

5405 STUDENT WELLNESS

REQUIRED

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; 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 shall 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 USDA federal regulations.

To accomplish this, the Board directs that the district serve 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 shall:

1. Assure that USDA Breakfast and Lunch Program are in compliance with USDA Nutrition Standards for reimbursable school meals.
2. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
3. Encourage students to try new or unfamiliar items. Through taste tests and Farm to School Events
4. Serve and promote produce and food from local farms and suppliers through monthly Farm to School Meal posters and education.
5. Make free drinking water available at locations where meals are served as well as access to drinking water throughout the school day.

B. Meal Eligibility

1. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply. Information and applications for free or reduced-price meals will be sent to all parents late summer/beginning of the school year through email, District Website or mail if no email address on file.
2. Families eligible for free or reduced-price meals shall not be overtly identifiable to others on the serving lines.
3. No student should be denied a reimbursable meal for unpaid balances. No student will be identified in a public manner if they have an unpaid meal balance. The district

will contact parents, informing them of a meal deficit via weekly email or monthly mailed letter as well as make them aware of the needs-based program.

4. The district will periodically reach out to all free or reduced student's parents/guardians who are not taking advantage of reduced priced meals.
5. Families who submit a free or reduced-price application will be notified of the results via email or mail.

C. Meal Scheduling – the district shall:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours (10:30 a.m. – 1:10 p.m.) Students shall have a minimum of 20 minutes to eat lunch.
3. All schools will provide at least 10 minutes (seat time) for breakfast through the USDA School Breakfast Program.

D. Foods and Beverages Sold ala carte during the school day– the district shall:

1. Assure that all ala carte foods and beverages sold to students during the school day shall meet the USDA school meal and Smart Snacks nutritional standards. www.fns.usda.gov/tn/guide-smart-snacks-school
2. Assure that all non-school/non-compliant vending machines are set on a timer so as not to be accessible during the school day.
3. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
4. Work with existing vendors or locate new vendors that will comply with nutrition standards.
5. Breakfast and Lunch Components will meet all current USDA Meal Guidelines for a Reimbursable Meal.

E. Fund-Raising Activities – the district shall:

1. All fundraisers selling food or beverages to students on school campus during the school day must meet the competitive foods nutrition and Smart Snacks in School standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine. The district will allow one fundraiser exemption per month from nutrition and snack standards to take place during school.
2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
3. 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.

F. School and Class Parties, Celebrations, and Events where food and beverages are provided, but not sold:

1. 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.
2. Schools shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided. Due to food safety and food allergies, non-food celebrations shall be encouraged.

3. The district shall only allow food and beverage items which meet the standards for competitive foods and conform to the Guide to Smart Snacks in School including beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
4. Encourage the healthy use of food as a natural part of celebrations.

G. 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 and or Smart Snack nutrition.
2. This restriction 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.
3. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
4. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
5. This restriction applies to all purchases and contracts made after the effective date of this provision.
6. No food and/or beverages shall be marketed where food is sold or in any school publication or school media source unless approved by the school's principal.
7. For non-approved fundraisers, there will be no fundraising advertisement of foods not meeting the standards of Smart Snack nutrition.

H. Training

1. The Director of Food Services and the food service staff shall meet continuing education/training requirements in the USDA Professional Standards for Child Nutrition.

I. Foods and Beverages Sold Before or After the Instructional Day

1. Food and beverages sold or served to students in before or after school care programs will meet CACFP nutrition standards OR Smart Snacks standards.

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

1. Students in grades K-12 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 for personal wellness (e.g., yoga, fitness walking, step aerobics).
4. The performance or withholding of physical activity shall not be used as a form of discipline, punishment or as a source for reward.
5. The district will implement the following time guidelines for physical education classes:
 - 40 minutes every other day per week of P.E. for elementary students
 - 42 minutes every other day per week of P.E. for Middle School students
 - 42 minutes every other day of P.E. for High School students
6. There will be no exemptions for P.E. class time or credit.
7. There will be no substitutions for P.E. class time or credit.
8. The district (schools) shall develop physical activity programs that include family and community engagement through partnerships in these physical activities.
9. Physical activity (clubs, intramurals, etc.) shall be provided before and/or after school for all students.

B. Recess

1. Incorporate daily physical activity (recess) for elementary schools (Minimum of 20 minutes a day).
2. Scheduled physical activity (recess) shall not be used for punishment or reward.
3. Permit scheduling physical activity (recess) during the lunch period.
4. Physical Activity will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.

C. Physical Activity in the Classroom

1. Promote purposeful integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).
2. Under severe time or space constraints, the district may meet the state requirements for Physical Education through collaborative and integrative in-classroom activity

D. Extracurricular Opportunities for Physical Activity

1. 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.
2. The District will promote students walking/biking to school (with proper storage of bicycles), safe routes to school, and “walking” school buses.
3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

E. Community Use Agreements

1. Schools shall develop community use agreements expanding physical activity opportunities for students and the community.

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:

1. 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. Lessons encouraged to include healthy menu planning based on food nutrition labels. These lessons will be integrated into the curriculum at all levels, grades K-12.
2. Include nutrition activities that are enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens that link nutrition education to our environment.
3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
4. Emphasize caloric balance between food intake and energy expenditure.
5. Teach media literacy with an emphasis on food marketing.
6. The district shall incorporate the Smarter Lunchroom tools available at the usda website.
7. District staff shall encourage and promote healthy living styles to include a healthy diet and physical activities.

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 fairs, health newsletters, parent outreach, employee health and wellness activities, reviewing food marketing and advertising in school, hosting or promoting community-wide events, building-level cafeteria gardens, and prohibiting the use of food as a reward.

V. Implementation

The Board shall designate the Superintendent, or designee, as District Wellness Coordinator to be 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

The District Wellness Coordinator and the District Wellness Committee shall meet annually. The Coordinator shall report every three years to the Board and the public on the implementation and effectiveness of this policy. 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, shall 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.

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 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 utilization times of vending machines.
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 mastery of the nutrition education curriculum.
7. Periodic completion of relevant portions of the CDC School Health Index.
8. Periodic review of data currently collected by the district, including:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
 - e. revenues generated from a la carte food items.
9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
10. Periodic review of professional staff development offered which focuses on student wellness.

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: 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)

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