

Center for Spectrum Services

School Wellness Policy

Philosophy

Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and education.

Spectrum Services is committed to providing a school environment promoting and protecting students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The following are components central to Spectrum Services School Wellness Policy:

- Engaging students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Providing students opportunities, support, and encouragement to be physically active on a regular basis.
- Providing foods and beverages served at school that meet nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Ensuring that qualified child nutrition professionals will provide students with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students
- Accommodating the medical, religious, ethnic, and cultural diversity of the student body in meal planning
- Providing clean, safe, and pleasant settings and adequate time for students to eat.
- Participating in available federal school meal programs, including the School Breakfast Program and the National School Lunch Program.
- Providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS, Center for Spectrum Services has accomplished the following:

1. School Wellness Council

Spectrum Services created a School Wellness Council to assist in the development, implementation, monitoring, review, and, as necessary, revision of school nutrition and physical activity policies. The Council may consist of a school administrator, teachers, nurse, physical education instructor, school nutrition program coordinator and a parent representative. Annually, the Wellness Policy will be reviewed by the Board of Trustees for their input. In addition, parents provide input on a regular basis via the school homebooks.

2. School Meals

Spectrum Services participates in the National School Lunch and Breakfast Programs through the SFA-wide Community Eligibility Provision program for all students at both sites. Our School Nutrition Program (SNP) is designed to provide nutritious and well-balanced meals to our students. Both breakfast and lunch are available to all students who attend both the Kingston and Ellenville schools. Participation in this program is completely non-discriminatory and available to all children. New York State does not fully fund this program and it is subsidized by Spectrum Services tuition and fundraising activities.

Our school meals offer:

- An appealing and attractive presentation.
- Preparation and service in clean and pleasant settings, inspected by the Ulster County Health Department twice each year.
- At least a minimum of nutrition requirements established by local, state, and federal statutes and regulations.
- A variety of fruits and vegetables.
- Only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA).
- At least three quarters of the served grains are whole grains.

Monthly breakfast and lunch menus and Information about the nutritional content of meals is available to parents on the parent section of Spectrum Services website.

Breakfast and Lunch All our students have the opportunity to eat breakfast, either at home or at school, and have the ability to enjoy lunch at school. Spectrum Services will:

- Operate the School Breakfast Program and the School Lunch Program.
- Notify parents and students of the availability of both programs and our participation in the SFA-wide Community Eligibility Provision to enable all students to eat at school at no charge to their families.
- Through parent contact by telephone, and meetings, encourage parents to provide a healthy breakfast for their children at home due to extended travel time from home to school

Meal Times and Scheduling: Center for Spectrum Services will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schedule meal periods at appropriate times, e.g., lunch will be scheduled between 11:00 a.m. and 1:00 p.m.
- Provide students access, and instruction when appropriate, to hand washing or hand sanitizing before they eat meals or snacks.

- Take reasonable steps to accommodate the tooth-brushing activities of students as is appropriate to their IEP.

Qualifications of School Food Service Staff: Qualified nutrition professionals administer the school meal programs. Spectrum Services will provide continuing professional development for our nutrition professionals according to their levels of responsibility.

Sharing of Foods and Beverages: Spectrum Services discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

Marketing of Food Products: Spectrum Services does not sell or market any food products outside the School Nutrition Program.

Accommodating Special Nutritional Requirements and Medical Concerns: When a student's medical needs require a special diet, Spectrum Services makes food preparation accommodations to a student's meal program. Parents and physicians must complete a specialized dietary form which is reviewed annually by the school nurse and distributed to all appropriate staff. Spectrum Services food service staff cannot make substitutions due to a child's preferences of food. Food cannot be heated in the classrooms. For students on restricted diets, we request parents send in appropriate snacks which can be used as reinforcers for special activities. Medical concerns are distributed to special educators at the beginning of the school year and summer school, and when informed of any changes in student diets. These concerns are shared with all staff working with a particular child.

Water to Promote Hydration: Free and potable water will be available to all students throughout the school day. Water will be available when school meals are served and during snack times. Water sources will be maintained to ensure good hygiene.

3. Nutrition Education and Promotion

Whenever possible, teachers integrate nutrition education into core curriculum. Nutrition promotion includes participatory activities such as farm visits, cooking activities and experience working in school gardens. The students' nutrition education program is linked whenever possible to the School Nutrition Program. In addition, Spectrum Services provides an annual petty cash allocation to each classroom under its *Cooking for Concepts* program, facilitating hands on cooking experiences in the classroom setting.

4. Physical Activities Opportunities and Physical Education

For students to receive the nationally-recommended amount of daily physical activity, Spectrum Services provides students opportunities for physical activity in the classroom, on the playground, in the hallways, in both physical and occupational therapy sessions, and in physical education class. Toward that end:

- Opportunities for physical activity are incorporated whenever possible into lessons.
- Teachers and therapists provide short physical activity breaks between lessons, as appropriate.
- Physical and occupational therapy activities involve individualized and small group physical activities and are followed up in the student's classroom.
- Playground and other outdoor activities are regularly scheduled into the school day.
- Adaptive physical education and other structured times in the gym and outdoors are important components in student schedules.

5. Parent Communication

Spectrum Services supports parents' efforts to provide a healthy diets and daily physical activity for their children by offering parent workshops, sharing nutrition information, and providing nutrient analyses of school menus. For children who do not participate in the School Nutrition Program, parents are encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that are not nutritious. When appropriate, parents are provided with suggestions for healthy celebrations/parties, and student food reinforcers. In addition, parents are annually notified about the availability of summer feeding sites.

6. Measuring Implementation of School Wellness Policy

Student Wellness Screenings: Wellness screenings at Spectrum Services occur annually. Screenings are conducted of students' height, weight, blood pressure, pulse, scoliosis, vision and hearing.

Students who receive a result of "Fail" are rescreened at least one other time to rule out results that could be caused by other factors. The results of all the screenings are sent home and parents/guardians are requested to follow up with the child's pediatrician or other specialists as necessary.

Plan Monitoring: The lead administrator will ensure compliance with the School Wellness Plan policies.

The School Food Services Coordinator will ensure compliance with nutrition policies within the School Nutrition Plan. School Wellness policies will be discussed at monthly staff meetings, with training provided by the Food Service Director or lead administrator. The School Wellness Council will meet as needed to review the SWP.