

2026 - 2027

Wellness Policy



Crown Point Central School

Home of the Panthers

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Wellness Policy

Purpose

Crown Point Central School believes that for students to have the opportunity to achieve personal academic, developmental and social success. We need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Given the evidence linking proper nutrition and adequate physical activity with academic achievement, the Crown Point Central School (CPCS), along with the support of the Board of Education (BOE), adopts the following Wellness Policy to provide a school environment that promotes student health and wellness.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets as needed and documented on the district calendar, to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The committee will represent all school levels (elementary and secondary) and should include but is not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; school board members; and the general public.

Leadership

The Superintendent or designee will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy the district's administrative office and/or district's central computer network.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.

Annual Notification of Policy

The district will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- The person responsible for managing the triennial assessment and contact information is Tara Celotti, Superintendent, 597-4200.

Revisions and Updating the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments as well as when District priorities change, and new Federal or state guidance or standards are issued.

Community Involvement, Outreach and Communications

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

The District will use external, community based programs to sponsor local, farm to table opportunities for our students. The After School Program will also host weekly child nutritionists and healthy snack preparation for their members. We have a continued relationship with CCE (Cornell Cooperative Extension), who is a major advocate for our smart meal and snack planning and execution. Volunteers will provide fresh fruits and vegetables to

each student, each day. These partnerships educate staff, students and families about community supported agriculture and its many benefits.

Cornell Cooperative Extension:

Claudia Czerw cmc577@cornell.edu Farm to Table

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Nutritional Guidelines

Nutritious, well-balanced, reasonably portioned diets are essential for student wellness. To help students gain the skills and knowledge necessary to make choosing healthy food a lifelong habit, the District will ensure that all foods and beverages made available in school promote these aims.

Nutrition guidelines for all foods and beverages that are consistent with federal food regulations for School Meal Nutrition Standards, My Plate suggestions and Smart Snacks in School are available from the District upon request.

School Meals

The District will serve healthy and appealing foods and beverages that meet or exceed state and federal nutrition requirements, standards, and guidelines, as well as use safe food preparation methods. Foods and beverages available in school will:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations
2. Encourage students to try new or unfamiliar items
3. Make every effort to ensure confidentiality for all students who participate in free and/or reduced meal plans via phone call or letter, see potential law in legislature: ***No Shaming Law***
4. Notify families of need-based programs for free or reduced-price meals and encourage eligible families to apply
5. Make free drinking water available at locations where meals are served
6. Encourage all students to take advantage of the school meal program, including breakfast and lunch
7. Consider serving produce and food from local farms and suppliers, where possible
8. Not use food as a reward or punishment in school

Meal Scheduling

The District will:

1. Operate the School Breakfast Program and arrange bus schedules to accommodate breakfast to the extent possible, grab and go options are also available for late coming students.
2. Provide adequate times to eat healthy meals.
3. Schedule lunch times between normal lunch hours (approximately 10:25AM – 12:25PM) .
4. Promote a minimal wait time for students to access their meals.

Foods and Beverages Sold Individually (a la carte, vending, and school store)

All foods and beverages sold by the school or a school affiliate on campus or at a School-sponsored functions during the school day will be consistent with federal regulations for school meal and nutrition standards and the USDA Smart Snacks in School nutrition standards (see Attachment 1).

FundRaising Activities (concessions, fundraising, and public vending)

As much as possible, the District will:

1. Promote the sale of healthy food items and discourage the sales of foods that are high in sugar, fat, and that are highly processed (see Attachment 2)
2. Encourage the sale of non-food items, when appropriate
3. Work with existing vendors or locate new vendors that will comply with nutrition standards

Celebrations

Celebrations held during the school day will:

1. Promote the use of food items that meet the standard for competitive foods and beverages
2. Encourage non-food activities whenever possible and practical
3. Model the healthy use of food as a natural part of celebrations

Meal Charge and Prohibition Against Meal Shaming Policy

I. Purpose

The goal of the ***Crown Point Central School*** is to provide student access to nutritious no- or low-cost meals each school day and to ensure that a pupil whose parent/guardian has unpaid school meal fees is not shamed or treated differently than a pupil whose parent/guardian does not have unpaid meal fees.

Unpaid charges place a large financial burden on our school. The purpose of this policy is to insure compliance with federal requirements for the USDA Child Nutrition Program and, and to provide oversight and accountability for the collection of outstanding student meal balances 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 ***Crown Point Central School*** in a way that does not stigmatize, distress or embarrass students. The provisions of this policy pertain to regular priced reimbursable school breakfast, lunch and snack meals only. The ***Crown Point Central School*** provides this policy as a courtesy to those students in the event that they forget or lose their money. Charging of items outside of the reimbursable meals (a la carte items, adult meals, etc.) is expressly prohibited.

II. Policy

Free Meal Benefit - Free eligible students will be allowed to receive a free breakfast and lunch meal of their choice each day. A la carte items or other similar items must be paid/prepaid.

Reduced Meal Benefit - Reduced eligible students will be allowed to receive a breakfast and a lunch meal of their choice at no charge. A la carte items or other similar items must be paid/prepaid.

Full Pay Students - Students will pay for meals at the school's published paid meal rate each day. The charge meals offered to students will be reimbursable meals available to all students, unless the student's parent or guardian has specifically provided written permission to the school to withhold a meal. A la carte items or other similar items must be paid/prepaid.

For the 2026-2027 school year, meals will be free for all students, regardless of direct certification status.

ONGOING STAFF TRAINING:

- Staff will be trained annually and throughout the year as needed on the procedures for managing meal charges using the NYSED Webinar or the school's training program.
- Staff training includes ongoing eligibility certification for free or reduced price meals.

PARENT NOTIFICATION:

- Parents/guardians will be notified that a student's account balance is exhausted and has accrued meal charges at the end of each month and every month ending thereafter until charges are paid.

PARENT OUTREACH:

- Staff will communicate with parents/guardians with five or more meal charges to determine eligibility for free or reduced price meals.
- School staff will make two documented attempts to reach out to parents/guardians to complete a meal application in addition to the application and instructions provided in the school enrollment packet.
- School staff will contact the parent/guardian to offer assistance with completion of the meal application to determine if there are other issues within the household causing the child to have insufficient funds, offering any other assistance that is appropriate.

MINIMIZING STUDENT DISTRESS:

- School will not publicly identify or stigmatize any student on the line or discuss any outstanding meal debt in the presence of any other students.
- Students who incur meal charges will not be required to wear a wristband or handstamp, or to do chores or work to pay for meals.
- Schools will not throw away a meal after it has been served because of the student's inability to pay for the meal or because of previous meal charges.

- Schools will not take any action directed at a pupil to collect unpaid school meal fees.
- Schools will deal directly with parents/guardians regarding unpaid school meal fees.

ONGOING ELIGIBILITY CERTIFICATION:

- School staff will conduct direct certification with NYSSIS or using NYSED Roster Upload to maximize free eligibility. NYSED provides updated direct certification data monthly.
- School staff will provide parents/guardians with free and reduced price application and instructions at the beginning of each school year in a school enrollment packet.
- Schools using the electronic meal application will provide an explanation of the process in the school enrollment packet and instructions on how to request a paper application at no cost.
- Schools will provide at least two additional free and reduced price applications throughout the school year to families identified as owing meal charges.
- Schools will use administrative prerogative judiciously, only after using exhaustive efforts to obtain a completed application from the parent/guardian only with available information on family size and income that falls within approvable guidelines.
- Schools will coordinate with the foster, homeless, migrant, runaway coordinators to certify eligible students. School liaisons required for homeless, foster, and migrant students shall coordinate with the nutrition department to make sure such students receive free school meals, in accordance with federal law.

Students/Parents/Guardians may pay for meals with cash or a check payable to **Crown Point Central School**. Funds should be maintained in accounts to minimize the possibility that a child may be without meal money on any given day. Any remaining funds for a particular student will be carried over to the next school year.

Refunds for withdrawn, and graduating students; a written or emailed request for a refund of any money remaining in their account must be submitted. Students who are graduating at the end of the year will be given the option to transfer to a sibling's account with a written request.

Unclaimed Funds must be requested within one school year. Unclaimed funds will then become the property of the **Crown Point Central School** Food Service Program.

Nutritional Education and Wellness Promotion

Crown Point Central School believes that nutrition promotion and education are key components in introducing and reinforcing healthy behaviors in students. Nutrition education and wellness promotion will be incorporated into the broader school environment by:

1. Including nutrition education as part of classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects
2. Promoting and providing enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
3. Emphasizing the roles of healthful eating and physical activity for overall health and wellness
4. Teaching media literacy with an emphasis on food marketing
5. Enhancing the cafeteria layout, displays, decorations, signs and marketing to be consistent with health promotion
6. Promoting community-based activities and opportunities for nutrition, activity, health and wellness, whenever possible

The District may also implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, and hosting or promoting community-wide events.

The CEWW (Clinton, Essex, Washington, Warren Health Consortium) My Strength App and the Wellness Challenge is offered to all staff of the District monthly, see information below.

It is important to the CEWW Health Insurance Consortium to promote a healthy lifestyle for all our members. With that in mind, the Consortium teamed up with Empire to provide you with a wide range of Wellness Challenges to provide a platform to achieve a healthier you.

Whether you're a well-seasoned athlete looking for a challenge or a rookie just looking for somewhere to start, we have a challenge fit for you! With each of our challenges, we also offer a modifier to be sure EVERYONE can participate. Our goal is for each participant to show consistent effort. Remember, always give it your best "shot", you may even surprise yourself!

Physical Activity Education and Promotion

Crown Point Central School recognizes that physical activity is an important factor in staying healthy and being ready to learn for all grade level students, elementary (PreK-6) and high school (7-12). The goal of the physical activity and education promotion is to develop knowledge and skills necessary to perform, participate and enjoy a variety of physical activities as part of a healthy lifestyle. The District's Physical Education program will adhere to mandates and curricular content standards set forth by the New York State Department of Education.

Physical Education

The District will provide a Physical Education program that ensures:

1. Students engage age-appropriate, sequential physical education for at least the minimum number of hours or days per week under state requirements
2. Physical Education classes incorporate the appropriate NYS Learning Standards and classes promote, teach and provide opportunities to practice activities that students can enjoy and pursue throughout their lives (e.g. yoga, fitness walking, step aerobics),
3. The performance of physical activity is not used as a form of discipline or punishment
4. Students are not denied from participating

Physical Activity in the Classroom

The District supports an immersive environment where opportunities for physical activity are embedded throughout the school day. As such, the District will:

1. Promote the integration of physical activity in the classroom
2. Consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher, if severe time or space constraints exist.
3. Physical activity during the school day will not be withheld as punishment.
4. The District will ensure that its grounds and facilities are safe and the equipment is available to students to be active.
5. Elementary classes have Brain Breaks, Shake Breaks or other Movement based activities throughout each school day.

Extracurricular Opportunities for Physical Activity

After-school enrichment programs will provide and encourage:

1. Opportunities and activities provided by community organizations that meet the various physical activity needs, interests and abilities of all students

2. Opportunities for school-supervised and non-school supervised activities through the provision of space and/or equipment

Wellness Policy Implementation, Monitoring and Review

The Crown Point Central School District Superintendent is responsible for assuring the implementation of this policy. The Superintendent or delegate will establish a Wellness Committee to participate in the development and maintenance of the policy.

Committee Representation and Public Notification

The Wellness Committee will seek involvement from the public and school community (including parents, students, representatives of the school food authority, school board members, school administrators, teachers of physical education and/or health, school and health professionals) .

1. The committee will be composed of at least one (1) Administrator, one (1) cafeteria staff member, one (1) teacher, one (1) Parent, and one (1) Student. The committee will identify wellness policy leadership of one or more official(s) who have authority and responsibility to ensure the school complies.
2. The committee will meet per school year and will inform and update the public about the content and implementation of the policy.
3. The Wellness Policy will be posted on the school website and paper copies will be made available upon request.
4. The committee, along with the Superintendent, will ensure the wellness policy includes all the required components:
 - i Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Districts are required to review and consider evidence-based strategies in determining these goals.
 - ii Policies for other foods and beverages available in the school campus during the school day.
 - iii Description of public involvement, public updates, policy leadership and evaluation plan.
 - 1 Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day that are consistent with federal regulations for School meals nutrition standards, and Smart Snacks in School nutrition standards.

Monitoring and Review

The Wellness Committee will monitor the effectiveness of the Wellness Policy. Every three (3) years, the Superintendent, in consultation with the Wellness Committee, will monitor and review the District's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. The Superintendent will report to the Board of Education and the public on the results of these reviews.

To monitor the implementation and effectiveness of this policy, see the following:

1. Informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects
2. Review of Physical Education and Nutrition Education compliance with state and federal regulations
3. Completion of the relevant portions of the CDC School Health Index
4. Documentation of proper implementation of the School Meals Program (breakfast and lunch) and the Smart Snacks in School guidelines
5. Review of participation in the school meal (breakfast and lunch) programs
6. Review of Student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts

All food and nutrition staff are hired and trained annually in accordance with USDA professional standards.

USDA AND JUSTICE FOR ALL is in accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the

Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C.
20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Reference:

- *P.L. 111--296 (The Healthy, Hunger--Free Kids Act of 2010) P.L.
- *108--265 (Child Nutrition and WIC Reauthorization Act of 2004)
- *42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
- *42 USC §1779 (Child Nutrition Act)
- *7 CFR §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
- *CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)
- *NYCRR Part 135 (Health and Physical Education curricular requirements);
- *§114.1 (School Breakfast Program Requirements)
- *Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)
- *Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

Adoption Date:

Review by BOE:	
Adoption by BOE:	

Fruits:
Focus on fruits.

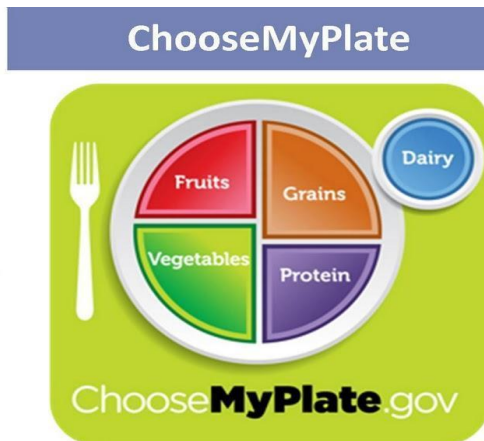
- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:
Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity
Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Milk:
Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains:
Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans
Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Oils:
Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: ChooseMyPlate.gov

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Additional Resources:

Key to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

National Association for Sports and Physical Activity: <http://www.aehperd.org>

Center for Disease Control: <http://www.cdc.gov/HealthYouth/>

Food and Research Action Center: <http://www.frac.org>