



STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; "district" means all school buildings and school activities within the school district; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

I. Foods and Beverages Available to Students on School Campus During the School Day

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District will ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall ensure that all foods and beverages available for sale to students on the school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serves healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, as well as safe food preparation methods.

A. School Meals - the District will:

- meet the USDA National School Lunch and Breakfast Standards
- include fruits, vegetables, salads, whole grains, and low-fat items to the extent required by federal regulations.
- offer a variety of foods and beverages that are appealing and attractive to children while also encouraging students to try new or unfamiliar items
- ensure that eating settings are clean and inviting
- if needed, establish practices related to feeding students with unpaid meal balances that do not embarrass children or increase social stigma related to being of low-income and do not treat such students any differently than students whose parents/guardians do not have unpaid meal balances
- prohibit the use of food as a reward or the withholding of foods as a punishment
- ensure that menus are created/reviewed by a Registered Dietitian or another certified nutrition professional who meets or exceeds the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals
- accommodate special dietary needs and food allergies as required by law and regulation
- post menus on the district website and/or individual school websites and include nutrient content and ingredients
- encourage staff to model healthy eating behaviors
- implement the following farm-to-school activities
 - incorporating local or regional foods into school meal programs
 - hosting promotions or special events, such as tastings, that highlight the local/regional foods
 - reinforcing messages about agriculture and nutrition throughout the learning environment
 - supporting schools in hosting school gardens and field trips to local farms
- promote healthy food and beverage choices using standard marketing and merchandising techniques
- make free drinking water available at locations where meals are served
- make a concerted effort to provide meal options that meet the dietary needs of our diverse

- cultural population
 - If needed, serve breakfast to students using a variety of service models to increase participation, such as "grab and go" breakfast or breakfast served in the classrooms.
- B. Meal Scheduling - the District will:
- provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
 - schedule lunchtime between normal lunch hours
- C. Competitive Foods and Beverages (e.g., a la carte, vending machines, school stores, food carts, fundraising meant for consumption during the school day) - the District shall:
- ensure that all foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snack requirements.
 - work with existing vendors or locate new vendors that will comply with nutrition standards
- D. Fund-Raising Activities:
- The District requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy, pizza sales and market days during the school day and during the extended school day sell only non-food items or foods and beverages that meet or exceed Smart Snack requirements.
- The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs). The district will make available to caregivers and all school and school-based staff a list of healthy fundraising ideas:
- ensure that all foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snack requirements
 - promote non-food items to sell, or activities (physical or otherwise) in which to participate
 - student groups conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy
 - outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy
- E. School and Class Parties, Celebrations, and Events:
- This section applies to all school and classroom parties, snacks which have been brought in for the class or school, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold. - the District will:
- requires that all foods and beverages served and offered by the school or school staff on the school campus outside of the school meal programs during the school day and during the extended school day will, at a minimum, meet Smart Snack requirements
 - set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided
 - promote non-food activities, and discourage foods and beverages which do not meet the smart snack requirements, at celebrations
 - model the healthy use of food as a natural part of celebrations
- The district will make available for caregivers and all school and school-based staff:
- a list of healthy and non-food party ideas
 - a list of foods and beverages that meet Smart Snacks
 - a list of healthy and non-food rewards
- F. Marketing of Foods and Beverages:
- any food or beverage that is marketed on school grounds during the school day must meet at

- least the federal nutrition standards for competitive items (Smart Snack Guidelines)
- this applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups
- marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items
- this restriction does not apply to personal opinions or expression, or items used for educational purposes
- this restriction applies to all purchases and contracts made after the effective date of this provision

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life. The district's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

A. Physical Education

- The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in the Commissioner's regulations. All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District's schools.
- the District will ensure that:
 - It provides adequate space and equipment for physical education and conforms to all applicable safety standards;
 - An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness;
 - A physical and social environment is provided that encourages safe and enjoyable activity for all students; and
 - Activities or equipment are adapted or modified to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or individualized education programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if the student may be eligible for adapted physical education.
- students shall engage in physical education for at least the minimum number of hours or days per week under State requirements
- Physical Education classes shall incorporate the appropriate NYS Learning Standards.
- promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).
- the performance or withholding of physical activity shall not be used as a form of discipline or punishment.
- If the district is under severe time or space constraints, the state requirements for Physical Education may be met through collaborative and integrative in-classroom activity.

B. Recess

- The District will maintain daily allotment of recess time for elementary school according to state guidelines.
- recess shall not be used repetitively for punishment or reward. If a student misses more than

- 20% of their recess time during a marking period, administration must formulate another plan to address this student's academic and behavioral needs.
 - The District will permit scheduling recess before lunch.
 - recess will be held outdoors whenever possible, and indoors during the most inclement weather, following the guidelines of Severe Weather and Extreme Temperature Policy 8136.
 - the Junior and Senior High Schools are encouraged to provide student access to the outdoors during their lunch time hours as much as is reasonable in light of to student lunch and scheduling needs.
- C. Physical Activity in the Classroom
- The District will promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).
- D. Extracurricular Opportunities for Physical Activity
- The District will:
- promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing), including before and after school activities.
 - promote students walking/biking to school (with proper storage of bicycles), safe routes to school, and "walking" school buses.
 - ensure that the setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

III. Nutrition Promotion and Education

The Board believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

The Board's goals for nutrition promotion and education include that the district will:

- include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
- emphasize caloric balance between food intake and energy expenditure.
- teach media literacy with an emphasis on food marketing.
- foster a school culture that supports students' and personnel's overall wellbeing and positive relationship with their bodies.

IV. Other School-Based Activities

The district may 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 wellness fairs, environmental wellness, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

V. Implementation

At the yearly reorganization meeting the Board shall designate the District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person in each building as School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

VI. Monitoring and Review

Every three years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine the extent that district schools are complying with this policy, how this policy compares to model wellness policies, and the progress made toward attaining the goals of this policy and whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The District Wellness Coordinator, shall present yearly to the Board and the public on the current status of the three-year review, and provide insight into current implementation and effectiveness of this policy. Every third year the District Wellness Coordinator shall present and provide the results of the detailed three-year review.

Parents/guardians, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board shall be provided with the opportunity to participate in the development, implementation and periodic review and update of this wellness policy. To do this, the district shall, under the direction of the District Wellness Coordinator, establish an advisory committee, and invite participation via notices in school publications; staff and student announcements, handbooks and memos; the district website; and outreach to school-associated organizations interested persons and those with valuable expertise.

The district shall inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy by posting this policy (and any updates) on the district website and in each school lunch area, referencing the policy and its availability on school publications and notices, and providing information about new and ongoing wellness policy activities to parents, staff and students via established communication channels.

The District Wellness Coordinator's three-year review shall monitor and review the implementation and effectiveness of this policy by conducting:

- Informal surveys of Building Principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
- Checks on the nutritional content of and cultural appropriateness of the food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods. (I.A) 3
- Review of lunch time hours for all grades, and the time available to students to eat. (I.B) 4.
- Checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods. (I.C)
- Checks of fundraising activity sales and whether they meet BOE nutritional requirements. (I.D)
- Informal surveys of Building Principals, classroom staff, students, and parents of the use of food in school/ class celebrations and events where food is provided but not sold. (I.E) 7. Checks of the marketing of food on school grounds. (I.F)
- Checks of the amount of time students spend in Physical Education classes, and the nature of those activities. (II.A)
- Checks of the use and availability of recess time to elementary students, including checks of the overuse of utilizing recess time as a consequence (more than 20% of a student's marking period). (II.B)
- Checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students. (II.C, II.D)
- Checks of student mastery of the nutrition education curriculum. (III) I
- Completion of relevant portions of the CDC School Health Index.

- Review of data currently collected by the district, including:
 - attendance data, particularly absences due to illness;
 - test scores;
 - rates of suspension, discipline, and violent incidents;
 - physical education scores on flexibility, endurance, and strength (i.e., fitness test results); d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - revenues generated from vending machines and a la carte food items.
 - Surveys of student/parent opinions of cafeteria offerings and wellness efforts.
 - Review of professional staff development offered which focuses on student wellness
 - A Student Wellness Assessment Checklist (completed *every three years*) to review the effectiveness of this policy.

VII. Recordkeeping

The district shall keep records as required by federal regulations, including documentation of the following: this policy; the district's community involvement activities described above; that the policy is made available to the public; the assessments done every three years; how the public is informed of the assessment results; and when and how the policy is reviewed and updated.

Ref:

Public Law 108-265, §204 (Child Nutrition Act Reauthorization)
 P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b
 P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204
 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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements - nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)
 7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements - nutrition standards for meals and competitive foods)
 8 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) (physical education requirements)
Appeal of Williams, 32 EDR 621 (1993) (Dec. No. 12,934) (physical education requirements)

Cross Reference: Policy 8136 Severe Weather & Extreme Temperature Policy & Procedure

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