

**LANGAN SCHOOL AND ALBANY CLOVERPATCH
WELLNESS POLICY
2019-2020**

PREAMBLE

The Langan School and Albany CloverPatch are committed to providing a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating and physical activity. Due to the fact that we serve a student population with severe physical, medical, cognitive and/or behavioral needs; our challenge is to ensure that all students reach their maximum wellness potential. Guiding principles need to be considered in the implementation of this policy:

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Good health fosters student attendance and education.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

A large percentage of students do not participate in sufficient vigorous physical activity.

A minimum percentage of children (2 to 19 years) eat a healthy diet that includes the recommended servings of fruits and vegetables.

Nationally, the items most commonly sold outside the school meal program on school grounds include low-nutrition foods and beverages.

Schools around the country are facing significant fiscal and scheduling constraints.

Community participation is essential to the development and implementation of successful school wellness policies.

POLICY COMPONENTS

HEALTH EDUCATION

The Langan School and Albany CloverPatch will, to the extent possible, provide comprehensive, skills-based, integrated health education that is validated and aligned with NYS standards to pre-kindergarten, elementary and secondary students. This includes nutrition, physical development and/or physical education.

The Langan School and Albany CloverPatch will, to the extent possible, provide professional development to ensure that staff who present health education are appropriately prepared.

Langan School and Albany CloverPatch will share health related information with families to positively impact community health.

The Langan School and Albany CloverPatch will support initiatives to increase participation in school meal programs.

The Langan School and Albany CloverPatch will strive to evaluate student performance related to health and provide information to parents regarding student progress.

PHYSICAL EDUCATION

Since Albany CloverPatch is a preschool program; it would not follow a formal Physical Education program; however, physical development activities are incorporated within the classrooms' daily schedules in accordance with the Pre-Kindergarten Learning Standards.

The Langan School will provide an adapted comprehensive sequential Physical Education curriculum that is validated and aligned with the New York State Standards for elementary and secondary students. This curriculum will have an emphasis on lifetime fitness activities. This curriculum will be taught by New York State certified Physical Education instructors.

The Langan School will provide administrative leadership to the teachers, nurses and physical education staff to coordinate professional development, new initiatives, communication and motivation.

The Langan School will share Physical Education information with families to positively impact community health.

NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

All foods made available on the school campus will meet nutritional requirements set by the USDA, State and Federal government for the National School Lunch Program and the Smart Snacks Regulations.

The Langan School and Albany CloverPatch mandate a peanut free campus.

Alternatives to food used in the classroom for incentives, rewards, birthday or holiday celebrations are strongly encouraged; however, allowances are made, based on students' individual behavioral intervention plans. Any food items brought into school for any celebrations; must be store purchased with ingredient labels, to ensure that they are peanut free; no homemade foods will be allowed.

All foods provided during meals and at events on campus throughout the calendar year will primarily be ordered through our Food Service Department. Should the requested items not be available, the Department will refer the request to an appropriate vendor.

Vending machines in the school building are located in the staff lounge; students do not have access to this area.

The Langan School Store sells non-food items; such as school spirit apparel, pencils, key chains and other non-edible school logo items.

The Food Service Vendor will provide whole grains, whenever possible and increase fresh fruit and vegetable offerings.

School promotions or fund-raising activities will primarily use foods that meet the "Choose Sensibly" guidelines. Classrooms are strongly encouraged to use non-food items for this purpose.

The Langan School and Albany CloverPatch will include students, to the extent possible, in planning food service menu offerings.

CHILD NUTRITION OPERATIONS, ENVIRONMENT, FOOD SAFETY

The Langan School and Albany CloverPatch will contract with a food service director who is properly qualified according to current professional standards.

All food service staff will have Hazard Analysis and Critical Control Points training.

All foods made available on campus will comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food borne illnesses.

For the safety and security of the food and facility, access to the food service operational areas will be limited to food service staff and authorized personnel.

The Langan School and Albany CloverPatch will operate a summer food service program (SFSP) for children who are eligible for federal program support.

The Langan School and Albany CloverPatch will promote measures to increase participation in the National school lunch program.

The Langan School and Albany CloverPatch will provide adequately trained personnel to efficiently monitor the school cafeteria or the PS classrooms during meal shifts.

The Langan School and Albany CloverPatch will provide a clean, safe environment in which to eat.

The Langan School and Albany CloverPatch programs develop and revise Student Dining Fact Sheets, at least annually; which individualize all students' specific dining needs; including food consistency; allergies and etc.

The Langan School and Albany CloverPatch will provide students with adequate time in which to consume meals, usually an average of 45 minutes for lunch.

The Langan School and Albany CloverPatch will, to the extent possible and based on students' physical ability levels, promote a period for recess, preferably prior to meals.

The Langan School and Albany CloverPatch will promote nutrition and school meals through newsletters, postings, flyers, etc. for maximum exposure and community education.

OTHER SCHOOL BASED ACTIVITIES

In Conjunction with the Center for Disability Services:

The Langan School and Albany CloverPatch will provide a program of health services that enhances the educational process through the promotion, protection, maintenance and improvement of the health status of students and staff.

The Langan School and Albany CloverPatch will open its facilities, to the extent possible, to community organizations promoting wellness activities for students, parents and staff.

The Langan School and Albany CloverPatch will develop community partnerships that serve as a resource for programs, activities and events.

The Langan School and Albany CloverPatch will offer Employee Assistance Programs and promote wellness activities.

The Langan School and Albany CloverPatch will develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

LANGAN SCHOOL AND ALBANY CLOVERPATCH JOINT PARTICIPANTS IN WELLNESS POLICY

We initially met with an administrator and site supervisor from Chartwell's (our food service vendor) as well as administrators and teachers, who represented our preschool, elementary and secondary school programs. We have also received parent input and consulted with our local school district.

The Langan School and Albany CloverPatch will work with our Food Service Vendor, administrators, staff, parents, students and the community to develop, implement, monitor, review and as necessary, revise the Langan School and Albany CloverPatch Wellness Policy.

MONITORING AND POLICY REVIEW

MONITORING

The Principal/CloverPatch Director or designee will ensure compliance with the Langan School and Albany CloverPatch Wellness Policy.

The food service provider will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school Principal/CloverPatch Director.

The Principal/CloverPatch Director or designee will develop a summary annually on compliance with the established Wellness Policy, based on input from administrators, staff, parents, students and/or the community. That summary will be posted on our Website and the main bulletin board in the cafeteria.

POLICY REVIEW

The Langan School and Albany CloverPatch will review and recommend updates for the Wellness Policy and develop work plans to facilitate their implementation annually.

COMMUNICATION STRATEGIES

Langan School and Albany CloverPatch will provide access to administrators, staff, parents, students and the community at large regarding information related to the Langan School and Albany CloverPatch Wellness Policy. This information will be posted on our main bulletin board in the cafeteria and the school's website.

THE MEAL CHARGE and PROHIBITING AGAINST MEAL SHAMING POLICY"

The goal of the The Langan School and Albany CloverPatch Preschool programs is to provide student access to nutritious no- or low-cost meals each school day and to ensure that a student whose parent/guardian has an unpaid school meal balance is not shamed or treated differently than one whose parent/guardian does not have an unpaid meal balance.

However, unpaid charges place a large financial burden on our school. The purpose of this policy is to ensure compliance with federal requirements for the USDA Child Nutrition Program and to provide oversight and accountability for the collection of outstanding student meal balances and to ensure that the student is not stigmatized, distressed or embarrassed.

The intent of this policy is to establish procedures to address unpaid meal charges throughout The Langan School and Albany CloverPatch Preschool programs in a way that does not stigmatize distress or embarrass students. The provisions of this policy pertain to regular priced reimbursable school lunch meals only. The Langan School and Albany CloverPatch Preschool programs provide this policy as a courtesy to those students in the event that they forget or lose their lunch money. Charging of items outside of the reimbursable meals (a la carte items, adult meals, etc.) is expressly prohibited.

This complete policy may be found on our schools' and Center websites.

RESOURCES/REFERENCES

Albany School District's Wellness Policy

A Wellness Partnership –Balanced Choices by Chartwells

National Alliance for Nutrition and Activity (NANA), www.nanacoalition.org

Action for Healthy Kids, www.actionforhealthykids.org

USDA Food and Nutrition Service,
www.fns.usda.gov/tn/Healthy/wellnesspolicygoals_nutritioned.html

SED Child Nutrition Program Administration, www.nysed.gov/cn/cnms.htm

School Nutrition Association, www.asfsa.org/childnutrition/govtaffairs/statutes/

New serving information for food groups www.chooseMyPlate.gov

<http://schools.healthiergeneration.org> Smart snacks, beverages, etc. Various links and calculator for healthy foods.

Our Food Service Vendor's website; includes pertinent nutrition information
www.chartwellsschooldining.com/spartanburgseven/content/nutritionnews.asp

This Chartwells' site also provides lesson plans for teachers
www.eatlearnlive.com/TeacherResources

Langan School website link:
www.cfdsny.org (Kevin G. Langan School>Lunch Program)