

***Wellness***

The School District is committed to providing school environments and experiences that promote children's health, well-being and ability to learn by supporting a coordinated school health approach. The eight key components of a coordinated school health approach are: nutrition services, physical education, health services, health education, counseling/psychological/social services, healthy school environment, health promotion and family/community involvement.

The Board of Education recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and that good health fosters positive student attendance and education. Healthy eating and physical activity are essential for students to achieve their academic and physical potential, mental growth and lifelong health and well being.

The coordinated school health approach will allow for the development of procedures that will foster integration with state and Response to Intervention (RTI) standards, as well as K-12 health education mandates. In furtherance of these objectives:

- The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies and procedures.
- All students in grades Pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- The Child Nutrition Programs will comply with federal, state, and local requirements. Child nutrition programs shall be accessible to all children.
- The School District will annually notify eligible parents and students of the availability of the free and reduced School Breakfast and Lunch programs.
- Guidelines for reimbursable meals shall not be less restrictive than the federal regulations issued by the Secretary of Agriculture.
- Schools will provide nutrition education and physical education as an integral part of the curriculum to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The School District shall establish a Wellness Committee to enable parents to be better informed and to have more meaningful input in the nutritional choices being offered to the students
- Healthy food and beverage items (including fruits, vegetables, low fat milk and dairy foods, water and whole grain items) will be strongly encouraged on each school campus and at all school sponsored events.

The Superintendent of Schools is hereby directed to develop procedures to implement this policy.

The effects of this policy will be evaluated annually by the Superintendent or designee, and reported to the Board of Education.

**Wellness Regulation**

**Mission Statement:**

The purpose of the Wellness Policy is to develop healthy life-long habits through nutrition and activity in order to learn, thrive, and extend our students' length and quality of life.

**Foundations:**

It is clearly understood that all children must have access to healthy foods, and opportunities to be physically active, to achieve personal success, and contribute responsibly in our diverse and dynamic world. Good health fosters student attendance and education. It allows our students to be empowered and inspired in achieving their personal goals.

A concern of the school community is to improve the overall health and well-being of our children. Unfortunately, it is now predicted that this younger generation will be the first to see a decline in life expectancy compared to that of their parents. It has been widely reported that obesity rates are on the rise. Children's obesity rates have doubled, while teenagers' rates have tripled. Physical inactivity and excessive calorie intake are the predominant cause for this alarming trend. At the current time, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States. The major risk factors for these diseases - unhealthy eating habits, physical inactivity, and obesity – are most often established in a child's formative school years.

The School District is committed to providing an environment that promotes and protects our children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the District to:

- Engage students, parents, teachers, food service professionals, health professionals, and other community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. All students from Pre-K to Grade 12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified food professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students. We will accommodate, whenever possible, the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings with adequate time for the students to eat.
- To the maximum extent practicable, the schools in our District will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish connections between health education programs and the school meal programs, and with related community services.

**To Achieve These Policy Goals:**

**I. The District Wellness Policy Team**

The District has created a Wellness Policy Team to develop, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Wellness Policy Team serves as a resource to all the schools in implementing these policies.

**II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

**School Meals**

Meals served through the National School Lunch and Breakfast Programs will strive to:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables – to the extent possible, and meals will offer at least two non-fried vegetables and two fruit options each day;
- Offer five different fruits and five different vegetables over the course of a week. When practical, local and regional farmers will be the source of these fresh fruits and vegetables;
- Serve only low fat (1%) and fat free milk (as recommended by the *Dietary Guidelines for Americans 2005*);
- Ensure that half of the served grains are whole grain (as recommended by the *Dietary Guidelines for Americans 2005*).

**Breakfast**

To ensure that children have a healthy breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Our schools will, to the extent possible, operate a School Breakfast Program.
- Our schools will, to the extent possible, utilize methods to serve breakfast that encourage participation such as early morning service, ‘grab and go’ breakfast choices, etc.
- Our schools will notify students, parents and guardians of the availability of the School Breakfast Program.
- Our schools will encourage parents and guardians to provide a healthy breakfast to their children through newsletter articles, take home materials, etc.

**Free and Reduced-Priced Meals**

Our schools will make every effort to eliminate any social stigma attached to, or overt identification of, students who are eligible for free and reduced-priced school meals.

**Meal Times and Scheduling**

Our schools will strive to:

- Provide sufficient time for students to eat lunch
- Schedule meal periods at appropriate times
- Will encourage students to wash their hands prior to their meals, and provide access to hand washing or hand sanitizing before they eat meals.

**Qualification of School Food Service Staff**

As part of our District’s responsibility to operate a food program, we will utilize qualified nutrition professionals to administer the service. Staff development, training and certification are important aspects for the professional growth of our nutritional staff and cafeteria workers.

**Sharing of Food and Beverages**

Our schools will discourage students from sharing their foods and beverages with one another, given the concerns about allergies and other restrictions on some children’s diets.

**Other Foods and Beverages**

Foods and beverages sold outside the reimbursable school meals, such as through school vending machines, fund raising, school store, school parties, cafeteria a la carte lines, snack lines, etc., need to follow the following guidelines:

***Elementary Schools***

Given the limited nutritional skills of young children, the school food service will approve and provide the sales of balanced meals. Sales of foods on an individual basis should be limited to low-fat and non-fat milk, fruits and non-fried vegetables. If a la carte foods are available, they should include a variety of choices of nutritious foods such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.

***Middle Schools and High Schools***

Our middle schools and high schools are dynamic, multi-faceted environments where food is often sold throughout the day, evenings, and weekends. Foods are sold on a la carte cafeteria lines, vending machines, fundraising activities, school stores, etc. These food activities should meet the following nutritional and portion size standards:

***Beverages***

***Recommended:***

- Water or seltzer water\* without added caloric sweeteners
- Fruit and vegetable juices
- Sports drinks
- Green teas
- Healthy iced teas
- Fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners
- Unflavored or flavored low-fat/fat-free milk and nutritionally-equivalent non-dairy beverages as defined by the USDA
- Low-fat/no-fat chocolate milk, which contains trace amounts of caffeine

***Not Recommended:***

- Soft drinks with caloric sweeteners
- Fruit-based drinks with less than 50% real fruit juice
- Fruit-based drinks that contain additional caloric sweeteners
- Beverages containing high levels of caffeine

\* Since seltzer water is a "Food of Minimal Nutritional Value", it cannot be sold during regularly scheduled school meal times.

**Foods**

**Food items sold:**

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butters and nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugars (if this information is not provided by the manufacturer, the percentage of weight from total sugars should be used in place of added sugars, and fruits, vegetables and dairy foods are exempt from this total sugar limit);
- Will contain no more than 230 mg of sodium per serving for snack items like chips, crackers, French fries, baked goods, cereals, etc. Pastas, meats and soups will contain no more than 480 mg of sodium per serving. Pizza, sandwiches and main dishes will contain no more than 600 mg per serving.
- A choice - of at least two fruits and or non-fried vegetables will be offered for sale at school events, fundraisers and other activities where foods are sold. These items could include such items as fruit or vegetable juice, canned fruits, and fresh fruits.

**Portion Size:**

There will be a limit to the portion size of the items below:

**USDA Food Product Recommended Serving Sizes:**

<b>Food Product</b>	<b>Serving Size</b>
Chips, crackers, popcorn cereal, trail mix, nuts/seeds, dried fruit	1.25 oz
Beverages (excluding water)	12.00 oz
Cereal bars, granola bars, pastries, muffins, doughnuts, bagels, rolls, bakery items	3.00 oz
Cookies	2.2 oz
Frozen desserts	4.00 oz
Side dishes and a la carte entrees	not greater than the size of comparable portions offered on the school menu (fruits and non-fried vegetables are exempt from portion-size limits)
Yogurt	8.00 oz

**Fundraising Activities:**

To support children’s health and school nutrition-education efforts, schools will encourage fundraising activities that promote physical activity and non-food items. Fundraisers that involve food will promote to the greatest extent possible healthy food items such as fruits, low-fat dairy foods, nuts/seeds, whole grains and low-fat products. Each school will make available to school clubs and organizations a list of suggested ideas acceptable for fundraising. Candy and soda will not be available for sale during regular school hours.

**Snacks:**

Snacks served during the day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health. There will be an emphasis on serving fruits and vegetables as the primary snacks with water and non-fat or low-fat milk as the primary beverages. The District will provide a list of healthful snack items to teachers, after-school program personnel, and parents.

**Rewards:**

Our schools will discourage the use of foods or beverages, especially those that do not meet the nutritional standards of the District’s policy, as rewards for academic performance or good behavior, and will not withhold food or beverages as a negative consequence.

**Celebrations:**

Schools will strive to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet the nutritional standards established by the District. Parties which include food will strive to include at least one serving of health-promoting foods, such as fruits, vegetables, and non-fat or low-fat dairy foods (such as milk/low-fat cheese/yogurt). Schools are encouraged to offer opportunities for physical activity at parties when feasible.

**School-sponsored Events** - (such as athletic events, dances, theater performances, etc.)

Food and beverages offered at school-sponsored events should be strongly encouraged to adhere to the District’s Wellness policy.

**III. Nutrition Education, Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion**

- The District aims to teach, encourage and support healthy eating by students. The School District has the goal of providing nutrition education and engagement in nutrition promotion that:

- Is offered as part of a sequential, comprehensive, standards based program with the goal of providing students with the knowledge and skills necessary to promote and protect their health;
- Is a component of the health education curriculum, and may be incorporated into classroom subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote nutritional education and good nutritional practices to student-athletes;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities that promote fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; such as contests, taste tests, farm visits or other farm to school activities and school gardens;
- Promotes fruits, vegetables, whole grain products, low fat and fat-free dairy products, health food preparation methods, and health-enhancing nutrition practices;
- Teach media literacy with an emphasis on food marketing techniques, reading and comparing nutritional labels and fad diet plans;
- Emphasize caloric balance between food intake and energy expenditure;
- Links with school meal programs, other school foods, and nutrition related community service;
- Includes training and resources for teachers, staff and parents.

#### **Integrating Physical Education into the Classroom Setting**

Our schools' health education programs will continue to complement our physical education program by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. All teachers will be encouraged to develop opportunities in subject lessons that promote physical education, physical activities, and nutritional education.

#### **Communications with Parents**

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will post nutritional tips on its website. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's Wellness policy. Schools will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. The District will provide information about the physical education program and other school-based physical activity opportunities before, during, and after the school day.

#### **Food Marketing in Schools and School Campuses**

School-based marketing of brands promoting predominantly low-nutrition foods and beverages to students is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat products is encouraged. Examples of prohibited marketing techniques include: logos and brand names on school vending machines, textbook covers, school supplies, scoreboards, sports equipment; programs that provide schools with supplies when families buy low-nutrition food products; and free samples.

### **IV. PHYSICAL EDUCATION**

#### **Physical Activity Component**

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

#### **Physical Education Classes K-12**

- All students in grades K-12 will receive required physical education. Elementary students will have 120 minutes of physical education per week. Secondary students will have three periods of physical education per six-day cycle for each semester. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.

- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with New York State Physical Education standards for Kindergarten through Grade 12.
- All physical education will be taught by highly qualified physical education teachers.
- Class teacher-to student ratios should be equivalent to those of other subjects area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

**Physical Activity across the Curriculum**

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies).

**Daily Recess**

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

**ALL STUDENTS ENROLLED** Every student in each grade, shall participate in physical education as programmed by the individual school, including students with disabling conditions and those in alternative education programs. Students shall participate according to the New York State Commissioner of Education regulations and grade appropriate learning standards.

**INSTRUCTIONAL PROGRAM DESIGN** The District shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, evaluated to help students develop the knowledge, motor skills, self management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives. The physical education program shall:

- Emphasize knowledge and skills for a lifetime of regular physical activity;
- Be consistent with state frameworks for physical education and with national standards that define what students should know and be able to do;
- Devote at least 50 percent of class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity;
- Provide many different physical activity choices;
- Feature cooperative as well as competitive games;
- Meet the needs of all students, especially those who are not athletically gifted;
- Take in to account gender and cultural differences in students' interests;
- Teach self-management skills as well as movement skills;
- Actively teach cooperation, fair play and responsible participation in physical activity;
- Have student/teacher ratios comparable to those in other curricular areas;
- Promote participation in physical activity outside of school;

- Focus, at the high school level, on helping adolescents make the transition to an active adult lifestyle;
- Be an enjoyable experience for students.

Teachers shall aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind. Physical education staff shall not order performance of physical activity as a form of discipline or punishment. Suitably adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions or other special needs that preclude such students' participation in regular physical education instruction or activities.

**ASSESSMENT** All students shall be regularly assessed for attainment of the physical education learning objectives. Course grades shall be awarded in the same way grades are awarded in other subject areas and shall be included in calculations of grade point average, class rank and academic recognition programs such as honor roll.

**HEALTH RELATED FITNESS TESTING** Health related physical fitness testing shall be integrated into the curriculum as an instructional tool, except in the early elementary grades. Tests shall be appropriate to students' developmental levels and physical abilities. Such testing shall be used to teach students how to assess their fitness levels, set goals for improvement and monitor progress in reaching their goals. Staff will maintain the confidentiality of fitness test results, which will be made available only to students and their parents/guardians. As health related physical fitness is influenced by factors beyond the control of students and teachers (such as genetics, physical maturation, disabling conditions and body composition), test results shall not be used to determine course grades or to assess the performance of individual teachers.

**EXEMPTIONS** Physical education teaches students essential knowledge and skills; for this reason, exemptions from physical education courses shall not be permitted on the basis of participation on an athletic team, community recreation program, ROTC, marching band or other school or community activity. A student may be excused from participation in physical education only if: 1.) a physician states in writing that specific physical activities will jeopardize the student's health and well-being, or 2.) a parent/guardian requests exemption from specific physical activities on religious grounds. An alternative physical education curriculum will be provided for students exempted from direct participation in physical education classes.

**TEACHING STAFF** Physical education shall be taught by well-prepared teachers who are certified by the state to teach physical education. All physical education teachers shall be adequately prepared and regularly participate in professional development activities to effectively deliver the physical education program. Preparation and professional development activities shall provide basic knowledge of the physical development of children and adolescents combined with skill practice in program specific activities and other appropriate instructional techniques and strategies designed to promote lifelong habits of physical activity.

**ADEQUATE FACILITIES** School teachers shall endeavor to ensure the cost efficient provision of adequate spaces, facilities, equipment, supplies and operational budgets that are necessary to achieve the objectives of the physical education program. School authorities shall minimize the use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies, fairs or other presentations during times scheduled for physical education class.

**EDUCATIONAL REINFORCEMENT** The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development and physiology in science classes and with instruction about personal health behaviors in health education class. The physical education program shall actively engage families as partners in their children's education and collaborate with community agencies and



organizations to provide ample opportunities for students to participate in physical activity beyond the school day.

**EXTRACURRICULAR PHYSICAL ACTIVITY PROGRAMS**

Intramural programs, physical activity clubs and interscholastic athletics are valuable supplements to a student's education. Schools shall endeavor to provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests and abilities. A diverse selection of competitive and noncompetitive, structured and unstructured activities shall be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs will be on facilitation participation by all interested students, regardless of their athletic ability. Equal opportunity on the basis of gender shall permeate all aspects of program design and implementation. Each extracurricular physical activity program sponsored by in-school organizations shall be approved by the District administration and be supervised by a faculty advisor. The integrity and purpose of the physical education program shall not be compromised by such extracurricular activities, nor shall they interfere with the regular school schedule.

**EXTRACURRICULAR PROGRAM ELIGIBILITY** School authorities should encourage and support the participation of all students in extracurricular activities, yet such participation is a privilege and not a right. Districts may establish and equitably enforce reasonable eligibility requirements and probationary periods for participation in extracurricular activities. Such requirements may be based on:

- Appropriate age
- Enrollment status or residency
- Satisfactory academic performance
- Acceptable attendance record
- Good conduct, including abstinence from the use of tobacco, alcohol and other harmful drugs
- Suitable health status or physical condition
- Other criteria essential to safety and fairness
- The specific requirements of particular activities or sports.

Eligibility requirements and appeal procedures shall be published in a regularly updated student activities handbook that is distributed to students and families annually. Students denied permission to participate in an extracurricular activity shall receive a prompt explanation of the reasons, have an opportunity to respond, and be provided with opportunities to re-establish their eligibility. A student with a chronic health problem or other disabling condition shall be permitted to participate in any extracurricular activity, including interscholastic athletics, if the student's skills and physical condition meet the same qualifications that all other students must satisfy. The school shall make reasonable accommodations to allow the student to participate.

**INTRAMURAL PROGRAMS** When possible, elementary, junior high and high schools will offer intramural physical activity programs that feature a broad range of competitive and cooperative activities and meet the following criteria:

- Students have a choice of activities in which they can participate
- Every student has an opportunity to participate regardless of physical ability
- Students have the opportunity to be involved in the planning, organization and administration of the program.

**INTERSCHOLASTIC ATHLETICS** High school and junior high school will offer interscholastic athletic programs that shall adhere to the rules and regulations of the NYSPHSAA. All coaches shall comply with the policies, regulations, rules and enforcement measures codified in the regularly updated NYSPHSAA handbook and OCIAA bylaws. Administrators, coaches, and other staff shall model sportsmanlike attitudes and behaviors. Student athletes shall be taught good sportsmanship, such as

treating opponents with fairness, courtesy and respect, and shall be held accountable for their actions. School authorities should evict spectators who do not handle themselves in a sportsmanlike way. Partnerships between schools and businesses are encouraged and business sponsorship of athletic teams shall be duly acknowledged. Nevertheless, advertising or other promotional activities supported by commercial interests are not permitted on school grounds.

**REQUIRED RECORDS** The parents or legal guardians of students who choose to participate in intramural programs or interscholastic athletics shall be informed in writing of potential risks associated with a given activity. Schools must keep documentation on file for each participating student that includes:

1. A statement signed by the student's parent/guardian granting permission for the student's participation.
2. Emergency contact information for the student's parents/guardians and health care providers.
3. A thorough health appraisal (physical examination) certifying the student's fitness to participate that is appropriate to the activity or sport, conducted within the past 12 months and signed by a licensed physician.

**STAFFING** All intramural programs, physical activity clubs, and athletic teams shall be supervised by qualified staff, who may or may not be certified teachers. Intramural and athletic program staff shall satisfactorily complete courses or other professional development programs that address:

- Child and adolescent physical development
- Sports related injury prevention and safety guidelines
- Infection control procedures
- First aid and cardiopulmonary resuscitation techniques and AED usage
- Promotion of healthy student behaviors; safe and unsafe methods for youth weight management and conditioning
- How to provide students with experiences that emphasize enjoyment, sportsmanship, skill development, confidence building and self knowledge

Intramural and athletic program staff shall also have satisfactorily completed a supervised probationary period and must regularly participate in relevant staff development programs.

#### **OTHER OPPORTUNITIES FOR PHYSICAL ACTIVITY**

**RECESS IN ELEMENTARY SCHOOLS** Recess provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide time within every school day for preschool, kindergarten and elementary school students to enjoy supervised recess. Every school shall have playgrounds, other facilities and equipment available for free play. Recess shall complement, not substitute for, physical education classes. Staff shall not deny a student's participation in recess or other physical activity as a form of discipline or punishment, nor should they cancel it for instructional makeup time.

**SCHOOL/COMMUNITY COLLABORATION** Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out of school time. Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school or District owned facilities open for use by students, staff and community members during non-school hours and vacations. School policies concerning safety shall apply at all times. A procedure shall be in place for out of school groups to request the use of school facilities providing the submission of an insurance liability policy is purchased by the out of school group and provided to the District.

**STAFF PHYSICAL ACTIVITY** The individual schools in the District shall plan, establish, and implement activities to promote physical activity among staff and provide opportunities for staff to conveniently engage in regular physical activity.

**SAFETY GUIDELINES**

**RESPONSIBILITY FOR SAFETY** Minimizing injuries and illnesses related to physical activity is the joint responsibility of everyone: District and school leaders, school staff, students, and their families.

**HEALTH AND SAFETY RULES** Schools shall establish rules and procedures concerning safety, infection control, and provision of first aid, and the reporting of injuries and illnesses to students' families and appropriate school and community authorities. School administrators shall strictly and consistently enforce compliance with these rules and procedures by all students, school personnel, volunteers, and community members who use school facilities. Students and their families shall be informed of their school's health and safety rules at least annually. Schools shall require students to use protective clothing and equipment appropriate to the activity and the environment, which will be maintained in good condition. Physical education teachers, coaches and other athletic personnel shall protect students from the effects of extreme weather conditions and endeavor to minimize the amount of exposure to the sun students receive during physical activities.

**SAFE FACILITIES** Play areas, facilities and equipment used for physical activity on school grounds shall meet accepted safety standards for design, installation, and maintenance. Spaces and facilities shall be kept free from violence and exposure to environmental hazards. All spaces, facilities, and equipment used by students and spectators to athletic events shall be thoroughly inspected for health and safety hazards on a regularly scheduled basis, at least twice per year. Written inspection reports shall be kept on file for 10 years. Schools shall correct any hazards before the facilities or equipment may be used by students, staff, or community members.

**SUPERVISION** Student physical activity on school grounds during school hours shall be supervised to enforce safety rules and prevent injuries. Supervision shall be by adults trained in first aid, CPR/AED, and infection control. Trained adults will have access to appropriate first aid supplies. Records shall be kept of all injuries and analyzed at least annually so that patterns of causes can be determined and steps can be taken to prevent further injuries. Supervising adults shall be informed of any relevant medical guidance on file with the school concerning limits on the participation of individual students in physical activity. Such information will be treated with strict confidentiality, as per FERPA regulations.

**SUBSTANCE ABUSE** School staff and other athletic personnel shall never condone, and must actively discourage, any student use of drugs, steroids, or hormones to enhance appearance or athletic performance. Coaches and athletic trainers shall encourage young people to maintain a healthy diet, practice healthy weight management techniques, and abstain from using tobacco, alcohol, and other drugs.

Existing policies that prohibit drug possession and use shall fully apply to the use or possession of steroids, hormone treatments, and other performance enhancing drugs. Established policies on student medications shall apply to student consumption or possession of dietary supplements while on school grounds.