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

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

Nutritional Values of Foods and Beverages

- a. Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- b. Food and beverage of minimal nutritional value will have limited availability on campus.
- c. Nutrition information for products sold on campus will be readily available near the point of purchase.

Food for Celebrations and as a Reward

Celebrations and rewards in classrooms should include non-food rewards as well as foods with nutritional value that promote students' health and well-being. Ideas for non-food related ideas for rewards and celebrations as well as healthy food choices will be promoted by the Wellness Council and are included in the attached guidelines.

Implementation and Evaluation of the Wellness Policy

The B.C.S.D will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further,

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POLICY****Implementation and Evaluation of the Wellness Policy (Cont'd.)**

professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The B.C.S.D has established an implementation and evaluation plan in order to monitor the effectiveness of this policy and the possible need for further modification over time. Accordingly, the Superintendent has designated the following staff members within the District to have operational responsibility for ensuring that the District meets the goals and mandates of the 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 health and/or physical education teacher; and
- c) School Food Service Director

These designated staff members shall report to the Superintendent on the District's compliance with the Wellness Policy and the Superintendent shall inform the Board of Education of such findings. These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the Wellness Policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the Wellness Policy.

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POLICY****Implementation and Evaluation of the Wellness Policy (Cont'd.)**

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a website, or such other "point-of-purchase" materials.

Also See: Policy #7430 Fund Raising By Students
Policy #3270 – Solicitation of Charitable Donations from School Children
Policy #5520 – Extra Classroom Activities Fund

Adopted: 06/05/06

**SUBJECT: BALDWINSVILLE CENTRAL SCHOOL DISTRICT WELLNESS
POLICY****(Regulations)****Physical Activity Outside PE Classes**

We will encourage students to participate in our intramural program, fitness program and/or our inter-scholastic program after the school day. Depending on the activity, students will be encouraged to participate 3 to 6 days per week in some sort of physical activity for 20 to 120 minutes per session. Sport camps throughout the summer will also be organized and run by booster clubs and recreation departments to provide opportunities for students to stay active and physically fit. Physical Education Instructors will also include in their lessons the available community resources that our students could use to continue their goal to achieve a healthy lifestyle and to maintain and improve on their overall fitness level. The B.C.S.D will continue to provide community access to District facilities for physical activity. Such activity will be approved and scheduled through the District Office. Recess time should be designed in a manner that encourages physical activity as weather permits.

Classroom Rewards: Promote Good Habits While Protecting Students' Health, and the Harm in Using Food to Reward Students

Rewarding students in the classroom need not involve pizza parties, cake and ice cream, candy and other foods that undermine students' diets and health while reinforcing unhealthy eating habits. We need to teach students how to make healthy choices and to eat to fulfill nutritional needs, not as a reward for performance or behavior. Providing food based on performance and behavior connects food to mood, and can encourage students to eat treats when they are not hungry. The habit of comforting oneself with food can result in illness, disease, obesity and even a shortened life-span. The best practice is not to use food as a reward, and at a minimum not to use low-nutrition foods at all.

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POLICY****B.C.S.D Wellness Council's Suggestions for Non-Food rewards, Alternative Ideas
for Fund-Raising and Nutritious Classroom Foods**

Classroom rewards can be an effective way to encourage positive behavior. In our efforts to encourage positive behavior, it is important that the results do not include encouraging and reinforcing unhealthy habits related to food.

Social Rewards

- Attention, praise, thanks, and simple gestures like pats on the shoulder, verbal praise (including in front of others), nods or a smile can mean a lot. These types of social rewards affirm a student's worth as a person.

Recognition

- Trophy, plaque, ribbon, certificate with an affirming message
- Recognition on morning announcements or website
- Photo recognition board in prominent location
- A phone call, email or letter sent home to parents or guardians commending an accomplishment
- A note from the teacher to the student commending achievement

Privileges

- “No homework” pass
- Going first in lines
- Choosing a class activity
- Helping the teacher
- Extra few minutes of recess with a friend
- Sitting by friends or a special seat
- Taking a walk with teacher or principal
- Breakfast or lunch with teacher or principal

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for Fund-Raising and Nutritious Classroom Foods (Cont'd.)**

Privileges

- Teaching the class
- Playing an educational game
- Computer time
- Reading to a younger class
- Office messenger
- Listening to a book or music on headset
- Library pass
- Designing a class or hall bulletin board
- Writing or drawing on whiteboard

Class Rewards

- Extra recess
- Eating lunch outside
- Walking outside
- Walk and talk lesson outside
- Extra reading, art, music
- Listening to music while working
- Dancing, stretching, movement break
- Reading aloud by the teacher
- Song, dance or other performance by students or teacher
- “Free Choice” time at end of the day
- A field trip

School Supplies, Trinkets

- Books, bookmarks
- Pencils, pens, erasers, pencil sharpeners

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School Supplies, Trinkets

- Highlighters, markers or crayons
- Notepads, notebooks
- Stamps, stickers, stencils
- Coloring books
- Rulers
- Glitter
- Sidewalk chalk
- Gift certificate to school store
- Finger puppets, yo-yos
- Puzzles
- Slinkies, Gliders
- Magnifying glasses,
- Tops, marbles, jacks
- Bubbles
- Tattoos
- Sneaker bumper stickers
- Shoelaces, wrist bands
- Key chains
- Magnets
- Plant seeds

A Token or Point System for Prizes

(Use points, tokens, stickers or a chart to keep track) Possible prizes include:

- Gift Certificate to a bookstore or sporting goods store
- Movie pass or movie rental gift certificate
- Magazine subscription
- Board Game
- Pedometer

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A Token or Point System for Prizes

(Use points, tokens, stickers or a chart to keep track) Possible prizes include:

- Jump ropes, paddleballs, Frisbees, hula hoops
- Water bottles
- Soccer ball or basketball or other sport equipment
- Stuffed animal
- Backpack

Creative Ideas for Alternative Fund-Raising

- Activity cards
- Auction
- Balloon bouquets
- Bath accessories
- Batteries
- Bike-a-thons
- Books and calendars
- Bowling night
- Brick/stone/tile memorials
- Buttons, pins & stickers
- Candles
- Carnivals
- Car wash
- Celebrity Basketball Game
- Cookbooks
- Coupon books
- Dances
- Emergency kits for cars

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- Family/glamour portraits
- Festivals
- First aid kits
- Flea market
- Florida oranges and grapefruits in the winter
- Flowers and bulbs
- Football game shout outs
- Football seats
- Fruit and vegetable baskets
- Fruit smoothies and slushies
- Garden seeds
- Gift baskets
- Gift items
- Gift wrap, boxes and bags
- Gift wrapping
- Golf tournament
- Greeting cards
- Hats
- Healthy snack items
- Holiday ornaments
- House decorations
- Jewelry
- Jog-a-thons
- Jump-rope-a-thons
- License plate frames w/school logo
- Magazine subscriptions

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Creative Ideas for Alternative Fund-Raising

- Magic show
- Megaphones
- Mugs
- Newspaper space/ads
- Personalized stationary
- Plants
- Pocket calendars
- Raffles
- Raffle donations
- Read-a-thons
- Recycle
- Recycling cans/paper/ink cartridges
- Scarves
- School art drawings
- Silent auctions
- Singing telegrams
- Skate night
- Spelling bee
- Sports tournaments with teachers
- Talent shows
- Tennis/horseshoe competition
- School Frisbees
- School spirit gear and accessories
- Scratch-off cards
- Spirit/seasonal flags

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- Stadium pillows
- Stuffed animals
- T-shirts and sweatshirts
- Temporary/henna tattoos
- Treasure hunt
- Tupperware
- Valentine's Day flowers
- Walk-a-thons
- Workshops/classes
- Yearbook covers
- Yearbook space/monograms

Suggested Foods in the Classroom

Healthy nutritional food choices are suggested by the Wellness Council when consuming any food in the classroom. Food allergies within the classroom are always the first consideration when making choices. Suggestions include:

- Celebrate seasonal fruits and vegetables – connect kids to the local agriculture and growing seasons!
- Cherry or grape tomatoes
- Carrot, celery, green/red/yellow/orange bell pepper slices
- Dried fruit or 100% fruit leather
- Assorted other fruits, fruit cups
- Yogurt
- Cheese sticks or mozzarella strips
- Rice cakes

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- Granola / trail mix, without nuts
- Healthy cereal, dry or with milk
- Whole grain cereal bars
- Low-fat graham crackers
- Low fat and skim milk products
- Jell-O
- Frozen fruit juice bars
- Popsicles
- Oatmeal raisin cookies
- Whole grain mini-muffins
- Mini bagels
- English muffin pizzas (cold or hot)
- Pita pockets – ½ a pocket with a slice of cheese in the toaster for a minute makes a quick and easy great grilled cheese
- Mini-wraps

Encourage your students to drink water throughout the day. Good hydration reduces headaches, sleepiness and hunger pains.

(Remember to practice food safety. Cold foods need to be refrigerated, and no food should be served after two hours of being without refrigeration. Please contact your Food Service Staff if you have any questions.)

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References

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 1966

[42 United States Code \(USC\) Section 1771 et seq.](#)

7 Code of Federal Regulations (CFR) Section 210.10

B.C.S.D School Breakfast Program, prepared by Administrators in Action, Nov. 29, 2005

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

<http://www.nojunkfood.org/fundraising/tosell.html>

<http://www.actionforhealthykids.org>

<http://www.cdc.org>

Adopted: 06/05/06