

## 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.

It is the policy of the Board of Education, pursuant to the Healthy, Hunger-Free Kids Act of 2010, that:

### 1. GOALS

**a. Nutrition education.** The Hancock Central School District aims to teach, encourage, and support healthy eating by students. Nutrition education shall be integrated into the district health curriculum at all academic levels consistent with the State's health education standards. The curriculum shall include the following goals:

1. Increase students' nutritional knowledge, including, but not limited to, the benefits of healthy eating, essential nutrition, weight management, physical activity, safe food preparation, handling and storage.

2. Increase students' understanding of food labels, nutritional information and misinformation as well as commercial food advertising.

**b. Physical activity.** The district shall adopt and implement a comprehensive health and fitness curriculum, consistent with state standards. The benefits of physical activity shall be integrated into the districts physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:

1. Time in the elementary school day for supervised recess.

2. Opportunities and encouragement for students to voluntarily participate in the after school physical activity programs.

**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 prepared and served in the District, during the school day shall be consistent with the Nutrition Standards for School Meals, set from time to time, by the USDA Food and Nutrition Service. The district shall provide food to students in accordance with State and Federal nutritional guidelines and include:

1. Opportunities for staff to model healthy eating habits.

2. A clean, safe, enjoyable meal environment for students.

**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. This report will include:

1. Methods of collection and evaluation of results of the program;
2. Strategies for identifying strengths and weaknesses of the program.

**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.

This policy shall be placed on the District website.

ADOPTED: 4/23/07

REVISED: 2/11/2019