

STUDENT WELLNESS REGULATION

Nutrition education is important because a healthy diet is essential for normal growth and development. It's important for children to establish healthy food habits that carry into adulthood. Good nutrition promotes better physical health, reduces susceptibility to disease and contributes to cognitive development and academic success.

The Board of Education recognizes that childhood obesity has reached epidemic levels in New York State and throughout the country. Overweight and obese children are at higher risk for developing long-term health problems. These problems are both physical and psychological. Research also indicates that diseases such as some cancers, obesity, diabetes, and other chronic illnesses can be reduced through regular physical activity and nutrition.

School day is defined as the period between students' arrival and dismissal.

Standards for USDA Child Nutrition Programs & School Meals:**1. Any food sold for consumption during the school day (as defined above) must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- On July 1, 2016, foods may not qualify using the 10% DV criteria.
- Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - ≤ 200 mg sodium per item effective July 1, 2016
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - 35% of weight from total sugars in foods

2. Smart Snacks in School: USDA's Nutrition Standards for Beverages

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation);
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
- 3. Vending Machines
 - Vending sales of soda, candy, and chewing gum to students will not be allowed on school grounds.
 - Vending machines must be on automatic timers and turned off until the end of the last lunch period, as per the NYS noncompetitive clause.
 - All items offered within the vending machines during the school day must meet the Smart Snacks in school standards:
http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf
 - The USDA recommends using the Alliance for a Healthier Generation Smart Snacks Calculator if unsure of a product
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
- 4. Student Stores and Student Related Sales
 - No candy, chewing gum or soda will be sold in school stores.
 - Foods sold during the school day at student stores must meet the afore mentioned Smart Snack Standards.
 - School stores cannot sell food or beverage items until after the last lunch period has ended, as per the NYS noncompetitive clause.
 - Fundraisers that are using food cannot compete with the NSLP and therefore cannot be permitted during the lunch periods as per the NYS noncompetitive clause.
 - It is recommended that non-food items be used.
 - If food items are sold and consumed during the school day then they must meet the Federal Smart Snack Standards <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
 - Some ideas for alternative fundraisers include plants, discount cards, seeds, water bottle sales, as well as dance-a-thons, walk-a-thons and other such events.
 - For a list of other ideas and “how-to” information visit link below
<http://www.nyc.gov/html/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf>
 - Every effort will be made to inform parents/guardians that healthier foods & beverages should be offered during parties/celebrations.
 - If a parent brings in food for an individual birthday party, we strongly encourage healthier options be considered and provided.
 - During all parties and celebrations water will be offered as the beverage of choice. Soda and other beverages (non-fruit juices etc.) are strongly discouraged.
 - It is strongly encouraged to incorporate a variety of physical activity into any and all celebrations.

- Teachers supplying food at parties before, during or after school must provide only healthy choices. All foods must meet the nutrition recommendations of the *USDA Smarter Snack Standards, U.S. Dietary Guidelines for Americans and the National School Lunch Program*.
- Strong consideration should be given to non-food offerings as part of any teacher incentive measures in the classroom.
- If, for any reason, food items are used as an incentive they shall need to adhere to the USDA Smart Snack Standards.
- Suggestions for alternative incentives, rewards etc. at all grade levels can be found at:

5. Concessions:

Foods sold through concessions are often high in fat, added sugar, sodium, calories, and low in nutrients and may often be the source of full meals for children, teens, and adults attending or participating in an event. Good nutrition is important in maintaining health for all ages therefore:

- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Healthy Concession guidance and suggestions can be found at:
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/healthyconcession.pdf>

Wellness Promotion and Marketing

Teachers and other school staff are important role models for students of all ages. The district will educate staff on how to role model positive health behaviors and eliminate marketing of products not sold in school. Marketing, promotion and advertising of food and beverage products can impact student health and nutrition behaviors. The district will use the following strategies in all of its schools.

1. Staff & Student Wellness Promotion

- Staff will model *healthy* food & beverage* consumption when in the presence of students. For example; Teachers wishing to consume snack or lunch alongside their students must ensure that only healthy food/beverages are present, teachers with water bottles and encouraged to drink water in the classroom
**For the purposes of this document "healthy" is defined by the Smarter Snack Standards previously mentioned and found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>*
- In addition, an employee wellness program will be established in each building to meet the unique wellness needs of school staff i.e. walking clubs, Biggest Loser Challenge, healthy lunch clubs etc.
- Teachers will model physical activity by participating in exercise breaks during class time with their students.
- Non-food rewards or incentives are strongly encouraged to be used to encourage student achievement or desirable behavior. Examples include items such as stickers, pencils, extra activity, and class leader. We strongly recommend staff use physical activity as a reward when feasible. Other ideas for all grade levels can be found at <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>

- Recess or other physical activities shall not be withheld from students as a consequence of poor behavior (unrelated to activity during recess), punishment or to make up class work.
- Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence.
- Students are encouraged to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to participate in brain break activities, take the stairs, etc.
- Nutrition and physical activity will be incorporated into family events provided throughout the school year.

2. Wellness Promotion & Marketing

- Schools, in collaboration with Food Service Personnel and community partners, shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions may include taste tests, posters and signage, highlighting healthy items on the menu during morning announcements, etc.
- The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.
- Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods such as donuts, lollipops and candy.
- Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
- The district will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the ERCSD Central Office Administration.
- Schools that participate in incentive programs that promote brands or provide children with free or discounted foods or beverages will ensure that those products meet the aforementioned Smarter Snack and/or National School Lunch standards. This includes District wide, school based, classroom and PTA efforts.

REFERENCES

Healthy Hunger Free Kids Act of 2010, Public Law 111–296—DEC. 13, 2010 124 STAT. 3183
Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265
Richard B. Russell National School Lunch Act, 42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.
7 Code of Federal Regulations (CFR) Section 210.10
Professional Standards for State and Local School Nutrition Programs, Personnel as Required by the Healthy, Hunger-Free Kids Act of 2010. DEPARTMENT OF AGRICULTURE, Food and Nutrition Service, [FNS–2011–0030], 7 CFR Parts 210 and 235, RIN 0584–AE19.