

POLICY

2019

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Students

SUBJECT: WELLNESS

The Whitesville School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.

The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) Physical Education teachers;
- d) School health professionals;
- e) The District's food service program;
- f) School administrators; and
- g) Members of the public.

The District Wellness Committee will also be responsible for assessing current activities, programs and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of the policy. In so doing, the Wellness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

Implementation and Evaluation of the Wellness Policy

The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District designates a school administrator to have operational responsibility for ensuring that the District meets once a year in October to evaluate the policy and recommend updates.

Mission Statement:

The Whitesville School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The district recognizes the importance of the physical/mental/emotional health of its students and its direct correlation with academic achievement. The district also encourages the promotion of physical/mental/emotional wellness among faculty/staff and community.

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SUBJECT: WELLNESS (Cont'd)

Module 1: School Health Policies and Environment

A) In school fundraisers

- Encouraged to seek alternative activities and events that support healthy lifestyles in order to raise money.
- All will comply with current State law prohibiting the sale of nutritional food items before the end of the last school lunch period.

Module 2: Health Education

A) Nutrition Education

- Students will be encouraged to start each day with a healthy breakfast.
- Faculty encouraged to incorporate nutrition education into curriculum.

B) Essential Topics on preventing unintentional injuries, violence and suicide.

Module 3: Physical Education and Other Physical Activity Programs

A) Physical Activity

- Classroom teachers are encouraged to voluntarily incorporate physical activity into their classroom setting.
- It is encouraged that students be allowed time for physical activity in between lessons during the school day (i.e. Recess, walk periods)
- Single (grade level) PE classes will be scheduled whenever possible.
- The district shall discourage the use of physical activity as punishment.

B) Instruction for Special Health Care Needs

- Modified PE class/classes & Independent Studies will be scheduled when possible.

C) Physical Education Safety Practices

- The school will provide a physical and social and emotional environment that is safe for all students.
- Physical education teachers will practice active supervision.
- Physical education teachers will encourage pro-social and pro-physical behaviors.
- Introduction to the wellness room.

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SUBJECT: WELLNESS (Cont'd)

Module 4: Nutrition Services

A) A La Carte Items

- Items offered A La Carte will fit the nutritional guidelines set by NYS.
- Nutrition information for products offered a la carte and in vending machines shall be readily available near the point of purchase.

B) Sites outside the Cafeteria

- Sites outside of the cafeteria offer appealing low fat items or healthy alternatives in conjunction with current choices.

Examples of sites outside the cafeteria include:

- ✓ Vending machines
- ✓ School stores
- ✓ Meetings
- ✓ Parties and special events
- ✓ Extended day programs
- ✓ Athletic Events (pre-game, during game provided by coach or parents)

Module 5: Health Services

A) Promote Knowledge of Physical activity and Health and Wellness

- Increase the availability of information regarding physical activity and health and wellness.

Examples of this include:

- ✓ Bulletin Board displays
- ✓ Personal best tests
- ✓ School newsletter
- ✓ Small group or classroom discussions
- ✓ Individual advice or counseling
- ✓ School website
- ✓ Distributing educational materials to students/staff
- ✓ Train students, grades 9-12 and staff in First Aid, CPR & AED

B) Assess extent of injuries on school property

- Analyze data related to injuries and identify trend or problem areas.
- Follow Concussion Management Policy Protocol.
- Data will be reviewed annually

C) School Nurse as Health/Wellness Resource

- Provide staff/faculty with health/wellness related educational material upon request.
- Nurse will create incident spreadsheet comparison to see how concussions or other serious incidents have been reported over the past 3 years.

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Students

SUBJECT: WELLNESS (Cont'd)

Module 6: Counseling, Psychological, and Social Services

A) Identification

- Students are referred for counseling services through the following:
 - ✓ Teacher referrals
 - ✓ Family/Parent Requests
 - ✓ Student requests
 - ✓ Child Study Team
 - ✓ CSE/CPSE committees
 - ✓ School nurse referrals

B) Referrals

- The school counselor when deemed appropriate refers students for outside agency counseling services.

Module 7: Health Promotion for Staff/Faculty

A) Health screening for staff/faculty

- School will offer staff/faculty members physical health screenings by the school nurse at least once a year.

Examples include:

- ✓ Height and weight
- ✓ Blood pressure
- ✓ Vision and hearing screenings

B) Health screening for students

- School will perform physical health screenings on all athletes annually.

Module 8: Family and Community Involvement

A) Community access to school facilities

- The school will allow the use of school facilities to be made available to the public outside school hours, provided safety regulations are followed and the time does not interfere with school sponsored activities.

B) Community health and wellness education

- Nutrition education will involve sharing with families and the broader community information about the importance of nutritious snacks and meals.

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Students

SUBJECT: WELLNESS (Cont'd)

Policy revision guidelines:

- The Wellness committee will meet yearly to review the said policy and will identify one new goal each year to incorporate into the policy in order to address all areas of wellness for students and staff. IE: physical/mental/emotional health.
- The committee will analyze feedback from faculty/staff in order to evaluate the success of the above policy and make modifications where needed.
- The Wellness committee will post the Wellness Policy assessment on the website following the October meeting each year.

Adopted: 6/19/06

Revised: 10/20/14

Revised: 4/21/15

Revised: 11/9/16

Revised: 10/15/19