



# Local Wellness Policy Highlights

On February 11, 2015, the Port Byron Board of Education adopted our new local wellness policy (LWP) (#5661). The LWP was revised by our district Wellness Council in collaboration with the Healthy Schools NY program at OCM BOCES.

## What is a local wellness policy (LWP)?

LWPs are an important tool for parents, local education agencies (LEA) and school districts to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards.

## How will our new LWP impact day-to-day procedures and special events?

Our revised policy now brings us into compliance with both Federal and state laws. Even more importantly, however, in some cases we are going above and beyond the law to make even more positive changes that will enhance the health and well-being of our students.



## Here are highlights of our new LWP:

### Nutrition education, promotion and marketing:

- Students will receive an enhanced nutrition education curriculum
- Students will be exposed only to food marketing that consistently promotes more nutritious choices

### Physical Activity

- All classroom teachers are strongly encouraged to incorporate, whenever possible, short breaks that include physical activity throughout the school day, especially after long periods of inactivity (i.e. 45 minutes).
- Recess and other physical activity will not be withheld or used for disciplinary action unless the student is a danger to him/herself or others
- Recess or other physical activity time will not be cancelled for instructional make-up time
- Students will have the option to choose a physical activity in place of food for classroom celebratory purposes

### Professional Development

- Food service staff will increase their knowledge and skills base by participating in professional development opportunities

### Community Partnerships

- The District will seek opportunities to further develop partnerships with community agencies to raise funds and support for wellness initiatives as well as organize and provide health-related activities and education to students, staff and community members

### Parents

- Parents will be offered more educational opportunities so that they are aware of the requirements of the LWP and its impact on their children

### Nutrition Guidelines

- Competitive foods, which include all foods and beverages sold (a) outside the school meal programs; (b) on the school campus in student accessible areas; and (c) at any time during the school day\* will follow, at minimum, the Smart Snacks in School\*\* nutrition standards = vending machines, school stores, cafeteria a la carte lines and fundraisers

\*The "school day" is now defined as midnight to 30 minutes after the end of the official school day

## Fundraisers

- All foods and beverages sold as a fundraiser *during the school day* must meet the nutritional requirements as outlined by the *Smart Snacks in School* nutrition standards
- School-sponsored fundraisers in general will be encouraged to support healthy eating and physical activity by promoting the sale of healthy food items (e.g. fresh fruit and produce), non-food sales such as water bottles, plants, etc., and by promoting physical activity events

## Classroom Celebrations

- Parents will be encouraged to send in healthy treats for classroom celebrations. Parties should limit the use of foods and beverages that do not meet the Smart Snacks in School nutrition standards

## Snacks

- Snacks served during the school day or in after-school care or enrichment programs run by the District will make a positive contribution to children's diets and health by encouraging the use of foods/beverages that meet the Smart Snacks in School nutrition standards

## Rewards

- The District strongly discourages using foods and/or beverages as a reward (especially those that do not meet the Smart Snacks in Schools nutrition standards) for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment under any circumstance
- The district encourages physical activity-based rewards in place of foods when appropriate

\*\*For more information on Smart Snacks in School nutrition standards, go to: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

## Why were changes to our LWP necessary?

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act, Local School Wellness Policy Implementation. The provisions set forth in Section 204 expand upon the previous LWP requirements from 2004. While many districts had included plans for implementation in their written LWPs, they were not required to report on policy compliance and implementation. As a result, implementation and evaluation efforts were not monitored or conducted regularly.

## What are the current requirements for LWPs?

The HHFKA now requires that each LEA participating in the National School Lunch Program and/or School Breakfast Program establish an LWP that incorporates new requirements for its content as well as general requirements for its development, implementation, assessment, and dissemination. For more information, go to: <http://www.fns.usda.gov/sites/default/files/LWPpropulessummary.pdf>

## Why are we going above and beyond the law here at Port Bryon CSD?

Aside from the fact that it is the right thing to do for our children's health and well-being, we know that physically active and well-nourished students:

- score higher on standardized tests, including reading, writing, and math;
- have improved attentiveness;
- have higher rates of attendance; and
- visit the school nurse less frequently, and complain less of tiredness, sickness and hunger.

## A few things to remember:

- We are all a part of this learning process and understand that lasting change can be uncomfortable—it will not happen overnight!
- Some policy elements are already in place; some will start over the summer; and others will begin in September 2015.
- Our focus for the 2015-2016 school year will be on implementing policy elements at the elementary level.
- We as adults model behaviors for our students; while the nutrition guidelines do not impact staff, we ask that you be aware of your choices in front of students (e.g. keep soda and other items that are less available to students in the faculty break room, etc.)
- The Wellness Council has taken great care to develop our new LWP, and our Board of Education supports us in these new endeavors that will positively impact our students' well-being.
- Please feel free to discuss any questions or concerns with Mr. O'Brien and/or Mr. Anderson.

We thank you for  
being patient, respectful  
and understanding as we  
embark on this journey to  
greater wellness!

## Wellness Council members:

Neil O'Brien, Mike Anderson (Wellness Council leader), Chris Ford, Nancy Garofano, Brianna Goff, Stacy McNeill, Julie Podolak, Melinda Quanbeck, Missy Sevier, Deb Slobodiak and Kathy Smith