

- Required**
- Local**
- Notice**

Wellness Policy on Nutrition and Physical Activity

The School District is committed to providing a school environment that promotes and protects children’s health, well being, and ability to learn by supporting healthy eating and physical activity. Nutrition education and physical activity will comply with Federal and New York State Standards. The School District will continue to involve students, parents, teachers, food service professionals, the Board of Education, school district administrators, and other community members in the development, implementations, monitoring and review of the Wellness Policy.

For the purposes of this policy, “all foods” served at the School District include but are not limited to: meals sold for breakfast and lunch, a la carte menu items, vending machines and food sold through the school store.

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; 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.

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.

- All students in grades Pre K – 12 will have opportunities, support and encouragement to be physically active on a regular basis. To the maximum extent possible, schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish links between health education, school meal programs and related community services.
- To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes.
- Foods and beverages available for sale to students on the school campus during the school day will meet or exceed nutrition program requirements and nutrition standards found in federal regulations and will be reviewed on a regular basis by the wellness committee.

- All schools in our District will participate in the federal school lunch program and follow all regulations and guidelines from state and federal government, as well as safe food preparation methods. The District will establish breakfast programs as required by survey.

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

A. School Meals – the District shall comply with the federal nutrition standards so that:

1. Meals are served in a clean and pleasant environment with appropriate supervision.
2. Menus provide a variety of fresh fruits and vegetables as well as whole grains and low fat dairy items.
3. Students are encouraged to try new or unfamiliar items.
4. Produce from local farms and suppliers are considered.
5. Schools provide access to hand washing or hand sanitizing before meals.
6. Students have access to free, fresh drinking water at or near locations where meals are served.
7. Participation in the school meal programs is promoted and families are encouraged to apply for free & reduced price meals.
8. Information on nutritional content and ingredients is available.

B. Meal Scheduling – the district shall:

1. Provide adequate time to eat.
2. Schedule lunchtime between 10:30 AM and 2:00 PM.

C. All Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores)– the District shall comply with the federal nutrition standards so that:

1. All such items sold on campus during the school day shall meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine.
2. The sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards is permitted.
3. Existing vendors or locate new vendors are apprised of and comply with nutrition standards.
4. State regulations banning the sale of soda during the school day are followed.

D. Fundraising Activities by Student Organizations – the District shall comply with the federal nutrition standards so that:

1. That all fundraisers selling food or beverages to students on school campus by student organizations during the school day meet the nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.

E. School and Class Parties, Celebrations, and Events where food and beverages are provided, but not sold – the district shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.

F. Marketing of Foods and Beverages

1. 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.

II. Physical Activities

A. Physical Education

1. Students shall engage in physical education for at least the minimum number of hours or days per week under state requirements.
2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.
4. The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

B. Recess

1. Maintain daily allotment of recess time for elementary school.
2. Permit scheduling recess before lunch.
3. Recess will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.

C. In the Classroom

1. Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process.
2. If the District is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and

integrative in-classroom activity, under the supervision of a Physical Education teacher.

D. Extracurricular Opportunities

1. Promote clubs and activities that meet the various activity needs, interests, and abilities of all students, including before and after school activities.
2. Encourage students walking/biking to school, with proper storage of bicycles.
3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

II. Nutrition Promotion

In connection with the school district's policy for nutrition promotion and education include that the district will:

1. Include nutrition education as part of health and physical education classes, but also classroom instruction in subjects such as math, science, language arts, social studies and elective subjects.
2. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
3. Emphasize caloric balance between food intake and energy expenditure.
4. Teach media literacy with an emphasis on food marketing.

III. 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 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, hosting or promoting community-wide events, and offering wellness-related courses in the District's adult education program.

IV. Implementation

The Board shall designate the Director of Cafeteria Services and the District Director for Health, Physical Education and Athletics to be responsible for ensuring that the provisions of this policy are carried out throughout the District. The Board also designates the principal in each building as a School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

V. Monitoring and Review

The Director of Cafeteria Services and the District Director for Health, Physical Education and Athletics, as District Wellness Coordinators, shall assess each school's compliance with this policy. The District Wellness Coordinators, 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 these results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Parents, 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's Health, Safety and Wellness Committee will invite participation via staff and student announcements, handbooks and memo; the district website; and outreach to school-associated organizations, interested persons and those with valuable expertise.

The District shall inform and update the public about the content and effectiveness of this wellness policy by posting this policy (and any updates) on the district website.

The District shall monitor and review the implementation and effectiveness of this policy by conducting:

1. Periodic informal surveys of building principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
2. Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
6. Periodic checks of student knowledge of the nutrition education curriculum.

7. Periodic review of data currently collected by the district, including:
 - a. Attendance data, particularly absences due to illness;
 - b. Rates of suspension, discipline, and violent incidents;
 - c. Physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
8. Periodic review of professional staff development offered which focuses on student wellness.
9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

Adopted: 6/21/06

Amended: February 25, 2015, December 20, 2017

Ref: 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)