

WELLNESS POLICY ON NUTRITION AND PHYSICAL EDUCATION

The well-being and support we can provide our students in maintaining a healthy lifestyle is the goal of our local wellness policy.

Statement of Commitment

The Bethlehem Central School District (the District) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by providing comprehensive curricula and experiences in Health and Physical Education that support healthy eating and physical activity. Therefore, it is the policy of the District that:

- A. All students in grades K-12 will have opportunities, support, and encouragement to be physically active before, during, and after school.
- B. All foods and beverages sold or provided by schools participating in the National School Lunch Program and/or School Breakfast Program will meet and/or exceed the minimum federal and state nutrition standards. This includes items in vending machines and a la carte/snack products that students have access to during the school day.
- C. In any school(s) where the District has opted not to participate in the National School Lunch Program and/or School Breakfast Program, the District will aim to provide nutritious food and beverage choices that conform to the most recent USDA Dietary Guidelines for Americans. The District will provide financial support to the Food Service Department in order to maintain a free and/or reduced price student meal program at such schools.
- D. Schools will provide education to foster lifelong habits of healthful eating and physical activity.
- E. The District is committed to providing an environment in all of our schools where students will be supported by mental health services to ensure their achievement and success.
- F. The District will encourage and support staff to practice healthy nutrition and physical activity behaviors in and out of school.
- G. The superintendent, in conjunction with the Coordinated Health Team, will assist the Board of Education in its management, oversight, implementation, communication, and evaluation of the Wellness Policy and its established goals and objectives.
- H. At least once every three years, the District will evaluate compliance with the current Wellness Policy and update the policy to reflect improvements/changes to evidenced-based guidance and/or best practices that support student wellness.

To Achieve These Goals

The District will follow the Center for Disease Control's Coordinated School Health Model. The Coordinated Health Team will consist of parents/community members; school administration; staff representatives from health and physical education, counseling, psychological and social services, health services, the director of Food Service, and teachers, and will be chaired by the superintendent, or his/her designee. The Health Team will act in an advisory role to provide input to the superintendent and the Board of Education. Final policy decisions are determined by the Board of Education.

ADOPTED: June 20, 2007

REVISED: September 19, 2007

REVISED: January 4, 2012

REVISED: December 4, 2013

REVISED: June 21, 2017