

Wellness/Nutrition and Fitness – 2019 Annual Report

The information in this report provides a summarized update that documents the actions completed by the Williamsville Central School District to meet the requirements of the Wellness/Nutrition and Fitness policy (5661). The District Administration established a committee to oversee the requirements of the policy and this is the second annual report from the committee that shows how the District complies with the policy. The committee established subgroups whose purpose was to develop detailed information on the major aspects of the policy. The specific areas reviewed by the subgroup committees were:

1. Reviewing the policy as it relates to the Child Nutrition program
2. Reviewing the policy as it relates to Physical Education
3. Reviewing the policy as it relates to Community Outreach
4. Reviewing the policy as it relates to the aspect of Recordkeeping/Documentation
5. Reviewing the policy as it relates to Communicating Wellness/Nutrition and Fitness information

1. Reviewing the policy as it relates to the Child Nutrition program including Nutritional Guidelines

The policy requires that the District provide nutritional education through classroom instruction as well as by promoting nutrition activities within the district. All meals served in the District by the Child Nutrition program must meet nutritional guidelines that include being low in saturated fats and they must contain zero grams of trans-fat per serving. There must also be special meal options for students who have food allergies or other medical requirements that do not permit them to eat menu meals. The District is also responsible to provide adequate space and time for students to eat meals.

The District has complied with the policy requirements. The information below is a sample of district initiatives and programs that address the required nutritional guidelines.

- Healthy celebration form (K-4)
- Non-food birthday celebrations
- Meal accommodation physician form
- Lunch menus with nutritional analysis (Detailed Child Nutrition website)
- Free/reduced lunch application
- Food allergy matrix
- Appropriate serving time/cafeteria lunch time for students
- Implemented system that ensures all eligible students have access to free/reduced meals in non-stigmatizing manner
- Ongoing professional development for cafeteria staff in areas of food and nutrition
- Access to fresh, safe drinking water – water bottle refill stations are available in each school
- Custodians ensure dining areas are clean after each lunch
- Students schedules always consider the addition of a lunch period

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The District's meals comply with USDA – Myplate requirements. They result in balanced lunch meals that are right sized per the Myplate guidelines. Additionally, new menu offerings are provided to students each year. The menu additions in 2018 and 2019 were:

2018 menu additions

- Baked Potato w/ Turkey Chili
- Red Cabbage sauté'
- Southwest Chicken Stack
- Power Lunches
- Locally made Pitas w/ Veggies and homemade hummus
- Zucchini Ratatouille
- Homemade Chicken tortilla soup
- Homemade Minestrone Soup
- Lemon Broccoli
- Black Bean Salad
- Chicken Broccoli Rice Bake

2019 new menu items:

- Local Vegetable Egg Roll
- Local Maple Syrup
- Fall Festival Of Local Vegetables
- Fresh Local Cauliflower prepared as cauliflower steaks
- Local Welch's grape juice products
- Asian Noodles with Vegetables
- New Self-Rising Pizza Dough

Eighteen items have been added to the Child Nutrition lunch menu in 2018-19.

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1. Reviewing the Policy as it relates to Physical Education

The District supports each school's initiatives in offering health, fitness, nutrition, wellness events and activities to students, families, and staff throughout the school year. Schools do this by promoting the policy with events or activities related to health, fitness or nutrition (e.g., Wellness Fairs, Family fitness/fun nights). This information may be found on a [school's website](#) throughout the school year. Examples of some of the events offered by schools this past year are listed below.

- Forest Elementary spring - 5K fun run
- Maple East wellness fair (February)
- Intramural athletic activities (Available to students before and after school) including football, soccer, volleyball, basketball, softball, gymnastics, and project adventure games.
- Extramural activities – Examples: Track, Cross-Country

OTHER Family Activities:

- Sports and socialization nights
- Parent and children aerobics nights
- Country line dancing nights
- Fitness is fun nights
- Cardio night

Reviewing the policy as it relates to Community Outreach

Athletic Teams and Physical Education Classes Participated in Special Community Activities

Our teams and classes are active in helping out our community with a number of initiatives. Examples of these initiatives are listed below:

- Volunteering at local food banks and soup kitchens
- Twisting for turkeys drive
- "Pink out game" for Breast Cancer Awareness
- Winter coats and gloves drive
- Wounded warrior program
- Cystic Fibrosis Walk
- UNYTS blood drive
- Fill the fitness rooms with food
- Each school contributes to the Williamsville food pantry
- Parent presentations on topics such as the dangers of vaping and substance abuse
- Run Forest Run 5K

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2. Reviewing the policy as it relates to Communicating Wellness/Nutrition and Fitness information

- Throughout the school year, each school in the district sponsors programs or initiatives that share the importance of wellness, nutrition, and fitness for students and their parents. The committee shares the policy requirements with various groups to inform them about the policy and encourage them to use healthy food options at their meetings and in their fundraising activities. This will continue to be an ongoing message to these groups. Here are some of the items discussed with various groups this past year.
- Through PTSA meetings, using WITS, district webpage and twitter to promote and inform others on the updated changes to this policy.
- Working with our PTSA and other vendors (i.e. Buffalo Strive) that supply beverages, snacks, etc. in our vending machines, extra-curricular clubs and boosters who fundraise using bake sales, etc. to raise money.
- Reach out to PTSA, School Store, booster clubs, Buffalo Strive and any other organization that supports our fundraising campaigns (Chiavetta's, Chipotle, Applebee's, Krolick's).
- Celebration of National School Breakfast Week

3. Reviewing the policy as it relates to the aspect of Recordkeeping

The information stated below is a detailed list of the recordkeeping process used to show compliance with the policy.

- Nutrition topics are integrated in the health curricula, K-12 (Reviewed curricula)
- School personnel are discouraged from using food as a reward or withholding as a punishment
- Community awareness has been conducted (Review of website; school newsletters; District Wellness Report; District publications – eContact/Calendar; District or building notices/postings/emails; etc.):
 - Posting of policy on website;
 - Promotion of nutrition education activities;
 - Use of various media communications and/or wellness events;
 - Parents are encouraged to send in healthy snacks and treats for celebrations
 - Marketing and advertising is consistent with the Healthy Hunger-Free Kids Act's Smart Snacks in School rule.
- Meaningful Opportunities for Physical Exercise and Activity are Provided (Review of documents such as PE curricula and BOE-approved plan; verification of staff certification by HR; Elementary School Master Schedule):
 - All students are provided with physical education classes (independent of recess, interscholastic sports and/or intramural sports and are taught the knowledge and skills to participate);
 - Students are provided with instruction regarding the benefits of physical activity and healthy lifestyle choices;
 - An-age appropriate, sequential physical education curriculum has been implemented;

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- All physical education teachers are certified;
- APE and/or appropriate accommodations are provided per student need;
- All students are required to fulfill NYSED graduation requirements;
- Recess is provided, K-4;
- A Board-approved physical education plan is on file with NYSED.
- School Nutrition Program Provides for an Environment Conducive to Healthy Eating (Review of documentation maintained by Department of Nutrition; Building maps; Building Master Schedules; In-service and/or agendas):
 - Participation with federal school meal programs;
 - School meals meet the standards of the USDA child nutrition programs;
 - Provision of annual professional development for food service employees and in accordance with USDA Professional Standards for School Nutrition Professionals;
 - Twice annual meetings conducted with students in grades 4-12 for feedback on breakfast/lunch programs;
 - Access to free/reduced meals;
 - Clean, safe & efficient dining areas;
 - Students have scheduled lunch at a reasonable time of day;
 - Access to water is available throughout the day;
 - Meal modifications are available and 504/health care plans are implemented;
 - “Healthy Celebrations” form available for teachers/parents to order healthy snacks for classroom celebrations.
- Community Outreach, Awareness and Partnerships are supported (Review of website postings; building permit process; master list of intramural/extramural offerings):
 - Website notifications of policy, revisions and reports;
 - Facilities are available for use;
 - Before & afterschool opportunities for students to engage in physical activity
 - Fundraising is conducted in accordance with USDA Healthy, Hunger-Free Kids Act, and shall be pre-approved by the Building Principal
 - Opportunities for parents, students, staff to provide feedback of the policy (provide link on website as part of the notice; listing in Calendar; upon “sign-in” to WITS).
 - Annual employee flu clinics held at each school building
 - Family/community flu clinic night (new Fall 2018)
 - Student Cooking Club at North High School held monthly (new 2018-2019)

Documentation from Building Principals

Evidence of health, fitness, nutrition, or wellness events and activities with students, families, and staff promoting community awareness of policy, events or activities related to health, fitness or nutrition e.g., Wellness Fairs, Family fitness/fun nights). Submitted evidence could include:

- School newsletters
- Notices or postings
- Flyers or promotional information
- Copies of in-service schedules
- Co-curricular, extracurricular, intramurals/extramural listings

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- Other before or after-school opportunities for students to engage in physical activity, nutrition education or wellness events/exercises

Building master course schedule reflecting school lunch periods and recess periods (elementary, only)

4. Reviewing the policy per Membership and Policy Communication

The policy recommends that it reach out to a number of groups to become active in the review of the Wellness/Nutrition items that are included in this policy. The 2018-19 committee members included:

Thomas Matuski (Chairperson) – Assistant Superintendent for Finance and Management Services

Anthony Scanzuso – Assistant Superintendent for Exceptional Education and Student Services

Christine Harding – District Nurse Practitioner

Kathleen Christopher – Director of Child Nutrition

Christopher Mucica – Instructional Specialist for Physical Education/Health/Athletics

Cathy Mihalic – Principal Maple East Elementary School

Keith Boardman – Principal South High School

Daniel Walh – Principal Transit Middle School

Keith Wing – Principal Forest Elementary School

Parent - Ms. Sarah Smith-Ronan

Committee Communication:

Information pertaining to the work completed by this committee will be posted on the District's website.

- A. Information on events nutrition and fitness related activities and events
- B. The annual report will be posted on the website.
- C. Annual report presented to the Board of Education at their May Board meeting.
- D. Annual report to be provided to each school.
- E. Schools will make the report available to their parents.
- F. Special events will be communicated by using a school's media distribution process that may include twitter and the use of the virtual backpack.
- G. Information on school lunches as well as the nutritional meal information is available in all cafeterias as well as on the Child Nutrition department section on the District's website.