



## WEST BUFFALO CHARTER SCHOOL WELLNESS POLICY

West Buffalo Charter School (WBCS) 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.

### **Wellness Committee:**

WBCS will establish a Wellness Committee to oversee WBCS's local wellness policy, making such policy recommendations for review and adoption by the School Administration. WBCS's Wellness Committee will include representatives from each of the following groups: Parents, Parent Liaison, WBCS food service program representative, Teachers, School Administrator, School Nurse and Board member.

The WBCS Wellness Committee will assess current activities, programs and policies at WBCS; identify specific areas of need within WBCS; and provides mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is being established to represent the local community's perspective on the Wellness Policy for WBCS.

### **Goals to Promote Student Wellness:**

Taking into account the parameters of the school's academic programs, annual budget, staffing issues, and available facilities, as well as the community in which WBCS is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee will recommend various nutrition, physical education, physical activity and other school-based activities:

#### ➤ **Nutrition Education**

1. Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers as well as our community partners including but not limited to D'Youville College and the Massachusetts Avenue Project (MAP).
2. Students will receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media. The WBCS website will be used to promote nutrition information.
3. Nutrition and wellness information will be provided to parents through newsletters and meetings.

4. The Wellness Committee will be responsible for using the School Health Index and collecting health and nutrition data which will be used to guide decisions on Wellness activities, programs and policies at WBCS.

➤ **Physical Activity**

WBCS will provide opportunities for every student to develop the knowledge and skills for:

1. Specific physical activities
2. To maintain physical fitness,
3. To regularly participate in physical activity,
4. To understand the short-term and long-term benefits of a physically active and healthy lifestyle.

➤ **Other School-based Activities**

WBCS will establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where school decision-making related to nutrition and physical activity encompasses all aspects of the school:

1. Federal School Meal Programs:
  - a) WBCS will participate to the maximum extent practicable in available federal school meal programs [School Breakfast Program, National School Lunch Program (including after-school snacks), and the Summer Food Service Program].
  - b) The Food Service Program will provide meals that are free of additives and processed foods, and incorporate a variety of fresh foods, including fruits and vegetables, into the meals.
  - c) Provide a clean, safe, enjoyable meal environment for students.
  - d) Provide ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education.
  - e) Develop strategies for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

## 2. Nutrition Guidelines:

- Nutritional Values of Foods and Beverages:
  - a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
  - b) Food of minimal nutritional value on the school campus will be evaluated by the Wellness Committee based upon nutrient content. Guidelines for future programs will be established for the school.
  - c) Nutrition information for the menu items will be made available to students, faculty, and parents.
  - d) Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be in compliance with NYS laws.
- Assurance
  - a. Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

### **Implementation and Evaluation of the Wellness Policy:**

WBCS's wellness policy will be updated annually and WBCS will ensure school and community awareness of this policy and wellness activities/programs through various means such as meetings, publication in newsletters, and website. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of WBCS's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

WBCS will utilize the School Health Index data to monitor the effectiveness of the policy and the possible need for further modification over time. The Wellness Committee has operational responsibility for ensuring that WBCS meets the goals and mandates of its local wellness policy.

The Wellness Committee will periodically report to the WBCS School Leader on WBCS's compliance with the wellness policy and the School Leader shall inform the Board of such findings.

The Wellness Committee will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities (Massachusetts Avenue Project, DøYouville College, and other community-based organizations).

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to WBCS's evaluation program. Further, WBCS shall evaluate the financial impact, if any, to the school food service program based on the implementation of the wellness policy.

WBCS will provide nutrition education and physical education, with an emphasis on developing lifelong habits of healthy eating and physical activity, and establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel is an integral part of WBCS's implementation plan.

To the extent practicable, students and parents are involved in the development of strategies designed to promote healthy food choices in the school environment; and the school food service program provides a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcements, such as awards and special activities, will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point-of-purchase" materials.

Assessments of WBCS's wellness policy will be ongoing to help review policy compliance, assess progress, and determine areas in need of improvement. As necessary, WBCS will revise the Wellness Policy and develop plans to facilitate its implementation.