



CITY SCHOOL DISTRICT OF ALBANY WELLNESS POLICY

PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, a large percentage of students do not participate in sufficient vigorous physical activity;

Whereas, a minimum percentage of children (2 to 19 years) eat a healthy diet that includes the recommended servings of fruits and vegetables;

Whereas, nationally, the items most commonly sold outside the school meal program on school grounds include low-nutrition foods and beverages;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

The City School District of Albany is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

DISTRICT WELLNESS COMMITTEE

The City School District of Albany formed a Wellness Committee represented by administrators, faculty, staff, students, parents, and community members. A full list of members is attached.

The City School District of Albany will work with the Wellness Committee to develop, implement, monitor, review, and, as necessary, revise the District Wellness Policy.

MONITORING AND POLICY REVIEW

MONITORING

The superintendent or designee will ensure compliance with established district-wide Wellness Policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies 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). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The district will administer the Youth Risk Behavioral Survey every two years as a means of assessing needs.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established Wellness Policy, based on input from schools and related staff within the district. That report will be provided to the Board of Education and also distributed to the Wellness Committee, parent/teacher organizations, school principals, and school health services personnel in the district.

POLICY REVIEW

The district will review and update the Wellness Policy and develop work plans to facilitate its implementation annually.

COMMUNICATION STRATEGIES

The district will provide information related to the Wellness Policy through various forms of media.

POLICY COMPONENTS **HEALTH EDUCATION**

The City School District of Albany will provide comprehensive, skills-based, integrated health education that is validated and aligned with NYS standards to elementary and secondary students. This includes nutrition and physical education.

The City School District of Albany will, to the extent possible, provide professional development to insure that staff who present health education are appropriately prepared.

The City School District of Albany will share health related information with families to positively impact community health.

The City School District of Albany will support initiatives to increase participation in school meal programs.

The City School District of Albany will strive to evaluate student performance related to health and provide information to parents regarding student progress.

PHYSICAL EDUCATION

The City School District of Albany will provide a comprehensive sequential Physical Education curriculum that is validated and aligned with the New York State Standards for elementary and secondary students. This curriculum will have an emphasis on lifetime fitness activities. This curriculum will be taught by New York State certified Physical Education instructors.

The City School District of Albany will provide administrative leadership to the Health and Physical Education staff to coordinate professional development, new initiatives, communication and motivation.

The City School District of Albany will provide, to the extent possible, appropriate computer access to all Physical Education offices to allow for comprehensive, timely communications throughout the department.

The City School District of Albany will work to create partnerships and mentorships with community agencies to increase student physical activity and improve student and staff wellness.

The City School District of Albany will share Physical Education information with families to positively impact community health.

NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

All foods made available on the school campus will meet nutritional requirements set by the USDA, State and Federal government for the School Breakfast and National School Lunch Program, and the “Choose Sensibly” program.

Food used in the classroom for incentives, rewards, birthday, or holiday celebrations is strongly discouraged. Once a month, students at the elementary level will be provided with a “celebration” dessert as part of the lunch menu. This dessert will meet the “Choose Sensibly” guidelines. Classroom celebrations will focus on songs, physical activity, and games that support the educational mission of the district.

All vending machines throughout the district will be controlled by the Food Service Department and will contain only items that meet the “Choose Sensibly” guidelines in grades K–8, except for vending machines in faculty rooms. At least 50% of the items in high school

beverage machines will be “Choose Sensibly” items. Students at this level will be included in the development and implementation of new, healthy items.

All foods provided during meals and at events on campus throughout the calendar year must be ordered through our Food Service Department. Should the requested items not be available, the department will refer the request to an appropriate vendor.

The sale of soda and foods of low nutritional value is prohibited on the school campus and at school events. Soda will not be sold or distributed in school or at school events.

The district will provide whole grains, whenever possible, and increase fresh fruit and vegetable offerings.

The district will support measures to provide universal breakfast at the elementary level.

Competitive food sales are prohibited during the school day.

Only foods that meet the “Choose Sensibly” guidelines may be used for promotions or fund-raising activities. Organizations are encouraged to use non-food items for this purpose.

Nutritional information for products offered in vending machines and a la carte areas will be readily available near the point of purchase.

The City School District of Albany will include students in planning food service menu offerings.

The City School District of Albany will provide satellite programs and full service facilities that offer a variety of nutritious, appealing selections.

CHILD NUTRITION OPERATIONS, ENVIRONMENT, FOOD SAFETY

The City School District of Albany will employ a food service director who is properly qualified according to current professional standards.

All food service staff will have Hazard Analysis and Critical Control Points training.

All foods made available on campus will comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food borne illnesses.

For the safety and security of the food and facility, access to the food service operational areas will be secured, alarmed and limited to food service staff and authorized personnel.

The City School District of Albany will, to the extent possible, operate a summer food service program (SFSP) for children who are eligible for federal program support.

The City School District of Albany will promote measures to increase participation in the school breakfast and national school lunch program.

The City School District of Albany will, to the extent possible, provide adequately trained personnel to efficiently monitor cafeterias during meal shifts.

The City School District of Albany will provide a clean, safe environment in which to eat.

The City School District of Albany will provide students with adequate time in which to consume meals, a minimum of 10 minutes for breakfast and 20 for lunch.

The City School District of Albany will, to the extent possible, promote a 15-minute period for recess, preferably prior to meals.

The City School District of Albany will market and promote nutrition and school meals in media and print for maximum exposure and community education.

OTHER SCHOOL BASED ACTIVITIES

The City School District of Albany will provide a program of health services that enhances the educational process through the promotion, protection, maintenance, and improvement of the health status of students and staff.

The City School District of Albany will, to the extent possible, provide after-school programs that encourage physical activity and healthy habit formation. This will include a program of intramurals and interscholastic sports.

The City School District of Albany will open its facilities, to the extent possible, to community organizations promoting wellness activities for students, parents, and staff.

The City School District of Albany will develop community partnerships that serve as a resource for programs, activities, and events.

The City School District of Albany will offer Employee Assistance Programs and promote wellness activities throughout the district.

The City School District of Albany will develop and support the engagement of students, families, and staff in community health enhancing activities and events at the school or throughout the community.

RESOURCES/REFERENCES

National Alliance for Nutrition and Activity (NANA), www.nanacoalition.org

Action for Healthy Kids, www.actionforhealthykids.org

Youth Risk Behavior Survey (YRBS) Data, City School District of Albany

ATTACHMENT A – COMMITTEE MEMBERS

First Name	Last Name	Job Title	Company
William	Hogan	Asst. Superintendent for Business Affairs	City School District of Albany
Marianne	Leung	Physical Ed Teacher	Albany High School
Elsyda	Ahmed	Student	Albany High School
Leslie	Bogucki	Phys Ed Teacher	Albany School of Humanities
Dorinda	Davis	Principal	Philip J. Schuyler Achievement Academy
Margaret	DiManno	Assistant Commissioner of Health	Albany County Health Department
Casey	Dinkin	Child Nutrition Outreach Coordinator	Nutrition Consortium of NYS
Susan	Dwyer	Health Teacher	Albany High School
J.W.	Gayle	Food Service Director	Livingston Middle School
Nancy	Jones	Safe and Drug Free School Coordinator	School Support Services
Denise	Kolankowski	President; Parent	Albany Booster Club
Terry	Nord	Health Services Coordinator	Albany High School
Carolyn	Peterson-Vaccaro	President; Parent	Albany Fund for Education
Sara	Phelps	School Policy Coordinator	Student Support Services Center, Capital Region BOCES

Nathan	Pierce	Teaching Assistant	City School District of Albany
Lois	Schultz	Cook Manager	Albany High School
Florence	Selin, DTR, SFNS	Consultant, Child Nutrition	American Dairy Association & Dairy Council, Inc
Onnolee	Smith	Past-President; Parent	Albany City Council PTA
Arnelle	Ullrich	Project Coordinator for Afterschool Programs; Facilities Coordinator; Parent	Livingston Middle School