

# POLICY

**SUBJECT: WELLNESS**

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity before, during, and after the school day.

**Policy Leadership**

The Superintendent will designate a District Wellness Coordinator to convene the District Wellness Committee in order to facilitate the development and implementation of, and ensure compliance with the Wellness Policy by leading the review, update and evaluation of the District Wellness Policy.

**Public Involvement**

The District will establish a Wellness Committee that meets at least four times per year to establish goals for, and oversee the development, implementation, and periodic review and update of the Wellness Policy. The Wellness Committee will make policy recommendations for review and adoption by the Board. The District's Wellness Committee will include, 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 Representatives;
- f) School Administrators;
- g) Board Members;
- h) General Education Teachers; and
- i) Members of the Public

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The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. The District is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

## **School Meals**

### a) Federal School Meals Programs

All schools within the District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). School meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The District is committed to ensuring that meals through the NSLP and SBP are accessible to all students, are served in sanitary settings, are appealing to children, and meet or exceed the nutrition requirements established by local, state, and federal law and regulation. The USDA Nutrition Standards are available at: <https://www.fns.usda.gov/school-meals/child-nutrition-programs>.

### b) Access to School Nutrition Programs

The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

### c) Meal Environment

The District will ensure:

1. School dining areas have sufficient space for students to sit and consume meals;
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating;
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time;
4. All students have a scheduled lunch period;
5. Lunch times are scheduled near the middle of the school day;

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6. Students are given adequate time to eat healthy meals;
7. Students and staff have access to free, safe and fresh drinking water throughout the school day and where school meals are served.

## d) Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for school Nutrition Professionals.

## **Foods and Beverages Sold and Served to Students During the School Day**

All foods and beverages sold to students outside of the school meal programs, on the school campus in student accessible areas, and at any time during the school day will meet or exceed the USDA Smart Snacks in Schools Standards. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.

## a) Fundraising

1. All foods and beverages sold as a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Smart Snacks in Schools Standards.
2. School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items and/or non-food items and/or by promoting physical activity.

## **Foods and Beverages Provided But Not Sold During the School Day**

The District encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in Schools Standards including those provided at celebrations and parties, and classroom snacks and rewards brought by staff, students or family members.

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## **Food and Beverage Marketing**

- a) Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. As such, the District will restrict food and beverage marketing to the promotion of those foods and beverages that meet the USDA's Smart Snacks in Schools Standards and that are consistent with this policy.
- b) The District is cognizant of the fact that certain scoreboards, signs and other durable equipment it employs may market foods and beverages in a way that is inconsistent with the aims of this policy. While the immediate replacement of this equipment is not required, the District will replace or update this equipment over time to ensure the message it delivers to students regarding nutrition, health and well-being is consistent. As the District reviews existing contracts, or considers new contracts, resulting decisions should reflect the marketing guidelines established by this policy.

## **Nutrition Education**

- a) Nutrition education, a component of comprehensive health education, will be offered as part of a sequential, standards-based program designed to promote students' health and well-being. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- b) Teachers will be encouraged to integrate nutrition education into other subjects.

## **Nutrition Promotion**

- a) The District will promote nutrition education activities that involve parents, students and the community.
- b) The District will promote healthy food and beverage choices for all students and encourage participation in school meal programs.

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- c) The District will promote school and community awareness of this policy through various means, such as publication on the District website.

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- d) School food service will consider Smarter Lunchroom strategies to determine ways to enhance the school meal environment.
- e) District staff will be encouraged to model healthy eating, drinking and physical activity behaviors for students.
- f) The District will encourage foods and beverages that are sold outside of the school day at school-sponsored events are in accordance with recommended dietary guidelines.

## **Physical Activity**

- a) The District will provide opportunities for every student to participate in physical education and, in an effort to comply with the recommendation that children and adolescents participate in at least 60 minutes of physical activity each day, is committed to providing opportunities for physical activity before, during, and after the school day. Physical activity opportunities will be in addition to, not in lieu of, physical education and will not be withheld for disciplinary action unless the student is a danger to him or herself or others.
- b) The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
  - 1. 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 Section 135.4 of the Commissioner's regulations;

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- 2. The District will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with state standards;