

Wappingers Central School District

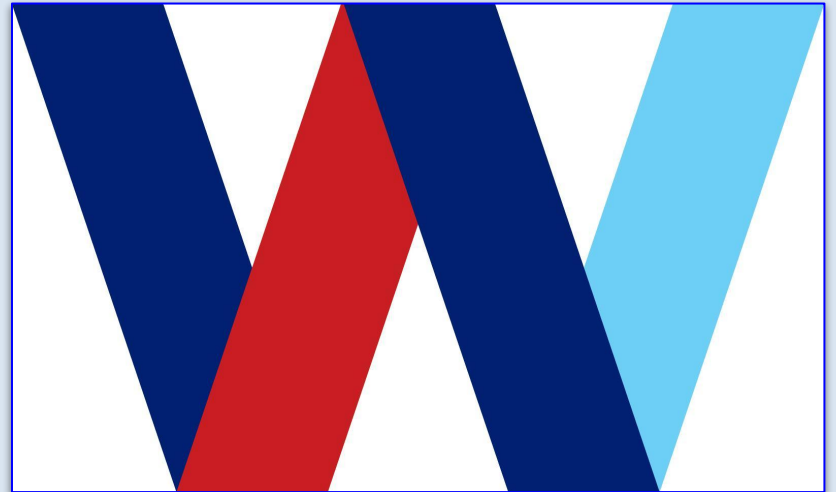
Wellness Procedures and Standards

Presentation to the WCSD Board of Education

November 15, 2021

The Mission of the Wappingers Central School District is to Empower ALL of our Students with the Competences and Confidence to Challenge themselves, to Pursue their Passions, and to Realize their Potential while Growing as Responsible Members of their Community.

Empower, Challenge, Grow!



Presented by: Kristen Crandall, Assistant Superintendent for Finance and Business Development

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We believe everyone can realize their potential and when they do, both they and the community thrive.

2021-2022 Wellness Committee Members

Kristen Crandall	Chairperson
Keri Cahill	Board Trustee
Matthew Flusser	Director, Food Services
Kurt Jesman	Director, Athletics
Peggy Kelland	Board Trustee
John Lumia	Board Trustee – ex officio
Michael McFarland	Board Trustee
Taegen Miano	12th Grade Student, Orchard View HS
Brandon Opitz	Teacher, Physical Education
Rob Rubin	Community Member
Dave Seipp	Principal, RCK
Chrissy Sica	Teacher, Physical Education



Wellness Committee Charter

Board of Education approved on July 9, 2018

The Wappingers Central School District Wellness Committee strives to support the health and well-being of students, families, and staff by providing a school environment that promotes healthy choices and physical activity, within the framework of the Wellness Policy 5404.



Charter Details

- Composition of the Committee
 - Administration, Faculty, Staff, Student, Parent, Community, etc.
- Annual Review of Student Data
 - (i.e.: attendance, test scores, discipline, etc.)
- Semi-Annual Review of Nutritional Content
- Building-Level Wellness Opportunities
- Annual Surveys – Community and Student
- WCSD Wellness Committee Website

The Wellness Committee reviewed the charter at the 10/6/2021 meeting. No changes were suggested.



WCSD Student Wellness Policy 5404

Policy includes all pertinent and necessary language for compliance with USDS and NYS regulation (*inclusive prohibition of food shaming*).

In summary

- Foods and beverages available to students on school campus during the school day
 - School meals, meal times, a la carte items, fund-raising activities, school and class-based parties, celebrations, etc.
- Physical activity
 - Physical education, recess, physical education in the classroom, extra-curricular opportunities, after school activities, etc.
- Nutrition promotion and education
- Monitoring and review
- Recordkeeping



How does this look in WCSD?

- Compliant food and beverage options served in cafeterias.
- Scheduling completed by building administration as to hours of operation of the kitchen for service of breakfast and lunch.
- Building-level Wellness Committee work regarding class celebrations, building-level physical activity opportunities (intramurals, jump rope for a cause, etc.), fund-raising activities.
- Food Service promoting nutritional awareness through in-school events and local fresh food options.
- Wellness Committee semi-annual review of nutritional content for all food and beverages served as well as of district-wide student attendance data, discipline, test scores, etc.



Beyond NYS requirements WCSD Wellness

- Annual surveys to families and students to review breakfast lunch options in school cafeterias, participation in WCSD food service, physical activity by type and frequency, etc
- Local food opportunities
 - Farm Project at Myer Corners Elementary School
 - John Jay Garden
 - Future Farmers of America club (FFA)
- Middle Schools pleased that intramurals are back and available to students
- Pandemic has changed the dynamic in the kitchens and the community
 - Survey responses have been different than in previous years
 - Menus and kitchens are changed as a result of Seamless Summer Option (SSO) - increased use of USDA commodity foods and increased student participation
 - Increased awareness of physical activity throughout the pandemic



Overall Wellness at WCSD

- The federal stimulus monies have a focus on student welfare and WCSD is planning use of these funds accordingly.
 - WCSD looking at opportunities for students that fall outside of the realm of the Wellness Committee but does pertain to overall wellness for WCSD students (i.e.:social and emotional wellness)
 - Expanded playground opportunity at Myers with additional possibilities at Kinry as well.
 - HVAC, lighting, appearance and environment projects being addressed.
 - Future capital project ideas with the Capital Improvement Committee.



**Thank you to the community and the
Wellness Committee members for being
involved and letting us know what you value.**

Connecting with our community.



We believe the collaboration needed for meaningful change is built on honesty, trust and respect.