

# ALDEN CENTRAL SCHOOL DISTRICT WELLNESS POLICY

Adam Stoltman  
Superintendent of Schools  
October 2020-October  
2023



## Committee Members:

Michael Bennett - BOE Vice President/Parent  
Jeffrey Bergler - Physical Education Teacher  
Paul Casillo - Health Teacher  
Sharon Hance - Director of Staff and Student Services  
Jennifer Lagrou - School Nurse  
Tara Laraba - Middle School Teacher  
Reanna Lizauckas - Food Service Manager  
William MacCowan - High School Assistant Principal  
Dawn Speranza - Kindergarten Teacher/Parent  
Colleen Szablewski - Physical Education Teacher  
Alana Winnert - Social Worker  
Jenna Ziegler - High School Teacher

**Adopted: June 15, 2017**  
**Amended: October, 2020**

## **POLICY UPDATED: October 2020**

### **BACKGROUND:**

In conformance with federal regulations implementing the Healthy, Hunger-Free Kids Act, the Alden Central School District establishes the following nutritional standards for all foods sold: outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day. Such standards will apply to all foods sold individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines.

### **WELLNESS**

The Alden Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.

The District has established a 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 Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) Physical Education teachers;
- d) School health professionals;
- e) The District's food service program;
- f) The School Board;
- g) School administrators; and
- h) Members of the public.

The District has established a Wellness Policy Committee. This committee reviews the Wellness Policy, collaborates with the district to implement the policy and makes policy recommendations for review and adoption by the Board of Education.

The District Wellness Committee will also be responsible for assessing current activities, programs and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Wellness Committee will evaluate and make recommendations that reflect the specific needs of the District and its students.

## **Safe and Secure Environment Supported by a Safety Resource Office (SRO)**

An SRO is a career law enforcement officer, with sworn authority, deployed in community-orientated policing and assigned by the employing police department or agency to work in collaboration with schools and community-based organizations to:

- Address crime and disorder problems, gangs and drug activities affecting or occurring in or around all schools within a district.
- Develop or expand crime prevention efforts for students.
- Educate likely school-age victims in crime prevention and safety.
- Develop or expand community justice initiative for students.
- Train students in conflict resolution, restorative justice and students.
- Assist in the identification of physical changes in the environment that may reduce crime in or around the school.
- Assist in developing school policy that addresses crime and the recommend procedural changes.
- Assist with home school partnerships through home visits.

ACSD acknowledges the impact of current events and the importance of having an SRO present within our district. We recognize that an SRO is only one piece of having a safe and secure environment for our students, faculty and staff. The goal of the SRO is to provide students with a safe learning environment as well as fostering positive relationships between law enforcement and the community.

### **Physical Activity Goals**

The primary goals for the District's physical activity components are to provide opportunities for students to gain knowledge and skill in specific physical activities. These activities will help students to:

- Appreciate the lifelong importance of an active lifestyle.
- Facilitate and maintain students' physical fitness by providing them with a range of choices and active learning opportunities in the educational setting.
- Ensure regular participation in physical activity by providing differentiation for students of all physical abilities and interests.
- Teach students the benefits of a physically active and healthy lifestyle.

In Alden, students are provided with opportunities for physical activity during the school day through physical education classes. Students are also provided with opportunities for additional physical activity through recess, before and after school programs, intramurals and interscholastic athletics. The District encourages families to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.

## **Nutrition Education Goals**

The primary goal of nutrition education is to positively influence student's eating behaviors. Emphasizing nutrition knowledge and skills assists students to make healthy eating decisions. Students in grades K-12 receive nutrition education that teaches the necessary skills to develop healthy eating behaviors.

## **Nutrition Promotion Goals**

The primary goal is to promote healthy eating through several means such as: health classes at the middle and high school, classes at the primary and intermediate schools that focus on making positive lifestyle choices, access to online programs such as Team Nutrition and Fuel Up to Play 60.

### **Participation in Federal Child Nutrition Programs:**

ACSD currently participates in the following federal CNPs:

- National School Lunch Program
- National School Breakfast Program

### **Participation in Nutrition-Related Programs:**

ACSD currently participates in the following nutrition-related programs:

- Milk for Health (National Dairy Council)
- Farm to Schools (Cornell Cooperative Extension) (beginning 2021-2022 school year)

## **Mental Health Goals**

The primary goal is to provide components addressing emotional health that are embedded within the established educational curriculum. Students' success in school is dependent upon the balance between physical and emotional health. A student's emotional health will always be considered when assessing academic needs.

Social Work, School Counseling and School Psychology services are available for students that require either in-school support or linkage and referral to community resources. Faculty and staff continue to receive professional development regarding child and adolescent mental health. The District will support families to be involved and knowledgeable regarding the mental well-being of their children.

### **Goals for Other School-Based Activities**

The primary goal is to create a total school environment that is conducive to healthy eating and being physically active. In addressing this goal, the District will provide a clean, safe, and enjoyable dining environment for students. There will be ample space and serving areas to ensure that all students have access to school meals with a minimum wait time. There will be signage encouraging healthy eating options. The

identity of students who participate in the free and reduced meal programs will be protected. The District will schedule lunch periods as close to the middle of the day as possible. The District will prohibit the denial of food as a form of discipline. The District will encourage fundraising efforts that are supportive of healthy nutrition. Efforts will be made to keep District-owned physical activity facilities open beyond normal school hours. Families will be encouraged to provide healthy snacks and meals prepared at home for consumption at school.

### **Nutrition Guidelines for All Foods and Beverages Available on School Campuses**

The primary goal is to ensure that reimbursable school meals meet program requirements and nutrition standards. All District nutrition guidelines are based on the U.S. Department of Agriculture (U.S.D.A.) and Health and Human Services (H.H.S.) guidelines.

Nutrition guidelines will be developed by the district for all foods available on each school campus in the school district during the school day with the objectives of promoting student health and reducing childhood obesity.

### **Marketing of Foods**

The District will disseminate information about school lunch in the following ways: a weekly ad placed in the Alden Advertiser, a hardcopy of the menu sent home monthly for grades K-5, the menu posted on the district website monthly, signage posted in visible locations in each cafeteria.

### **Food and Beverages Provided, But Not Sold, to Students During the School Day**

ACSD is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. ACSD will recommend that the food and beverages provided, but not sold, to students during the school day (ex: classroom parties) will be low in saturated fat/sugar and sodium.

### **Fundraising**

School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this wellness policy by promoting the sale of healthy food items (ex: fresh fruit and produce) and/or non-food items, (ex: plants and student artwork) and by promoting events involving physical activity.

### **Food and Beverages Available for Sale at Events Outside of the School Day**

ACSD is committed to ensuring that all food and beverages available to our students support healthy eating. We encourage the sale of foods and beverages that meet or exceed the USDA Smart Snack in School nutrition standards at school sponsored functions outside of the school day.

## **Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance pursuant to the Child Nutrition Act, the Richard B. Russell National School Lunch Act and the Healthy Hunger Free Kids Act (section 204,) as those regulations and guidance apply to schools.

## **Implementation and Evaluation of the Wellness Policy**

The District will ensure school and community awareness of this policy through various means such as the District newsletter and District web site. Professional development will be provided, as appropriate, concerning achievement of the goals identified in the District's Wellness Policy. To a reasonable extent, students, staff and parents shall be involved in the development of strategies to promote healthy food choices in the school environment.

The Wellness Committee will monitor the implementation and evaluation of the Wellness Policy. The Committee will monitor its effectiveness and the possible need for future modifications. The Wellness Plan document will be updated every three years.

The Committee will communicate to the Superintendent's designee, who has the operational responsibility for ensuring that the District meets the goals and mandates of its Wellness Policy. Annually, the designee will provide building principals with a checklist that indicates compliance with the Wellness Policy for the current school year. Any areas of deficiency will be shared at the annual District Wellness policy review. Suggestions for improvement will be forwarded to individual building principals. This information will be shared with the Board of Education annually to ensure compliance to the policy, to revise the policy and to develop plans to facilitate implementation as necessary. This information is also available to the community upon request.

### **Positions Responsible for Oversight of District Level Wellness Policy:**

Director of Food Service: [RLizauckas@aldenschools.org](mailto:RLizauckas@aldenschools.org)

High School Assistant Principal: [WMacCowan@aldenschools.org](mailto:WMacCowan@aldenschools.org)

Special Education Teacher: [Shance@aldenschools.org](mailto:Shance@aldenschools.org)

The above-mentioned group will also be responsible for the management of the Triennial Assessments.

## 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

[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr200.5.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr200.5.html)

Child Nutrition in New York State:

<http://www.cn.nysed.gov/>

Healthy Hunger Free Act of 2010, section 204

<https://www.fns.usda.gov/sites/default/files/lwp5yrplan.pdf>

## APPENDIX A

**This is an appendix to inform our Board of Education and colleagues of our efforts and goals of the policy and to continue to educate ourselves in order to support the wellness of our student body.**

### **Nutrition Goals**

1. A goal of the committee is to determine the extent to which nutrition curriculum is articulated K-12 and what drives the nutrition education instruction.
  - Students in grades K-12 receive nutrition education that teaches the necessary skills to develop healthy eating behaviors.
2. A goal of the committee is to provide students with a clear and consistent message that teaches and reinforces healthy eating.
3. The committee has set a goal to provide resources to educators, community members, and students to ensure that nutritional education is integrated in curriculum, dining areas, community and school buildings. There is a need to share information with teachers, students, and community members about a variety of options for nutritious eating (i.e. nutritious snacking, benefits of school breakfast program, etc.). The Director of Food Service will be aware of and research a variety of free resources to educate students about the benefits of healthy eating and share the resources with colleagues, students and community members.

Resources to include:

- *A Guidance Document for Achieving the New York State Standards in Health Education*
- Nutrition assemblies
- Resources that would support nutrition education in our K-12 system
- Nutritional information for food that is served during the school day
- Annual Principal's Checklist for Policy Adherence (see Appendix B)

### **Physical Activity Goals**

The primary goals for the District's physical activity components are:

- To provide opportunities for students to gain knowledge and skill in specific physical activities that will help them to appreciate the lifelong importance of an active lifestyle.
- To facilitate and maintain physical fitness by providing students with a range of choices and active learning opportunities in the educational setting.
- Ensure regular participation in physical activity by providing differentiation for students of all physical abilities and interests.
- To teach students the benefits of a physically active and healthy lifestyle.

To meet the goals, the Committee will:

- Work collaboratively with Physical Education teachers to develop club/intramural opportunities for secondary students.
- Provide community members with information through our school web site, newsletters, and the WACS news program (as available).
- Monitor K-12 Physical Education State regulations and keep the Board and administrators abreast of new and current regulation.

### **Mental Health Goals**

The primary goal is to provide components addressing emotional health that are embedded within the established educational curriculum. Evidence of this is supported through:

- Implementation of program components inspired by Rachel's Challenge K-12. The mission is to inspire, equip and empower every person to create a permanent positive culture change in their school, business and community by starting a chain reaction of kindness and compassion. <http://www.rachelschallenge.org/>
- Materials available to parents at Open House and Curriculum Showcase
- Wellness Week/Wellness Day
- Peer Wellness (Kids Escaping Drugs, Tobacco Prevention, Bullying Prevention)
- Assemblies that support Bullying Prevention and Education
- Student Support Teams in each building
- Character Education initiatives K-12
- "Wellness Wednesdays" beginning in October 2020 and continuing for remainder of the school year to promote wellness and social emotional learning competencies in the High School
- Suicide prevention lessons being taught annually in health class each semester with social worker to review warning signs, protective and risk factors, develop a personal safety plan, and increase knowledge of crisis resources in the school building and in the community.
- New partnership with Horizon Health Services beginning in the 2020-2021 school year in the High School

### **Nutrition Guidelines for All Foods and Beverages Available on School Campuses**

The primary goal is to ensure that reimbursable school meals meet program requirements and nutrition standards. The types of food and beverages available in their daily environment influence students' lifelong eating habits.

The committee has set a goal to share nutritional content information of available meals and beverages with parents and students. The School Lunch Manager and the Technology Department will be implementing software that will allow the District to share this nutritional information through:

- The district website
- School menus
- "Points of purchase" signage

There is a Nutritional guide calculator for all snacks sold on campus from midnight until the end of the school day. The calculator can be found here: [Snack Calculator](#). State guidance has been set for all foods sold on campus including snack carts and vending machines not run by the food service department. This policy also states that no candy or soda be sold during the school day. This also applies to school parties and functions during the day. Healthy birthday treats are encouraged, must be store bought with nutritional ingredients clearly visible. Birthday treats and pizza are available for purchase for classroom celebrations on the District website.

### **Implementation and Evaluation of the Wellness Policy**

The Wellness Committee will monitor the implementation and evaluation of the plan for the Wellness Policy and note for future modifications.

#### **The Committee:**

- Will meet twice annually (or as needed) to discuss progress towards goals. Meetings will occur after school unless it is deemed a full or half-day is needed to delve further into the evaluation of the policy.
- Will collect data generated by the principal's checklist to determine compliance with state mandates and make possible recommendations for improvement.
- Will request that the Food Service Director survey the student body annually regarding suggested improvements, food quality, customer service, serving sizes etc.
- Will aspire to have students that are well-informed in making healthy lifestyle choices, increase family and student awareness in nutrition education, and assist students in recognizing the long-term effects of personal health and fitness choice.

## APPENDIX B

### Annual Principal's Checklist for Wellness Policy Adherence

- Nutrition Education** is taught within the grade level curriculum of your building.
  
- Nutrition Education** is practiced in the healthy offerings provided by your cafeteria food service providers.
  
- The benefits of Physical **Activity** are being promoted within your school community.
  
- Physical Activity** and lifelong fitness is being promoted through your Physical Education program and community involvement.
  
- Nutrition Promotion** is demonstrated by healthy meal choices and appropriate nutritional signage.
  
- Nutritional Promotion** is demonstrated by access to nutritional software and online programming.
  
- Mental Health** is addressed by services that are provided through Social Work, School Counseling and School Psychology.
  
- The benefits of Mental **Health** are being promoted within your school community.

- Students are not shamed for money owed to the cafeteria, (**Other School Based Activity**).
  
- Healthy snacks are encouraged within my school community, (**Other School Based Activity**).
  
- My school meets the reimbursable school meals program requirements and nutrition standards, (**Nutrition Guidelines**).
  
- District developed nutritional guidelines are followed for all foods available on my campus, (**Nutrition Guidelines**).
  
- My building disseminates information about the school breakfast and lunch offerings, (**Marketing**).
  
- All families in my building are provided the guidelines for the reimbursable school meal program pursuant to the Child Nutrition Act, the Richard B. Russell National School Lunch Act and the Healthy Hunger Free Kids Act (section 204,) as those regulations and guidance apply to my school, (**Assurances**).

## APPENDIX C

### Meals Service Program For the 2020-2021 School Year

Pursuant to section 2202(a) of the Families First Coronavirus Response Act (P.L. 116-127), and in light of the exceptional circumstances of this public health emergency, the Food and Nutrition Service is extending nationwide support access to nutritious meals while minimizing potential exposure to the novel coronavirus (COVID-19) throughout the entire 2020-2021 school year; **meals are available for all children up to the age of 18 at no cost.**

While there are no charges for breakfasts and lunches for all students grades K-12, **students will be charged for any ala carte items, extra entrees, milk, ice cream, etc.**

Students learning remotely 100% or on the remote hybrid blue and gold days will be able to pick-up meals at the front circle of the Alden High School between 9 a.m. and 10 a.m. The gold group will pick-up meals on Mondays, the blue group will pick-up meals on Wednesdays, and the 100% virtual learners can pick-up meals on both Mondays and Wednesdays.

**To request meals**, please call Anita Trautwein, food service director, at (716) 937-9116, ext. 4186, or email your request to [rLizauckas@aldenschools.org](mailto:rLizauckas@aldenschools.org). You only need to sign-up once. Be sure to indicate any food allergies or restrictions. Upon ordering, you will receive your student's ID number, which must be brought with you to pick-up meals. Please also contact Mrs. Trautwein if pick-up time is an issue.