

## Non-Instructional/Business Operations

**SUBJECT: DISTRICT WELLNESS POLICY**

LaFargeville Central School is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating habits and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. LaFargeville Central School's Wellness Committee includes representatives from each of the following groups: teachers, school nurse, administrators, parents, students, the district's food service program, and members of the community. Ultimately, the Superintendent is responsible for the implementation of the District Wellness Policy.

The Board of Education recognizes that good student health is vital to successful learning and acknowledges its responsibility, along with that of parent(s) or guardian(s), to protect and foster a safe and healthy environment for the students.

The District Wellness Committee will assess current activities, programs and policies available in the district; identify specific areas of need within the district; develop the policy; and provide mechanisms for implementation, evaluation, revision, and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the district.

**Goals to Promote Student Wellness**

All students in the LaFargeville Central School District shall possess the knowledge and skills necessary to make nutritious food selections and enjoyable physical activity choices for a lifetime. All staff in the District are encouraged to model healthy eating habits and participation in physical activity as a valuable part of daily life.

To meet this goal, LaFargeville Central School adopted this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to serve the needs and interests of all students and staff, taking into consideration differences in culture.

**Commitment to Nutrition**

The District will:

- a) Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the New York State Education Department, Child Nutrition Program Office.

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- b) Offer school breakfast and snack programs with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the New York State Education Department, Child Nutrition Program Office.
- c) Encourage school staff and families to participate in school meal programs.
- d) Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards.
- e) Establish food safety as a key component of all school food operations and ensure the food service permit is current for the district.
- f) Follow Board of Education policies on competitive purchase of food and food supplies.

**Commitment to Nutrition and Health Education**

LaFargeville Central School will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by offering a comprehensive health/nutrition education in grades K-12.

- a) Elementary level (K-6) students will receive Health/Nutrition Education once a cycle from a certified Health Education and Physical Education teacher.
- b) Junior High (7-8) students will receive 1 semester of Health instruction from a certified Health Education Teacher, 1 1/2 semesters in Home & Careers from a Family and Consumer Science Teacher and 2 semesters in Physical Education.
- c) High School (9-12) students will receive 1/2 unit of credit in Health Education and Physical Education and be afforded the opportunity to take electives, furthering their knowledge in nutrition.
- d) Nutrition and Health Education are part of not only Health Education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

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**Commitment to Marketing a Healthy School Environment**

LaFargeville Central School will:

- a) Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- b) Promote healthful eating habits, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events.
- c) Involve students in planning for a healthy school environment. Students will be asked for input and feedback.
- d) Eliminate advertising and other materials on the school campus that promote foods of minimal nutritional value.
- e) Use the district's website as a communication link for health related activities as well as a source for additional information.
- a) Emphasize caloric balance between food intake and energy expenditure.

**Promotion of Student Wellness**

LaFargeville Central School will annually develop a series of events, workshops, and activities promoting wellness. See Appendix A.

**Physical Activity**

LaFargeville Central School will provide opportunities for every student to be involved in physical education and physical activity to maintain lifelong physical fitness and a healthy lifestyle. Through this process, students will be aware and understand the short term and long term effects of physical activity for a healthy life.

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Daily Physical Education K-12

All students in grades K-12, which include students with disabilities and students with special health care needs, will receive 80 - 120 minutes of vigorous physical education per week. All Physical Education classes will be taught by a certified Physical Education teacher. Interscholastic and intramural sports and recess will not be a substitute for a quality physical education program.

Physical Education classes shall incorporate the appropriate NYS Learning Standards.

Daily Wellness Activity

All elementary school students (K - 5) will receive at least 10 minutes of supervised activity daily. Outdoor facilities should be utilized when possible, weather permitting. Wellness should utilize space to encourage moderate to vigorous activity.

Physical Activity Before and After School Hours

All activities will be staff monitored and will be available to all students. Activities will be available through: AM & PM intramurals, interscholastic athletics, after school child care enrichment programs, indoor walking track, fitness center, Town of Orleans Youth Commission activities.

School grounds and facilities will be available to students, staff, and community members as often as possible.

Safe Routes to School

When appropriate, the district will work together with local public works department and school grounds crew to ensure students have a safe and easy route to use to arrive at school.

Students will be encouraged to store bikes on a bike rack located on school property during the school day.

School policies concerning safety will apply at all times.

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

School Meals

Meals served through the LaFargeville School Lunch and Breakfast Programs will:

- a) Be appealing and attractive to the students;
- b) Be served in clean and pleasant settings;
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- d) Offer a variety of fruits and vegetables;
- a) Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- b) Ensure the served grains are whole grain
- c) Encourage the serving of less processed foods.

LaFargeville Central School will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices, to the extent possible. Nutritional information may be made available on menus, on the district website, on cafeteria menu boards, or other point-of-purchase materials.

Breakfast

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

- a) LaFargeville Central School will, to the extent possible, operate the School Breakfast Program.

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- b) LaFargeville Central School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including "grab-and-go" breakfast.
- c) LaFargeville Central School will notify parents and students of the availability of the School Breakfast Program.
- d) LaFargeville Central School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

LaFargeville Central School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, LaFargeville School may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go".

Summer Food Service Program

LaFargeville Central School will sponsor, when possible, the Summer Food Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

Meal Times and Scheduling

LaFargeville Central School:

- a) Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- b) Will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10:45 a.m. and 1 p.m.;
- c) Will not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- d) Will attempt to schedule lunch periods to follow wellness activities (in elementary school);
- e) Will provide students access in hand washing or hand sanitizing before they eat meals or snacks; and

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- f) Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in LaFargeville Central School. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

LaFargeville Central School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)**

Elementary School

The school food service program will approve and provide all food and beverage sales to students in elementary school. Given young children's limited nutrition skills, food in elementary school should be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruit and non-fried vegetables.

Middle and High School

In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

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a) Beverages

1. Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk.
2. Not Allowed: soft drinks containing caloric sweeteners; sports drinks, iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

b) Foods

1. A food item sold individually:
  - (a) Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - (b) Will have no more than 35% of its *weight* from added sugars;
  - (c) Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
2. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where food is sold. Such items could include, but are not limited to: fresh fruits and vegetables; 100% fruit juice or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

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c) Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
2. One ounce for cookies;
3. Two ounces for cereal bars, granola bars, muffins, bagels, and other bakery items;
4. Four fluid ounces for frozen desserts including, but not limited to, low-fat or fat-free ice cream;
5. Eight ounces for non-frozen yogurt;
6. Twelve fluid ounces for beverages, excluding water;
7. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will only use foods that meet the above nutrition and portion size standards for foods and beverages sold individually. LaFargeville Central School will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. See Appendix B.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. LaFargeville Central School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. See Appendix C.

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Rewards

LaFargeville Central School will not use foods or beverages that do not meet the nutrition standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. See Appendix D.

Celebrations

LaFargeville Central School will 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 nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

Discipline Action

Teachers and other school and community personnel should not use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as disciplinary consequences. Participation at recess may be withheld on occasion, with administrative approval, to address academic concerns or behavior.

School- Sponsored Events (such as, but not limited to, athletic events, dances or performances)

Foods and beverages offered or sold at school-sponsored events 30 minutes or more after the end of school and prior to midnight will not have to meet nutritional standards for meals or for foods and beverages sold during the school day, but the wellness committee encourages healthy options (i.e. water, fruit, vegetables, etc.) to be available at these events.

Communications with Parents

LaFargeville Central School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District may offer: healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. LaFargeville Central School will encourage parents to pack healthy lunches and

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snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the District will provide opportunities for parents to share their healthy food practices with others in the school community.

LaFargeville Central School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include: sharing information about physical activity and physical education through the district website, newsletter, or other take-home materials, special events, or physical education homework.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

**Monitoring and Policy Review**

Monitoring

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principals will ensure compliance with those policies at their level and will report on the school's compliance to the superintendent.

LaFargeville Central food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

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The superintendent will report once a year on the compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to the School Board and the Wellness Committee.

**Nutrition Education**

Goals

- a) The cafeteria will serve as an educational resource to promote awareness of proper nutrition to the greater school community.
- b) Limit intake of discretionary calories by adding more nutrient rich, appealing options whenever food is being sold or offered.

**Appendix A**

**Promotion of Wellness**

- a) Wellness before lunch, when possible. Scheduling wellness before lunch is an effective strategy to increase meal consumption and promote better behavior. Students who play before they eat have improved behavior on the playground, in the cafeteria, and the classroom. This schedule encourages less wasted food and drink, which leads to increased nutrient intake. The cafeteria atmosphere is improved during mealtime, and children are more settled and ready to learn upon returning to the classroom. *Recess Before Lunch: A Guide to Success* (Montana Office of Public Instruction, 2003) provides schools with strategies for promoting and implementing wellness before lunch.
- b) Utilize "corkboard" located near the cafeteria and adjacent hallway to educate students, parents, and staff with posted nutritional information.
- c) Seek out speakers to promote various topics of student wellness. (Ex. Cornell Cooperative Extension- Harvest of the Month).
- d) Carthage Area Hospital School Based Health Clinic provides wellness care to all students. (Dental, Mental, and Physical Health).

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- e) Promotion for eating breakfast (K-6).
- f) Fluoride Program.
- g) Encourage non-sweetened treats.
- h) Provide facility access to students, families, and staff for physical activity.
- i) Superintendent's Day - encourage staff wellness activities.
- j) Encourage teachers to go on "Healthy" Nutritional Field Trips. Behlings, a local farm, local playground (physical activity).
- k) Newsletter articles containing information regarding nutrition, possibly created by students from the food science class.
- l) Open House - Knight's Nook (Free haircuts and provided hygiene products)
- m) Health Fair Night.
- n) Promote participation in local 5K run/walk.
- o) Faculty/ Community Wellness opportunities.
- p) Opportunities for Mental Health (Counseling, Workshops).

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**Appendix B**

**Fundraising Alternatives**

Many new school fundraising strategies are being developed with school organization financial needs and concerns about student nutrition in mind. Instead of candy, schools can sell:

- a) Fresh and exotic fruit, like cases of citrus fruit;
- b) High produce items;
- c) Nuts and trail mix;
- d) Popcorn.

School organizations are also selling an ever-expanding variety of non-food items such as:

- a) Gift wrap;
- b) Magazine subscriptions;
- c) Garden seeds;
- d) Candles;
- e) Discount coupon books;
- f) Raffles of gift baskets;
- g) Plants and flowers;
- h) School spirit items.

School organizations are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- a) Car washes;
- b) Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.;
- c) Family game nights;
- d) "Hire a student day" for odd jobs (with proceeds going to the school);
- e) 3-on-3 basketball tournaments;
- f) Silent auctions;
- g) Talent shows.

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Additional resources for healthy fundraising ideas:

**Healthy Fundraising ideas**

- Raffle tickets with donated prizes and special items – like a front row “VIP” reserved seat at a school concert
- Community craft fairs or garage sales – solicit donated items to sell
- Rent a special parking spot
- Recycling Service & Exchange (cell phones, printer cartridges)
- Call your local bowling alley, miniature golf course, or tennis club and ask if they will help you organize a sports tournament.
- Brick/stone/tile memorial Sale
- Christmas tree Sale
- Emergency kits for cars Sale
- Hold a “Consignment thrift store” Sale
- Pet treats/toys/accessory Sale
- Pre-paid phone cards Sale
- Auction
- Battle of the Bands

***Online Resources:***

Healthy Fundraisers – Actions for Healthy Kids

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-fl.pdf>

14 Fundraisers that Promote Healthy Living

<http://www.fundraiserinsight.org/articles/fundraisinghealthyliving.html>

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**Appendix C**

**Nutritional Standards for Vending**

Suggested Items for Vending Machines and Concession Stands

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

**SNACKS**

<b>Best</b>	<b>Acceptable</b>	<b>Limited</b>
Animal crackers, graham crackers, whole grain crackers	Granola bars, whole grain fruit bars	Cookies (including low-fat), candy bars, candy, chocolate bars, toaster pastries, marshmallow/ cereal treats
Pretzels	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese flavored crackers, cracker sandwiches
Nuts and seeds - plain or with spices	Nuts with light sugar covering, honey coated	Candy or yogurt - coated nuts
Trail mix (plain)	Popcorn/nut mix	Trail mix with chocolate, yogurt, or candy
Fresh vegetables and fruit, single serve canned fruit, dried fruit	Fruit flavored snacks, fruit leathers	Candy or sugar-coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef Jerky 95% fat free		Sausage, pork rinds
Yogurt, preferably non-fat, low-fat or light		
Sugar-free gelatin, fat-free pudding		

**BEVERAGES**

<b>Best</b>	<b>Acceptable</b>	<b>Limited</b>
Milk, any flavor - preferably non-fat or low-fat (1%)	Milk, 2% or whole	
Juice - fruit and vegetable that contain 100% juice	Juice - fruit or vegetable that contains at least 50% juice	
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low-calorie, diet sodas, low-calorie iced tea, low-caloric coffee	Regular soft drinks, sports drinks, sweetened tea

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Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives - from outstanding educators across the country - to offering food as a reward to individual students or entire classes.

Read a book.  
Sit by friends.  
Read outdoors.  
Teach the class.  
Have extra art time.  
Enjoy class outdoors.  
Have an extra recess.  
Play a computer/iPad game.  
Read to a younger class.  
Get a no homework pass.  
Sing a silly song together.  
Make deliveries to the office.  
Listen to music while working.  
Play a favorite game or puzzle.  
Earn play money for privileges.  
Walk with a teacher or principal.  
Eat lunch outdoors with the class.  
Be a helper in another classroom.  
Eat lunch with a teacher or principal.  
Start and maintain a vegetable garden.  
Dance to music in the classroom.  
Get a "free choice" time at the end of the day.  
Listen with a headset to a book on a technology device.  
Have a teacher perform special skills (i.e., sing).  
Be first in line when the class leaves the room.  
Have a teacher read a special book to the class.  
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc).

Additional online resources for non-food reward ideas:

- Go Noodle
- Fuel Play Go
- Actions for Healthy Kid

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<https://www.fns.usda.gov/sites/default/files/media/image/NSLPmeal-requirements.png>

<https://fns-prod.azureedge.net/sites/default/files/media/image/breakfastmealpattern.PNG>

**Appendix F: Sun Safety Guidelines**

The LaFargeville Central School District recognizes that the sun's ultraviolet (UV) radiation can cause skin cancer. The risk of skin cancer can be greatly reduced when certain precautions are practiced. The District is committed to promoting sun safe practices to students, staff, and visitors by:

**Shade Protection and Scheduling:**

1. The availability of shade will be considered when planning outdoor activities.
2. The District will optimize shade options for students and staff and will encourage the use of shaded or indoor areas for congregation and recreation as appropriate.
3. Students will be allowed and encouraged to wear articles of sun-protective clothing including hats and sunglasses when outdoors, including during the school day, athletic events, and after-school programs.

**Education, Communication and Marketing:**

1. Educators and the Athletics Departments will be allowed to provide education at each grade level, pre-Kindergarten through 12, which relates to skin cancer, including information about the harmful effects of UV radiation and recommended practices for preventing skin cancer at any time of the school year.
2. The District will promote sun safety education activities that involve parents, students, and the community.
3. The District will promote school and community awareness of this policy through various means, such as publication on the District website.
4. The District will encourage and promote wellness through social media, newsletters, and family wellness events.

**Additional Provisions:**

1. District staff will be encouraged to model healthy sun-safe behaviors for students.
2. Parents/Guardians will be encouraged (e.g. through verbal or written communications) to provide students with sunscreen (with at least SPF 15) to be used at school.

**Policy Monitoring and Review:**

The District will evaluate and revise this policy on an annual basis.

Adopted: