

POUGHKEEPSIE CITY SCHOOL DISTRICT
Section 1000 - COMMUNITY RELATIONS
1510 WELLNESS POLICY

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Pursuant to Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (Federal Public Law 108-265), Poughkeepsie City School District established the following wellness policy and regulations to enhance the learning and development of lifelong wellness practices. In accordance with the Healthy, Hunger-Free Kids Act, Child Nutrition and WIC Reauthorization Act of 2010 (HHFKA), the wellness policy requirement has been further strengthened.

As part of the Child Nutrition and WIC Reauthorization Act of 2004, Farm to School Programs will connect schools to local farms. The School District, to the extent practicable, will buy and feature fresh foods, incorporate nutrition education curriculum and provide students with experiential learning opportunities.

The Poughkeepsie City School District is committed to providing school environments and experiences that promote and protect children's health, well-being, and ability to learn by supporting healthy eating choices and physical activity which are essential for lifelong health and well being. Therefore, it is the policy of the Poughkeepsie City School District that:

- The school district will engage students, parents, guardians, caregivers, teachers, staff, food service professionals, health professionals, members of the school board, school administrators and other interested community members in developing, communicating, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies on an ongoing basis.
- All pre-K-12 students will be encouraged to be physically active and the PCSD will offer access to resources that will support implementation.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and other relevant and/or applicable New York State and Federal laws and regulations.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; the district will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Those involved in nutrition education will be adequately prepared and participate in professional development activities to effectively deliver current nutritional State and Federal standards. Preparation and professional development activities will provide evidence-based knowledge of nutrition and instructional techniques and strategies designed to promote healthy eating habits.
- When available, the Food Service Director will assist with nutrition education in the classroom and will review nutrition education information.
- The school cafeteria will serve, to the extent practicable, as a learning laboratory to allow students to apply nutrition skills taught in the classroom.
- The School District will provide information to families that encourages them to teach their children about health, nutrition and the importance of daily physical activity.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program

[including after-school snacks], Summer Food Service Program, After-School Snack Program, and Child and Adult Care Food Program [including suppers]) and annually notify parents and student of free and reduced cost food programs.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- Schools will provide mental health awareness/support through workshops, curriculum approved classes and community involvement aimed at the knowledge and skills necessary to promote health (i.e. enjoyable, developmentally appropriate (hands on, field trip)).

The Poughkeepsie City School District will maintain an ongoing District Wellness Committee to develop, communicate, implement, monitor, review, and, as necessary, recommend revisions to revise school nutrition, mental health and physical activity policies. The District Wellness Committee will serve as a resource to school sites for implementing those policies. (A district wellness committee should consist of a group of individuals representing the school district and community, and should include parents, guardians, caregivers, students, staff, representatives of the school food service members of the school board, school administrators, teachers, health professionals, and members of the public).

Monitoring and Review

The Food Service Director shall report to the Board and the public, at least annually, on the implementation and effectiveness of this policy. Every two years, the Food Service Director, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Parents, guardians, caregivers, students, staff, food service professionals, physical education and health teachers, school health professionals, school administrators and the school board shall participate in the development, implementation and periodic review and update of this wellness policy.

The District shall provide information to the public (including parents, student and others in the community) about the content and implementation of this wellness policy.

The Superintendent shall develop and enforce regulations to implement this policy throughout the District.

Adopted: June 24, 2015

POUGHKEEPSIE CITY SCHOOL DISTRICT
