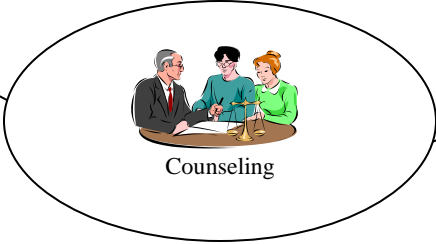
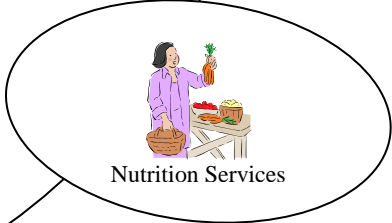
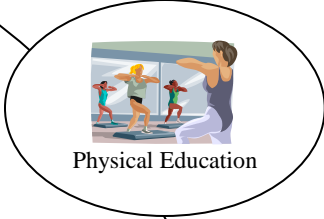
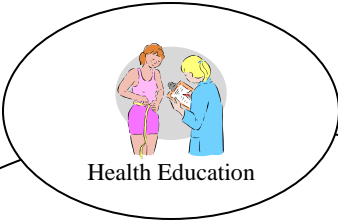


CLVCS

Wellness

Policy



The Cattaraugus Little Valley Central School District acknowledges the need to promote staff and student wellness within the school setting for the purpose of fostering and sustaining a thriving learning environment. The district supports the idea that positive health and wellness is directly correlated with increased student achievement (*Society of State Directors of Health, Physical Education, and Recreation, 2005*) and realizes partnerships between schools, families, community groups, and individuals are critical to the success of health promotion and implementation.

In compliance with Federal Public Law (PL 108.265 Section 204), the CLV district has established a local wellness policy, effective July 1, 2006. The wellness policy is inclusive of health and wellness standards set forth by the US Department of Agriculture (USDA), US Department of Health and Human Services (HHS), and NYS Education Department. The policy was created using data collected through School Health Indexes (2005), Worksite Heart Check, and staff health surveys conducted by C&K Preventive Health.

The CLV wellness policy focuses on eight areas of wellness relating to the school setting. These areas include environment and policies, health education, physical education, nutrition services, school health services, school counseling & psychology, health promotion for staff, and family and community involvement. Additionally the policy emphasizes the need for continuous communication between staff, students, parents, and community members.

It is the policy of the Cattaraugus Little Valley Central School District that:

1. The school district engages students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies
2. All students in grades K-12 have opportunities, support and encouragement to be physically active on a regular basis
3. All students in grades K-12 have opportunities, support and encouragement to meet nutrition recommendations set forth by the USDA, HHS, and School Nutrition Association (SNA)
4. Health curricula is sequential, and interdisciplinary nutrition and physical activity is provided and promoted
5. Staff wellness is fostered through professional development, on site wellness programs & activities, and continuous communication
6. Health and wellness is promoted throughout the CLV community and accessibility to school facilities is supported
7. Meaningful and purposeful wellness programs are established for the purpose of providing lifelong health skills and habits

Therefore, the CLV district strives to accomplish the goals outlined above through the following methods:

I. Establishment of a School Health Council (Wellness Committee)

- The school health council will engage staff, students, and community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- The school health council will likely meet on a monthly basis and will work to develop environmental changes that acknowledge healthy activities and lifelong wellness practices

II. Emphasis on Health Education (K-12)

- The CLV district will work to develop a sequential health curricula consistent with NYS state or national health standards
- Health education will include developmental appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, field trips, etc.
- CLV Health education will promote fruit, vegetable, whole grain, low fat & fat free dairy products, healthy food preparation methods, and healthy-enhancing nutrition practices (ex. Reading food labels, planning healthy snacks,)
- CLV classroom health education will complement physical education by reinforcing the knowledge and self management skills needed to maintain a physical active lifestyle- opportunities for physical activity will be incorporated into other subject areas

III. Enhancement of Physical Education & Other Physical Activity Programs

- The CLV district will strive to ensure students attain the NYS designated number of minutes of physical education per week
- Physical education for CLV students will encompass goal setting, decision making, and self monitoring
- Classroom teachers will provide short physical activity breaks between lessons or classes, as deemed appropriate
- If possible, elementary students will receive at least 20 minutes of daily supervised recess that encourages physical activity
- Extracurricular physical activity programs will be supported by the CLV district (ex. Intramural sports, fitness clubs, etc.)
- CLV staff will not withhold physical activity (recess, physical education) as means of punishment

IV. Nutrition Services**1. School Meals**

- Breakfast and lunch programs @ CLV will meet U.S Department of Agriculture School Meal Nutrition Standards
- A variety of fruits and vegetables will be offered to students

- Low fat (1%) and fat free milk will be served
- Half of the served grains will be whole grain
- CLV will make every effort to eliminate any social stigma attached to students who are eligible for free and reduced priced school meals
- CLV will engage parents and students through taste tests of new entrees and surveys in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices
- Information about the nutritional content of meals will be shared with parents and students through multiple sources of communication (menus, website, place cards, etc.)
- Qualified nutrition professionals will administer the school meal programs

2. Foods & Beverages Sold Individually (vending machines, a la carte, fundraisers, school stores, etc.)

- Nutritional information for products offered in snack bars, a la carte, vending, and school stores will be readily available and located near point of purchase
- Beverages and foods sold individually will comply with nutrition and portion size standards set forth by the NYS Department of Education
- Healthy choices will be offered through a la carte, vending, school stores, fundraisers, etc. (water, fruit and vegetable juices that contain at least 50% juice, unflavored or flavored low fat, or fat free fluid milk, fresh fruits & vegetables, granola bars, cereal bars, etc.)
- The CLV district will encourage fundraising activities that support physical activity and national standards set forth by the USDA (sale of fruit, bottled water, etc.)
- Healthy snacks will be encouraged within the classroom settings.

V. School Health Services

- The CLV health services providers (nurses) will promote health and safety of students and families by addressing the following
 1. Promoting physical activity
 2. Promoting healthy eating
 3. Preventing tobacco use
 4. Preventing unintentional injuries
 5. Preventing violence
- The CLV health service providers will collaborate with staff to promote student and staff health by developing curricula, developing school wide activities, and developing policy

- The CLV health service providers will assist in developing, implementing, and evaluating the school emergency response plan

VI. School Counseling, Psychologist, & Social Services

- The CLV counselors and psychologists will promote health and safety for students and families
- The CLV counselors and psychologists will serve as resources for those students and staff suffering from mental, emotional, or physical health concerns

VII. Health Promotion for Staff

- The CLV district values the health and well being of staff and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle
- Health screening for staff members will be offered at least once per year
- Stress management programs will be provided to staff members and various activities will be established to help alleviate stress (i.e. walking program, basketball tournaments, etc.)
- Program will be offered to staff members that focus on physical activity and fitness (workshops, special events, etc.)
- Programs will be offered to staff members that focus on healthy eating/weight management (walking program, workshops, yoga classes, etc.)
- The CLV district will promote staff participation in various wellness activities through flyers, e-mails, announcements at staff meetings, incentives/reward programs, information included within paychecks

VIII. Promotion of Family & Community Involvement

- The CLV district will provide parents with nutrition information, post nutrition tips on the school website, and provide nutrient analyses of school menus
- The district will support parents' efforts to provide their children with opportunities to be physically active outside of school
- The CLV district will strive to provide community members with access to indoor and outdoor school facilities for the purpose of wellness related activities (weightlifting, walking program, aerobics, etc.)
- Open communication with parents will transpire through various modes of presentation (newsletter, mailings, e-mail, flyers, seminars, etc.)

The Cattaraugus Little Valley Central School anticipates evaluation of the wellness policy will occur every two to three years. Evaluation will transpire through school assessments pertaining to policy compliance and wellness progress. The CLV district will review the eight components of the wellness policy to determine areas of strength and areas of need. As necessary, the district will revise policies and develop work plans to facilitate their implementation. The district superintendent (or designee) will develop a summary report upon each evaluation based on the information collected from the schools. The report will be provided to school board members, parent/teacher organizations, school principals, and school health services within the district.

On-Line Resources

Action for Healthy Kids: www.actionforhealthykids.org

American Diabetes Association: www.diabetes.org

American Diabetic Association: www.eatright.org

Centers for Disease Control and Prevention: Healthy Schools:
www.cdc.gov/healthyyouth/index.htm

Center for Science in the Public Interest/National Alliance for Nutrition and Physical Activity (NANA):
www.cspinet.org/nutritonpolicy/improve-school-foods-without-losing-revenue2.pdf

CSPI School Foods Toolkit: www.cspinet.org/schoolfood/indec.html

National Association of State Boards of Education: www.nasbe.org/healthyschools

National Diabetes Education Program: www.ndep.nih.gov

United States Department of Agriculture: Changing the Scene: Improving the School Nutrition Environment Toolkit:
www.fns.usda.gov/th/healthy/changing.html

Making it Happen: School Nutrition Success Stories: www.fns.usda.gov

New York State Department of Health: www.health.state.ny.us

New York State Education Department: Student Support Services:
www.emsc.nysed.gov/sss/home_green.html

The YMCA Activate America Initiative: www.ymcs.net

MyPyramid for Kids: www.mypyramid.gov/kids/

American Academy of Pediatrics: www.aap.org

Healthy Youth! Key Strategies to Prevent Obesity:
www.cdc.gov/healthyyouth/keystrategies/

Improving the Health of Adolescents & Young Adults: A Guide for States and Communities: www.cdc.gov/healthyyouth/nationalinitiative/guide.htm

Kids Walk to School: www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Menu Planning in the National School Lunch Program:
www.fns.usda.gov/cnd/menu/menu_planning.doc