

# Goshen Central School District



## *Wellness Policy*

*2015-2016*

Approved at Board of Education Meeting –March 16, 2015

## **2014-2015 Board of Education**

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Dr. Frank Sheboy, Assistant Superintendent for Curriculum, Instruction,  
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### **Wellness Policy Committee**

Ms. Denise Billings	Director of Food Services
Ms. Shannon Wong	Parent Representative - CJH
Ms. Andie Wong	Student Representative - CJH
Ms. Caleigh Loughran	Student Representative - GHS
Mrs. Judy Green	Board of Education Member
Ms. Michelle Killenberger	Health Teacher, CJH
Mr. John Mardyniak,	Health & Physical Education Teacher, SAS
Ms. Danielle Moser	Orange County Department of Health
Ms. Char O'Connor,	School Nurse, GIS
Mr. Gregory Voloshin	Athletic Director/Assistant Principal
Ms. Amy Peluso	Principal, Scotchtown Avenue Elementary School
Dr. Frank Sheboy	Assistant. Superintendent

### **Introduction**

The Goshen 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 established a Wellness Committee to revise the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. This district's Wellness Committee includes, but is not limited to, representatives from each of the following groups: parents, students, food service program, school board, school administrators, and members of the public.

The District Wellness Committee will assess current activities, programs, and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

## **Goals to Promote Student Wellness**

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located, the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities.

### Emotional Wellbeing/Mental Health

Recognizing that helping to promote positive emotional wellbeing can improve student experience in the classroom the district will support:

- A. **Classroom teaching:** where appropriate emotional wellbeing and mental health will be integrated with classroom teaching . Staff will be given the opportunity to participate in professional development and be supported in their efforts to help students improve their emotional well being and identify mental health resources.

In elementary schools topics that may be covered include self-esteem, understanding emotions, relaxation techniques and conflict resolution. During middle and high school years this topics may be expanded to include stress reduction, communication skills, anxiety management, suicide prevention and identification of support systems.

- B. **Education, marketing and promotion links to outside the classroom:**  
Consistent messages will be provided through the school, classrooms, home, community and media that identify the importance of emotional wellbeing, and mental health.

Mental health and student support staff in collaboration with community resources can coordinate this marketing.

- C. **Staff & Teacher Training:** Schools provide ongoing professional development and education for teachers and other staff. Each building shall identify staff responsible for mental health awareness and education and provide them with the opportunity to participate in professional development to help effectively create a school climate that supports the emotional wellbeing and mental health of students. Professional development opportunities shall provide information on coping skills, stress management, suicide prevention, conflict resolution and accessing mental health resources.
- D. Opportunities for parent training in the field of well being/mental health shall also be incorporated. Parent development opportunities shall provide information on coping skills, stress management, suicide prevention, conflict resolution and accessing mental health resources.

Resources:

National Assembly on School-Based Health Care: Using Coordinated School Health to Promote Mental Health for All Students by Laura Hurwitz, LCSW and Karen Weston, PhD July 2010

<http://www.nasbhc.org/atf/cf/%7Bcd9949f2-2761-42fb-bc7a-cee165c701d9%7D/white%20paper%20csh%20and%20mh%20final.pdf>

Staff Training in Suicide Prevention and Mental Health Awareness provided Orange County Department of Mental Health:

- Youth Mental Health First Aid- 8 hour course that teaches you how help someone who is developing mental health problems.
- SafeTALK 3hour training that prepares anyone over age 15 to identify person with thoughts of suicide and connect them to resources.

Center for School Mental Health Assistance, Crisis Intervention: A guide for school-based clinicians. (2002)

<http://csmh.umaryland.edu/Resources/ResourcePackets/files/crisisintervention.pdf>

**Personal Safety and Wellness:**

**Internet Safety and Netiquette:**

The district will provide education on internet safety and “netiquette” to facilitate responsible use of technology both in and out of school and will establish the following standards for:

- a. **Classroom teaching:** internet safety and netiquette topics will be integrated within comprehensive, standards-based cross curricular and interdisciplinary education in grades K through 12. It will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program. Internet safety education shall be designed to help students learn:

Internet Safety, including but not limited to the importance of protecting personal information, knowing whom students are communicating with online, public vs private profiles, and social media safe practices.

Netiquette related skills, including but not limited to participating in electronic communication in a positive fashion.

- b. **Education, marketing and promotion links outside the classroom:** Consistent internet safety messages will be taught throughout the school, classrooms, home, community, and media. Linkages will be established between school, home, and mobile environments.
- c. **Teacher training:** Schools will provide ongoing professional development and education for teachers and other staff. Staff responsible for internet safety education shall be adequately prepared and regularly participate in professional development activities to

effectively deliver the education program as planned. Preparation and professional development activities shall provide basic knowledge of internet safety and netiquette, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote the safe use of computer technology in school and the home.

- d. **Administrator Training:**Schools will provide ongoing professional development and education for administrators. Administration will provide and make resources available to facilitate professional development for faculty and staff so as to enable them to work with students.
- e. **Parent Training:** Parent information sessions will be provided as needed on Cybersafety, Internet use, and Social Media. When possible, partnerships with law enforcement and outside agencies will be utilized for maximum impact.

### **Nutrition Education**

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- a. **Classroom teaching:** Nutrition education topics will be integrated within comprehensive, standards-based health education and family and consumer science programs in grades K through 12. It will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program. Nutrition education shall be designed to help students learn.

Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, principles of healthy weight management, assessing one's personal eating habits, and eating disorders.

Nutrition related skills, including but not limited to planning a healthy meal; safe food preparation, handling, and storage; understanding and using food labels; and critically evaluating nutrition information and commercial food advertising.

- b. **Education, marketing and promotion links outside the classroom:** Consistent nutrition messages will be taught throughout the school, classrooms, cafeteria, home, community, and media. Linkages will be established between health education, school meal programs and related community services.

- c. **Teacher training:** Schools will provide ongoing professional development and education for teachers and other staff. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- d. **Administrator Training:** Schools will provide ongoing professional development and education for administrators. Administration will provide and make resources available to facilitate professional development for faculty and staff so as to enable them to work with students.
- e. **Parent Training:** Parent information sessions will be provided as needed on Cybersafety, Internet use, and Social Media. When possible, partnerships with law enforcement and outside agencies will be utilized for maximum impact.

### **Food Induced Anaphylaxis**

To protect the health and safety of each individual child, the school district recognizes its role and responsibility in supporting a healthy learning environment for all students, including those who have or might develop life-threatening food induced allergies.

#### **Faculty and Staff:**

When a student is diagnosed by the child's medical doctor as having the potential for food-induced anaphylaxis, the school nurse will ensure that all school staff will work cooperatively with the student to allow full participation in school activities. School Nurse will review the Emergency Care Plan (ECP) with all appropriate staff.

#### **Parent and School Nurse:**

When the parent submits a written medical diagnosis for their child of the presence of a life threatening food allergy, the parent, the school nurse, the child's teacher, and other appropriate personnel will develop an individualized health-care plan (IHP) to guide prevention and response. An IHP is a written document that outlines how children will receive health care services at school and is developed and used by a registered nurse.

To effectively manage food allergies a Food Allergy Management and Prevention Plan (FAMPP) will be implemented. The plan will include strategies and actions needed to manage food allergies in the school setting.

In the event that a child has a written order from a doctor that includes accommodations (peanut free table), he or she will be referred for a 504 Plan.

FAMPP will address the following:

1. Ensure the daily management of food allergies for each individual child.
  - a. Parent will provide a doctor's order for student placement in a Peanut-free classroom/Peanut free table.
2. Prepare for food allergy emergency
  - a. A Emergency Care Plan (ECP) will be kept in each child's health record and will include A recent photo of the child
  - b. Information about the food allergen, including a confirmed written diagnosis
  - c. Information about signs and symptoms of the child's possible reaction to known allergens from the child's doctor.
3. The school nurse will provide staff training
  - a. Administration of Epi-pen
  - b. Review possible signs and symptoms of allergic reaction for each individual child

### **Nutrition Guidelines**

The district Wellness Committee will recommend which nutrition standards will be established for all foods available on school campus during the school day. School day is defined as from midnight the night prior to 30 minutes after the end of the school day for each respective building. In addition the Committee will recommend standards for all after school activities that offer and/or sell food. This includes all items offered for sale through: Cafeteria, Vending Machines, Student Stores, Snack Bars, Concession Stands,

### **Nutrition Standards**

Reimbursable school meals served at school will meet the program requirements and nutrition standards of the National School Lunch program, found on the website for the USDA Food and Nutrition Service Department:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

The Healthy Hunger-Free Kids Act of 2010 (HHFKA) directed the United States Department of Agriculture (USDA) to establish nutrition standards for all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers. Section 10 of the Child Nutrition Act of 1966, 42 USC 1779, as amended by the HHFKA, requires that all food and beverages sold outside of the school meals programs, on the school campus at any time during the school day must meet the nutrition standards set forth in the interim final rule titled, "National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010". This interim final rule, also known as "Smart Snacks", was published on June 28, 2013 and is effective July 1, 2014.

The rule can be accessed online at: <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf>.

In accordance with Section 210.11(b)(4), the New York State Education Department (SED) is electing to establish a policy that no fundraising exemptions may be granted and is prohibiting any food related fundraisers that do not meet the nutritional standards from being held during the school day.

This approach supports the intent of the HHFKA and the Smart Snacks nutrition standards to ensure the development of healthier school environments. Implementing consistent nutrition standards throughout the school building will enhance the learning environment and contribute to the overall health and well-being of all students. In addition, consistently providing healthier foods and beverages everywhere on the school campus will build on the great strides being made in the cafeteria.

USDA has defined a fundraiser as any activity where currency/tokens/tickets, etc., are exchanged for a product in support of the school or school-related activity. For example, giving away food but suggesting a donation would be considered a fundraiser, since funds would be raised as a result.

The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

**SUMMARY - INTERIM FINAL RULE ON COMPETITIVE FOOD STANDARDS -**

Food/nutrient	Standard	Exemption to the standard
General Standard for Competitive Food	<p>To be allowable, a competitive FOOD item must:</p> <p>(1) Meet all of the proposed competitive food nutrient standards; and</p> <p>(2) Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or</p> <p>(3) Have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or</p> <p>(4) Be a combination food that contains at least ¼ cup fruit and/or vegetable; or</p> <p>(5) Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.</p> <p>*If water is the first ingredient, the second ingredient must be one of the above.</p>	<ul style="list-style-type: none"> <li>· Fresh and frozen fruits &amp; vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>· Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup, are exempt from all nutrient standards.</li> <li>· Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.</li> </ul>
NSLP/SBP Entrée Items Sold a la Carte	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is served as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole	

	grains as the first ingredient.	
Total Fats	Acceptable food items must have <35% calories from total fat as served.	<ul style="list-style-type: none"> <li>· Reduced fat cheeses (including part-skim mozzarella is exempt from the total fat standard.</li> <li>· Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> <li>· Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> <li>· Seafood with no added fat is exempt from the total fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have <10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>· Reduced fat cheeses (including part-skim mozzarella) is exempt from the saturated fat standard</li> <li>· Nuts and seeds and nut/seed butters are exempt from the saturated fat standard</li> <li>· Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards</p>
Food/nutrient	Standard	Exemption to the standard
Trans Fat	Zero grams of trans fat as served (<0.5 g per portion).	
Sugar	Acceptable food items must have <35% of weight from total sugar as served.	<ul style="list-style-type: none"> <li>· Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>· Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> <li>· Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</li> </ul>
Sodium	Snack items and side dishes sold a la carte: <230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: <200 mg	

	sodium per item as served, including any added accompaniments. Entrée items sold a la carte: <480 mg sodium per item as served, including any added accompaniments.	
Calories	Snack items and side dishes sold a la carte: <200 calories per item as served, including any added accompaniments. Entrée items sold a la carte: <350 calories per item as served including any added accompaniments.	
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards. <b>Accompaniments must be portioned.</b> They do not have to be purchased this way but a students must receive a portioned amount (for example, you could place a tablespoon of cream cheese on the plate but the student cannot have open access to a pound of cream cheese.	
Caffeine	Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. <b>HIGH SCHOOL:</b> foods and beverages may contain caffeine.	

Food/nutrient	Standard	Exemption to the standard
Beverages	<p><b>ELEMENTARY SCHOOL:</b></p> <ul style="list-style-type: none"> <li>· Plain water or plain carbonated water (no size limit);</li> <li>· Low fat milk, unflavored (&lt;8 fl oz);</li> <li>· Non-fat milk, flavored or unflavored (&lt;8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>· 100% fruit/vegetable juice (&lt;8 fl oz); and</li> <li>· 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (&lt;8 fl oz).</li> </ul> <p><b>MIDDLE SCHOOL:</b></p> <ul style="list-style-type: none"> <li>· Plain water or plain carbonated water (no size limit);</li> </ul>	

	<ul style="list-style-type: none"> <li>· Low-fat milk, unflavored (&lt;12 fl oz);</li> <li>· Non-fat milk, flavored or unflavored (&lt;12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>· 100% fruit/vegetable juice (&lt;12 fl oz); and</li> <li>· 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (&lt;12 fl oz).</li> </ul> <p><b>HIGH SCHOOL:</b></p> <ul style="list-style-type: none"> <li>· Plain water or plain carbonated water (no size limit);</li> <li>· Low-fat milk, unflavored (&lt;12 fl oz);</li> <li>· Non-fat milk, flavored or unflavored (&lt;12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>· 100% fruit/vegetable juice (&lt;12 fl oz);</li> <li>· 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (&lt;12 fl oz);</li> <li>· Other flavored and/or carbonated beverages (&lt;20 fl oz) that are labeled to contain &lt;5 calories per 8 fl oz, or &lt;10 calories per 20 fl oz; and</li> <li>· Other flavored and/or carbonated beverages (&lt;12 fl oz) that are labeled to contain &lt;40 calories per 8 fl oz, or &lt;60 calories per 12 fl oz.</li> </ul>	
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Parties, Celebrations, Food-related Fundraising, and Food Rewards/Punishments:

Whenever possible, nutritious and appealing foods, such as fresh fruits and vegetables, low-fat and non-fat dairy foods, whole grain and low fat products shall be available where food is offered at school.

School sponsored events shall meet nutritional standards and other guidelines set by the District.

**A la cart items offered or sold from 30 minutes after the end of the school day until midnight**

- A la carte items offered through vending machines, student stores, snack bars, or concession stands or in after-school care programs will make a positive contribution to children's diets and health and, whenever possible, will include healthy choices such as fruits and vegetables, low fat milk, fat-free milk, and water, as well as whole grain and low fat products.
- The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

## **Rewards**

- Schools will be discouraged from using foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. The District will disseminate information regarding appropriate rewards to teachers.

## **Celebrations**

- Schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The District will disseminate a list of healthy party ideas to parents and teachers. Need to be mindful of the issue of allergies in terms of celebrations.

## **Fundraising activities**

- To support children's health and school nutrition-education efforts, the District will discourage school fundraising activities that involve food.
- Fundraising organizers will be encouraged to use only foods that meet the District's nutrition and portion size standards for foods and beverages sold individually.
- The District will encourage fundraising activities that promote physical activity.
- The school district will make available a list of ideas for fundraising activities.

## **School-Sponsored Events (such as performances, athletic events, dances, and so on)**

- Whenever possible, foods and beverages offered or sold at school-sponsored events outside the school day will meet the above nutrition standards for meals or for foods and beverages sold individually.

## **Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to school.

## **Physical Activity**

The Goshen Central School District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. The Wellness Committee has determined that the following standards are necessary to achieve this goal.

- a. **Physical education graduation requirements:** The New York State Education Department requires all students in grades K through 12 to attend and participate in a physical education program. 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. ¼ credits are earned per semester for a total of eight semesters (grades 9-12). This

accumulates to 2 units of credit necessary to receive a diploma. Students may not accelerate in physical education.

- b. **Physical education class requirements:** All pupils in grades K-5 shall attend and participate in physical education two times per week. All pupils in grades 6-12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than two times per week in the other semester.

Adapted physical education may be provided to any child who has a unique need in physical education. Adapted physical education addresses those students that have an individualized education program under Section 504 of the Rehabilitation Act of 1973, or the Individuals with Disabilities Education Act, and Article 89 of the New York State Education Law.

New York State Learning Standards for Physical Education are used as a guideline for our physical education program in grades K through 12.

- c. **Staff training/certification for physical education:** All K-12 physical education teachers are required to hold a valid New York State Teaching Certificate. Staff development is recommended for physical education teachers and athletic coaches to learn and improve upon current academic and athletic trends to better meet the students' needs.
- d. **Physical activity outside physical education classes:** Physical activity outside physical education classes will include but not be limited to:
- Students in grades K through 5 will have outdoor recess on a daily basis, weather permitting. These students are also encouraged to participate in school sponsored clubs and local recreation programs. Whenever appropriate, teachers will incorporate movement and physical activity into daily classroom routines and lessons.
  - Students in grades 6 through 12 are encouraged to participate in school sponsored clubs, intramural sports, interscholastic athletics, and local recreation programs. Whenever appropriate, teachers will incorporate movement and physical activity into daily classroom routines and lessons.

#### **Other School-based Activities**

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Committee has determined that the following standards are necessary to achieve this goal.

- a. All schools in our district will participate in the federal school meal programs (National School Breakfast Program and National School Lunch Program).

- b. All students will have access to free/reduced price meals in a non-stigmatizing manner and the District will work to prevent the overt identification of students who are eligible for free and reduced-price.
- c. After-school programs for our students will be encouraged to incorporate nutrition related components, healthy snacks, and physical activity.
- d. Whenever possible, the District will provide facility access to students, families, staff, and the community for physical activity. The District will place links to fitness related clubs and activities on the website.
- e. Activities to promote staff wellness will be developed and implemented by the school health committee in each district location. This includes activities such as the Goshen Fit Club.
- f. Activities to promote student wellness will be developed and implemented by the school health committee in each district location. These will include information germane to nutrition, as well as non-nutrition related activities. (STRESS REDUCTION and the like). These will be age appropriate activities by grade level.
- g. This Wellness Policy will be publicized through the District's newsletter, calendar and website.

#### **Implementation and Evaluation of the Wellness Policy**

In accordance with law, the District's wellness policy was approved by July 1, 2006; and the District will continue to ensure school and community awareness of this policy through various means. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel: administrators; school health personnel including the school nurse and the health, family and consumer science teachers, and/or physical education teachers; and the District's food service director.

These designated staff members shall annually report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the district. That report will be provided to the school board and also distributed to the Wellness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. The report shall also be

available to community members upon requests. The report shall also be available on the district's website to facilitate open communication with the community at large.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Communication with and training for teachers, parents, students and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meals and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgement will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a Web site, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District will coordinate with the Orange County Department of Health to facilitate this assessment, should it be deemed appropriate. The District and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation and communication.