

WELLNESS POLICY

The Hancock Central School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The school board recognizes that wellness and healthy eating are important to the physical and academic achievement of all children.

1. GOALS

a. Nutrition education. The Hancock Central School District aims to teach, encourage, and support healthy eating by students. Staff members shall teach healthy living skills as part of the regular instruction program and provide the opportunity for all students to understand concepts and skills related to health promotion and disease prevention.

b. Physical activity. The district shall adopt and implement a comprehensive health and fitness curriculum, consistent with state standards. All students in grades K-12, including students with disabilities, special health care needs, and in alternative educational settings, will receive daily physical education (or its equivalent) by a certified physical education teacher for the entire school year. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play, preferably outdoors.

c. School based activities. All school based activities shall be consistent with local wellness policy goals. Schools will create a total school environment that is conducive to healthy, safe habits and being physically active.

2. NUTRITION GUIDELINES. All foods and beverages made available on campus (including through vending, concessions, a la carte, student stores, parties, and fundraising) during the school day shall be consistent with the current U.S. Dietary Guidelines for Americans. The district shall provide school breakfasts and lunches that meet the nutritional standards required by state and federal school breakfast and lunch programs.

3. GUIDELINES FOR REIMBURSABLE SCHOOL MEALS. The district shall provide free and reduced price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast Programs and the laws and rules of the state. The district shall inform parents or guardians of the eligibility standards for free or reduced price meals. The district shall make reasonable efforts to protect the identity of students receiving such meals.

4. A PLAN FOR MEASURING IMPLEMENTATION OF THE POLICY.

a. Superintendent. The superintendent will ensure compliance with the established district-wide nutrition and physical activity wellness policy. In each school, the principal will ensure compliance with the policy in his/her school and will report on the school's compliance to the superintendent.

b. Food Service Staff. School food service staff, at the school or district level, will ensure compliance with the nutrition policy within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

c. Summary report. The superintendent will develop a summary report on district-wide compliance with the district's established nutrition and physical activity wellness policy, based on input from schools within the district. The superintendent will provide the report to the school board as well as to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

5. COMMUNITY INVOLVEMENT. Students, staff members, school board members, food service managers and staff, parents, and other community members shall be included on an ongoing basis in school and district wellness planning processes. Schools and the district shall actively develop and support the engagement of students, staff, and parents in community health-enhancing activities and events at the school or throughout the community.

ADOPTED: 4/23/07