

5405 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; 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. Wellness Committee

The District has established a wellness committee that meets at least four (4) times per year to establish goals for, and oversee the development of, the District’s local wellness policy. The Committee will make policy recommendations for review and adoption by the Board. The District Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- A. Parents and caregivers;
- B. Students;
- C. Physical Education teachers;
- D. School health professionals;
- E. District food service program;
- F. School Board;
- G. School administrators;
- H. General Education Teachers; and,
- I. Members of the public.

II. 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 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. Meet the USDA National School Lunch and Breakfast Standards as found at the following link: <https://www.fns.usda.gov/school-meals/nutrition-standards-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.
4. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply, in accordance with applicable law and District policy.
5. Efforts will be made to serve produce and food from local farms and suppliers.
6. Make free drinking water available at locations where meals are served.
7. Utilize Smarter Lunchroom Movement initiative (<http://smarterlunchrooms.org>) to provide research-based, easy no-cost and low-cost changes to encourage students to select, eat, and enjoy healthier foods in school without eliminating their choice. These interventions can maintain or improve revenue and increase participation. We will utilize the following strategies:
 - a. Train staff to prompt students to select fruits and vegetables.
 - b. Place unflavored milk in front of other beverage choices.
 - c. Bundle “grab and go” meals that include fruit and vegetable items.
 - d. Make the entrée with the greatest nutrient density the first listed or most prominently shown.
 - e. Make efforts to keep food-allergic students safe in the school environment.

- B. Meal Scheduling – the district shall:
 - 1. Provide adequate time to eat.
 - 2. Schedule lunchtime between normal lunch hours (10 a.m. - 2 p.m.)

- C. Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) – the district shall:
 - 1. Ensure that all such items meet the Smart Snack Nutrition Standards (<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>) set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
 - 2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
 - 3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

- D. Fund-Raising Activities – the district shall:
 - 1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the competitive “Smart Snack” foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
 - 2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
 - 3. Allow only **non-food** fundraisers during the School Day.
 - 4. Inform outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers which take place on school campus, during the school day of the applicability of this policy.
 - 5. Encourage) outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers, which take place **off the school campus**, outside the school day to follow this policy.

E. School and Class Parties, Celebrations, and Events where food and beverages are provided, but NOT sold. 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**. For these events, the District shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided.
2. Promote the use of food and beverage items which meet the standards for competitive foods and beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
3. Model the healthy use of food as a natural part of celebrations.
4. Allow water as the only accepted beverage for such occasions.

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.
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.

III. Physical Activity & Physical Education

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 shall engage in physical education for at least the minimum number of hours or days per week under NY State requirements:
2. All students in K-12 must attend and participate in a physical education program.
3. Time requirement is 120 minutes per calendar week exclusive of any time that may *be required for dressing and showering*.
4. 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.
5. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
6. The District shall promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).
7. The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

B. Recess: The District will:

1. Maintain the daily allotment of recess time for elementary school.
2. Ensure that Recess shall not be used for punishment or reward.
3. Permit scheduling recess before lunch.
4. Ensure that recess 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

The District will promote the integration of physical activity in the classroom, as activity breaks, brain breaks and as part of the educational process (e.g., kinesthetic learning).

D. Extracurricular Opportunities for Physical Activity

The District will:

1. 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. 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.

IV. 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 for grade K- 12.

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.
2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
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.

V. 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.

VI. Implementation

The Board shall designate a 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.

VII. Monitoring and Review

The District Wellness 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, 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 shall 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 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 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. *student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and*
 - e. *revenues generated from vending machines and 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.
11. NYSSBA's Student Wellness Assessment Checklist [every three years] to review the effectiveness of this policy.

VIII. 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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White Plains City School District
White Plains, NY