

P O L I C Y

Wellness Policy

The Bemus Point 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. To this end, the District has established a Wellness Committee. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District. The District's Wellness Committee 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 Staff including Physical Education teachers and school nurses
- f) School administrators
- g) Members of the public

The Wellness Committee is responsible for:

- Developing the District's proposed Local Wellness Policy (LWP) and making such policy recommendations for review and adoption by the Board of Education.
- Assessing current activities, programs and policies available in the District.
- Identifying specific areas of need within the District.
- Providing mechanisms for implementation, evaluation, revision and updating of the policy.

GOALS TO PROMOTE STUDENT WELLNESS

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

GOALS TO PROMOTE STUDENT WELLNESS (Cont'd)

Nutrition Education/Promotion

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

The District will promote healthy lifestyle choices by posting the nutritional content of cafeteria meals on the school website and at each serving line, participate in promotional programs for cafeteria meals, and utilize healthy advertising when appropriate.

The District will make available information regarding nutritional guidelines and healthy choices to parents and fundraising organizations. Packets will be available at all District offices and posted on the District website.

Physical Activity

Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Each school shall provide for a physical education program based on state standards, benchmarks, and the District's student planning guide.

Other School-based Activities

Federal School Meal Programs

- The District will participate to the maximum extent practicable in available federal school meal programs: School Breakfast Program, National School Lunch Program.

Access to school nutrition programs

- Encourage participation in Federal School Breakfast and Lunch Programs
- District program will maintain the confidentiality of students and families applying for or receiving free or reduced price meals.

Other School-based Activities (Cont'd)

Community access to District facilities for physical activities

- Community access to District facilities for physical activity is encouraged and easily obtainable upon the completion of a "building use request" form. Use of school facilities is subject to availability as first priority is given to school functions.

NUTRITION GUIDELINES

Nutritional values of food and beverages sold and served during school hours:

- Reimbursable meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- Snacks, beverages, and a la carte sales, will meet the nutritional standards as set forth in the *Nutritional Standards for All Foods Sold in School* as required by the Healthy Hunger-Free Kids Act of 2010, also known as "Smart Snacks" effective July 1, 2014.
- All sales to students occurring during school hours must follow the *Nutrition Standards for All Foods Sold in School* guidelines.
- Parties, Rewards etc. - Parents and teachers shall be made aware of the snack and beverage criteria. A list of healthy snack choices will be provided and encouraged. The district will only allow store bought refreshments for student consumption during school hours. Exceptions for educational activities will be subject to approval by the building principal.

Nutritional values of food and beverages sold after school hours:

- Fundraising after school hours by both student groups and outside organizations are required to include healthy options meeting the *Nutrition Standards for All Foods Sold in School* guidelines.

IMPLEMENTATION AND EVALUATION OF THE WELLNESS POLICY

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District website.

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time.

IMPLEMENTATION AND EVALUATION OF THE WELLNESS POLICY
(Cont'd)

The Superintendent or his/her designee will ensure compliance with established district-wide nutrition, food service areas, and physical activity wellness policies. In each school, the principal or his/her designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or his/her designee.

The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee. The Wellness Committee and Board Policy Committee shall review the summary report annually and present recommended policy changes as needed.

Child Nutrition and WIC Reauthorization Act of 2004
Public Law Section 108-265 Section 204
Richard B. Russell National School Lunch Act
42 United State 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
Healthy, Hunger-Free Kids Act of 2010

Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤ 200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤ 480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤ 350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, unflavored (≤ 8 fl oz); Non fat milk, flavored or unflavored (≤ 8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤ 8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz); • Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz. 	

SFA Director Proposed Hiring Standards

Minimum Requirements for Directors	Student Enrollment 2,499 or less	Student Enrollment 2,500-9,999	Student Enrollment 10,000 or more
Minimum Education Standards <i>(required)</i> <i>(new directors only)</i>	<p>Bachelor's degree, or equivalent educational experience, with academic major/concentration in specific areas*</p> <p style="text-align: center;">OR</p> <p>Bachelor's degree in any academic major, <u>and</u> State-recognized certificate in food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, or business;</p> <p style="text-align: center;">OR</p> <p>Associate's degree or equivalent educational experience, with academic major/concentration in specific areas*; <u>and</u> at least one year of relevant school nutrition programs experience;</p> <p style="text-align: center;">OR</p> <p>High school diploma (or GED) <u>and</u> at least five years of relevant experience in school nutrition programs.</p>	<p>Bachelor's degree, or equivalent educational experience, with academic major/concentration in specific areas*</p> <p style="text-align: center;">OR</p> <p>Bachelor's degree in any academic major, <u>and</u> State-recognized certificate in food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, or business;</p> <p style="text-align: center;">OR</p> <p>Associate's degree or equivalent educational experience, with academic major/concentration in specific areas*; <u>and</u> at least one year of relevant school nutrition programs experience;</p>	<p>Bachelor's degree, or equivalent educational experience, with academic major/concentration in specific areas*</p> <p style="text-align: center;">OR</p> <p>Bachelor's degree in any academic major, <u>and</u> State-recognized certificate in food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, or business;</p>
Minimum Education Standards <i>(preferred)</i> <i>(new directors only)</i>	<p>Directors hired without associate's degree strongly encouraged to work toward attaining associate's degree upon hiring.</p>	<p>Directors hired without associate's degree strongly encouraged to work toward attaining associate's degree upon hiring.</p>	<p>Master's degree, or willingness to work toward master's degree.</p> <p>At least 1 year management experience, preferably in school nutrition.</p> <p>At least 3 college credit hours in food service management <u>and</u> at least 3 credit hours in nutritional sciences.</p>
Minimum Prior Training <i>(required)</i> <i>(new directors only)</i>	<p>At least 8 hours of food safety training is required either 3 years prior to their starting date or completed within 30 days of employee's starting date.</p>		

*Specific majors/areas of concentration: food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, business, or a related field.

Proposed Required Minimum Training/Education Standards, for All LEA Sizes

New and Current Directors	<p>Each year, at least 15 hours of annual continuing education/training.*</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> • administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures) • any other appropriate topics as determined by FNS. <p>*This required continuing education/training is in addition to the food safety training required in the first year of employment.</p>
New and Current Managers	<p>Each year, at least 12 hours of annual continuing education/training.</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> • administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures) • the identification of reimbursable meals at the point of service • nutrition, health and safety standards, and • other topics, as specified by FNS
New and Current Staff (other than the director and managers) that work an average of at least 20 hours per week	<p>Each year, at least 8 hours of annual continuing education/training.</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> • free and reduced price eligibility • application, certification, and verification procedures • the identification of reimbursable meals at the point of service • nutrition, health and safety standards • other topics, as specified by FNS