

LOCAL WELLNESS POLICY

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

The Broadalbin-Perth Central School District provides a stimulating and safe environment of success through lifelong learning. Students of all ages will develop intellectually, emotionally, socially and physically through the cooperative efforts of school and community, all striving for excellence.

The Broadalbin-Perth Central School District recognizes and acknowledges that schools can only achieve their primary mission of education if students and staff are physically, mentally and socially healthy. The Board believes that schools should provide a campus-wide environment where students are taught healthy eating habits and gain physical activity knowledge, skills and values. In addition, the campus environment should provide ample opportunity to practice these skills on a daily basis.

Nutrition Education Component 1:

Every year, all students, PreK – Grade 12 students shall receive nutrition education that is aligned with New York State Standards for Health, Physical Education and Family and Consumer Science. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating habits shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining room areas and classrooms. Staff members who provide nutrition education shall have the appropriate staff development opportunities.

Setting Physical Activity Goals Component #2:

The primary goal for the school's physical activity component is to provide opportunities for every student to develop knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physical active and healthful lifestyle.

Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

Physical education classes and teachers shall be in accordance with New York State regulations.

Nutrition Education Standards Component #3:

The Broadalbin-Perth Central School District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in the federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider the nutrient density and portion size before permitting food and beverages to be sold or served to students.

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Setting Goals for Other School Based Activities Component #4:

The District shall strive to create a healthy school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

In order to create this environment, the district shall provide ~

- a clean, safe, enjoyable meal environment for students,
- enough space and serving areas to ensure all students have access to meals with minimum wait time,
- drinking fountains in all schools, so that students can get water at meals and throughout the day
- encouragement to maximize student participation in school meal programs, and
- identity protection of students who eat free and reduced-price meals.

The Broadalbin-Perth Central School District has organized a Wellness Committee to revisit the Local Wellness Policy on an annual basis in order to make recommendations to the Board of Education.