

Hudson City School District Student Wellness Policy Annual Progress Report

5405-E

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal	List challenges and/or barriers of implementation	List next steps that will be taken to fully implement and/or expand on goal
School Meals Goals – Nutritional content and cultural appropriateness of food offered						
1. Include fruits, vegetables, salads, whole grains, and low fat items required by federal regulation.						
2. Encourage students to try new or unfamiliar items.						
3. Make efforts to ensure families are aware of programs for free/reduced price meals.						
4. Serve produce and food from local farms and suppliers whenever possible.						
5. Free drinking water available at locations where meals are served.						
6. Make efforts to provide meal options that meet dietary needs of the diverse population.						
School Meals Scheduling						
1. Provide adequate time to eat.						
2. Schedule lunchtime between normal lunch hours (11 AM – 1 PM)						
Food and Beverages Sold Individually – Nutritional content of food and beverages sold						
1. Ensure that all such items meet nutrition standards set in federal regulations for competitive foods.						
2. Permit sales of fresh, frozen or canned fruits and vegetables as exempt from nutrition standards.						
3. Make sure existing or new vendors comply with nutrition standards.						
Fund-Raising Activities – Meet nutritional requirements						
1. Ensure all fundraisers selling food or beverages to students on school campus during the school day meet food nutrition standards.						

2. Promote non-food items to sell or activities in which to participate.					
3. Encourage student groups conducting fundraisers off school grounds or outside of school day to follow policy.					
4. Encourage outside organizations conducting fundraisers off school grounds or outside of school day to follow policy.					

School/Class Parties, Celebration, Events – Informal surveys of key stakeholder groups on food for celebrations/events

1. Set guidelines for frequency and content of classroom and school-wide celebrations where food and beverages provided.					
2. Promote the use of food and beverage items that meet the standards for competitive food/beverages, discourage foods that do not meet those standards, and promote non-food activities.					
3. Model the healthy use of food as a natural part of celebrations.					

Marketing of Foods and Beverages on School Grounds

1. Foods or beverages marketed on school grounds during the school day must meet federal nutrition standards for competitive items. (See policy for "school grounds" locations.)					
2. Marketing does not include ads and promotions: verbal, written, graphic, or promotional items, unless used for educational purposes.					

Physical Education Classes

1. Students engaged in PE for at least the minimum number of minutes under State requirements.					
2. PE classes with incorporate the appropriate NYS Learning Standards.					

3. Promote, teach, and provide opportunities to practice activities students enjoy and can pursue throughout their lives.						
4. Performance or withholding of physical activity shall not be used as a form of punishment or discipline (unless related to immediate safety).						
Recess – Use and availability of recess time						
1. Maintain daily allotment of recess time for elementary school.						
2. Recess shall not be used repetitively as punishment. (Not more than 20% during a marking period.)						
3. Permit scheduling of recess before lunch.						
4. Recess will be held outdoors whenever possible (following the temperature guidelines in Policy 8136).						
5. The JHS and SHS are encouraged to provide access to the outdoors during lunch time as is reasonable.						
Physical Activity in the Classroom						
1. Promote integration of physical activity in the classroom (brain breaks, kinesthetic learning).						
Extracurricular Opportunities for Physical Activity						
1. Promote clubs and activities that meet various needs, interests, and abilities of students.						
2. Promote walking/biking to school.						
3. Extracurricular activity eligibility requirements do not constitute withholding opportunities.						
Nutrition Promotion and Education						
1. Include nutrition education as part of all classroom instruction as is practical.						

2. Include appropriate activities such as contests, taste testing, farms, gardens, etc.					
3. Promote healthy and low fat fruits, vegetables, and dairy products.					
4. Emphasize caloric balance between food intake and output.					
5. Media literacy – food marketing.					
Other					
1. Review of data collected by district (See policy for specific items).					
2. Review of professional development offered that focuses on student wellness.					
3. Surveys on cafeteria offerings and wellness efforts.					
4. 5. Student Wellness Assessment Checklist completed everything three year, as per policy.					

Adoption date: September 24, 2018