

AuSable Valley Central School District **Nutrition and Physical Activity Policy**

Preamble:

This policy is reflective of the district's mission, "The mission of the AuSable Valley Central School District is to prepare all AVCS students for the demands and challenges of life. The District will work to achieve this goal in cooperation with students, parents, and the community." This policy also supports the district's vision, "to ensure that every AuSable Valley graduate possesses skills for career and life long learning." The policy has been created in support of the district's mission and in response to federal legislation including Public Law 108-265, also known as the Federal Child Nutrition and WIC reauthorization Act of 2004.

Intent:

AuSable Valley Central School District promotes student well being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district recognizes that collaborating with parents, teachers, students, school personnel and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for students to achieve their full academic potential as well as lifelong good health.

Nutrition Education: Students in grades K-12 will receive nutrition education within the curriculum and through interactive activities, which teach the knowledge, attitudes, skills, and behaviors they need to adopt healthy and enjoyable eating habits. School personnel will be encouraged to serve as role models in practicing healthy eating behaviors when in direct contact with students.

School Meals: The district shall support use of the school meal program by providing healthy meal choices within a fiscally responsible budget. School meals shall meet the nutritional standards set forth by local, state and federal guidelines and will begin to incorporate more low fat dairy, fruits, vegetables and whole grains offerings. Efforts will be made to provide a clean and pleasant physical environment for school meals.

Other foods sold on campus during school hours: With the exception of the *school meal program*, foods and beverages cannot be sold until the end of the last lunch period. Foods and beverages sold after the last lunch set will begin incorporating healthier food choices and initiate a transition towards local, state, and federal nutrition guidelines, with the long-term goal of meeting such guidelines for all foods offered.

Fundraising and vending: All fundraising and vending after school hours will begin incorporating healthier food choices and initiate a transition towards local, state, and federal nutrition guidelines, with the long-term goal of meeting such guidelines for all foods offered.

Other foods available during school hours (classroom celebrations, snacks meetings and rewards): Schools should limit classroom celebrations, snacks, rewards and meetings that involve foods and beverages that do not meet the established local, state and federal nutrition guidelines. Additionally, foods and beverages should

not be withheld as punishment. The utilization of physical activity events for celebrations and rewards is encouraged.

Physical Activity: In addition to physical education classes, physical activity will be encouraged on a daily basis to provide students with a variety of opportunities to gain knowledge and acquire the skills necessary to lead a physically active lifestyle.

Evaluation: The district will continue to support the wellness committee, which will include representation from the school board, students, parents, faculty, staff, and administration. The committee will meet a minimum of three (3) times per academic year for the purpose of review, revision, establishment, and implementation of annual goals.

Monitoring: The superintendent or designee will ensure compliance with the district-wide nutrition and physical activity wellness policy. In each building, the principal or designee will ensure compliance with the policies in his/her building and will report activities and progress to the school district superintendent or designee.