

**WARWICK VALLEY CENTRAL SCHOOL DISTRICT**

**HEALTH AND WELLNESS PLAN**

The Warwick Valley 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 developed a local wellness policy that was reviewed and adopted by the Board of Education.

This policy states that:

The Warwick Valley Central School District is committed to providing an environment that promotes the learning and implementation of lifelong wellness practices in students and staff that meet or surpass the provisions of Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL 108-265).

The Superintendent of Schools will appoint a lead person to achieve the following:

- ❖ Develop, implement and integrate K-12 curriculums to educate students and staff in the subjects of healthy nutrition and benefits of physical activity.
- ❖ Provide foods and beverages that meet Federal and State nutrition guidelines in all schools, school cafeterias, classrooms, vending machines and school functions.
- ❖ Receive evaluation and input from parents, students, Food Services Director, teachers, administrators and School Board members for annual review of the effectiveness of the Wellness Policy and suggested modifications for improvement.

### **Eating Environment**

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, cafeterias have enough space for seating and drinking water is available for students.

Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.

Sequential and interdisciplinary nutrition education is provided and promoted.

All foods and beverages made available at Warwick Valley Central School District (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.

All foods made available at Warwick Valley Central School District adhere to food safety and security guidelines.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

### **Nutrition Education**

Nutrition Education will be integrated into various areas of the school curriculum such as health, home and career skills, math, science, language arts and social studies. Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.

### Nutrition Guidelines for all Foods on Campus

All foods made available at Warwick Valley Central School District will comply with the current USDA Dietary Guidelines for Americans. This will include:

- ❖ All food in vending machines
- ❖ Student stores
- ❖ Beverages available both during and after school
- ❖ Concession stands
- ❖ Fundraisers
- ❖ School parties

The Warwick Valley Food Service Department will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. The Warwick Valley Food Service Department will offer a variety of age appropriate healthy food and beverages for our elementary schools, middle school and high school. Nutrition information for all products offered through the Food Service Department will be available.

The Warwick Valley Food Service Department will aim to be financially self-supporting, and at the same time ensure that all students have affordable access to all nutritious foods they need to stay healthy and learn. We will strive to increase participation in the Federal Child Nutrition programs (school lunch & school breakfast programs). Warwick Valley Central School District will provide all food service personnel with adequate training in all food service operations.

All food made available at Warwick Valley Central School District will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. Also, for the safety and security of the food and equipment, access to the food service department is limited to Warwick Valley Food Service Personnel.

### Physical Education

The Warwick Valley Central School District Physical Education Program is an integral part of the total educational growth and development process of each child, and it significantly contributes to the areas of psychomotor, affective and cognitive development. The Physical Education Program provides opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students regular participation in physical activity and to teach students short and long term benefits of a physically active and healthy lifestyle. The Physical Education Program at all three levels will be in compliance with Section 135.4 of the Commissioner's Regulation.

The sequential learning experience designed to fulfill this development is carefully planned, innovative and intricately combined with different teaching styles and strategies that translate into a meaningful and successful program that meets the needs of each student. Each curriculum is periodically updated through summer curriculum work.

The New York State Education Department requires all students K thru 12 to attend and participate in a physical education program. The National and New York State Learning Standards for Physical Education are used as guidelines for the development of curriculum. Students entering 9<sup>th</sup> grade until graduation must earn the equivalent of two units of credit in physical education to be eligible to receive a diploma. Students earn ¼ credit per semester for a total of eight semesters (grades 9-12). This totals 2 units of credit necessary to receive a diploma. Students may not accelerate in physical education. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development and physiology in science classes and with instruction about personal health behaviors in health education class. The physical education program shall actively engage families as partners in their children's education and collaborate with community

agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day. The product of such a program should be designed to build interest and proficiency in the skills, knowledge and attitude essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.

### **Adaptive Physical Education**

Adaptive Physical Education may be provided to any child who has a unique need in physical education. Physical education teachers should be included in the design of the individual education plan as it relates to physical education.

### **Exemptions**

Physical education teaches students essential knowledge and skills. For this reason exemptions from physical education courses shall not be permitted on the basis of participation on an athletic team, community recreation program or other school or outside community activity. A student may be excused from participation in physical education only if a physician states in writing that specific physical activities will jeopardize the student's health and well being.

### **Staffing**

All K-12 physical education teachers are required to hold a valid New York State Teaching Certificate.

### **Activities in Addition to Regular Physical Education**

Students in grades K-8 will have outdoor recess on a daily basis, weather permitting.

Students in grades K-12 are encouraged to participate in school sponsored clubs and intramural programs. These programs offer a range of activities that meets the needs of and interests of the students.

### **Health Education**

The Warwick Valley Central School District Health Education Program provides students with functional knowledge and skills to make positive and healthy choices. The Health Education program will follow the New York State Guidance Document for achieving the Standards in Health Education and will be taught by teachers certified in Health Education. The program in the Middle and High School levels will comply with the NYS requirement of ½ credit unit of study at each level. Health related topics will also be integrated into other areas of study such as science, social studies, language arts, math, physical education and home and career skills.

### **Interscholastic Athletics**

High School and Middle School offers an interscholastic athletic program that adheres to the rules and regulations of the N.Y.S.P.H.S.A.A. All coaches comply with the policies, regulations, rules and enforcement measures codified in the regularly updated NYSPHSAA Handbook and O.C.I.A.A. By-laws. Administrators, coaches and other staff shall model sportsmanlike attitudes and behaviors. Student athletes shall be taught good sportsmanship, such as treating opponents with fairness, courtesy and respect and shall be held accountable for their actions. Spectators are also held to the same level of accountability.

### **Outside Organizations**

Although it is recommended by the state that whenever possible, school spaces and facilities be available to community organizations, school policies concerning safety should prevail at all times. It is the district's responsibility to ensure that school based activities have facilities available to them that are safe and well-maintained. Community use also promotes continued fitness and wellness opportunities for the students of the Warwick District.