

# Middle Country Central School District

## Series 5000 - STUDENTS

### STUDENT WELLNESS

Policy # 5405

The Middle Country Central School District is committed to providing school environments that support healthy eating and physical activity.

The District will engage students, parents, teachers, food service professionals, health professionals, and other interested District personnel and community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.

The food sold to the school children during school hours within the District will follow the rules and regulations of the National School Lunch and Breakfast program when the District participates in these programs.

To increase the health of our youth; given the documented link between student wellness and academic achievement, the Board of Education adopts the following goals and 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 for Sale to Students on School Campus during the School Day must conform to the USDA guidelines.**

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 serves healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, as well as food preparation methods.

School Meals - the District shall:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.

Meal Scheduling - the District shall:

1. Schedule meals so as to provide students with a reasonable time to eat.

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 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. 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.

Celebrations – the District shall:

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

2. Encourage the celebration of birthdays, seasons, and holidays with special privileges, songs, games, etc., as an alternative to food based celebrations.

## **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.

### Physical Education

1. Students shall engage in physical education for at least the minimum number of hours 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 (e.g., yoga, fitness walking, and step aerobics).

4. The performance of physical activity shall not be used as a form of discipline or punishment.

### Recess

1. Maintain daily allotment of recess time for elementary school.

### Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom.

### Extracurricular Opportunities for Physical Activity

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students.

## **III. Nutrition Promotion and Education**

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained. The District's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

## **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 health 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, limiting the use of food as a reward, and food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the District's adult education program.

## Implementation

The Board shall designate the Superintendent of Schools, or designee, to be responsible for ensuring that the provisions of this policy are carried out throughout the District.

## Monitoring and Review

The School Lunch Coordinator and the Director of Physical Education, Health and Athletics are designated as the District Wellness Coordinators and shall report to the Board on the implementation of this policy. Every three years as per new wellness standards SED, the District Wellness Coordinators, in consultation with appropriate personnel and advisory committees, shall monitor and review the District's wellness activities to determine 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.

The School Lunch Coordinator shall monitor and review the implementation and effectiveness of this policy and annually complete an assessment thereof.

1. 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.
2. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
3. Periodic review of data currently collected by the District, including:
  - a. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
4. Periodic surveys of students/parent opinions of cafeteria offerings and wellness efforts.

The Director of Physical Education, Health and Athletics 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 amount of time students spend in Physical Education classes, and the nature of those activities.
3. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
4. Periodic completion of relevant portions of the CDC School Health Index.
5. 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;
  - e. height and weight of students from health examinations, used to calculate Body Mass Index (BMI) as plotted on percentile charts (BMI scores shall only be used to aid in assessing overall student body health and for referring students at risk for malnutrition and obesity); and

Ref:

P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010)

P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

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; 210.11a (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)

7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)

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)

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

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5000 - STUDENTS

## **STUDENT WELLNESS REGULATION**

Regulation Info 5405R

Middle Country Central School District (MCCSD) is committed to providing an environment that promotes and protects our children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

### **To Achieve These Policy Goals:**

#### 1. The MCCSD Health & Wellness Committee

The MCCSD has created a Health & Wellness Committee to develop, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Health & Wellness Committee serves as a resource to all the schools in implementing these policies.

#### 2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

##### School Meals

Meals served through the National School Lunch and Breakfast Programs will strive to:

- a. Be appealing and attractive to children;
- b. Be served in clean and pleasant settings;
- c. Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- d. Offer a variety of fruits and vegetables – to the extent possible, and meals will offer at least two non-fried vegetables and two fruit options each day. When practical, local and regional farmers will be the source of these fresh fruits and vegetables;
- e. Serve milk and grains consistent with National School Lunch Program (NSLP), School Breakfast Program (SBP) and All Foods in Schools (Smart Snacks) Standards.

In order to identify new, healthy and appealing food choices, there will be an ongoing effort to have staff, students and parents participate in taste testing of new food offerings and/or surveys of new food choices. Also, schools will share information about the nutritional content of meals with parents and students by the use of menus, district website, menu boards, placards or other point-of-purchase materials.

##### Breakfast

- a. To ensure that children have a healthy breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- b. Our schools will, to the extent possible, operate a School Breakfast Program.
- c. Our schools will, to the extent possible, utilize methods to serve breakfast that encourage participation such as early morning service, 'grab and go' breakfast choices, etc.
- d. Our schools will notify students, parents and guardians of the availability of the School Breakfast Program.
- e. Our schools will encourage parents and guardians to provide a healthy breakfast to their children through newsletter articles, take home materials, etc.

#### Free and Reduced-Priced Meals

Our schools will make every effort to eliminate any social stigma attached to, or overt identification of, students who are eligible for free and reduced priced school meals.

#### Meal Times and Scheduling

Our schools will strive to:

- a. Provide sufficient time for students to eat lunch
- b. Schedule meal periods at appropriate times
- c. Will encourage students to wash their hands prior to their meals, and provide access to hand washing or hand sanitizing before they eat meals

#### Qualification of School Food Service Staff

As part of our district's responsibility to operate a food program, we will utilize qualified nutrition professionals to administer the service. Staff development, training and certification are important aspects for the professional growth of our nutritional staff and cafeteria workers.

#### Sharing of Food and Beverages

Our school will discourage students from sharing their foods and beverages with one another, given the concerns about allergies and other restrictions on some children's diets.

#### Other Foods and Beverages

Foods and beverages sold outside the reimbursable school meals, such as through school vending machines, fund raising, school store, school parties, cafeteria a la carte lines, snack lines, etc., need to follow the following guidelines:

#### **Pre-K and Kindergarten Centers and Elementary Schools**

Given the limited nutritional skills of young children, the school food service will approve and provide the sales of balanced meals. Sales of foods on an individual basis should be limited to low-fat and non-fat milk, fruits and non-fried vegetables. If a la carte foods are available, they should include a variety of choices of nutritious foods such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods, consistent with NSLP, SBP, HHFKA, and Smart Snack Standards.

#### **Middle Schools and High Schools**

Our middle schools and high schools are dynamic, multi-faceted environments where food is often sold throughout the day, evenings, and weekends. Foods are sold on a la carte cafeteria lines, vending machines, fundraising activities, school stores, etc. These food activities should meet the nutritional and portion size standards of the NSLP, SBP, HHFKA, and Smart Snack Standards.

#### ***Fundraising Activities***

Schools will encourage fundraising activities that promote physical activities. Each school will make available to school clubs and organizations a list of suggested ideas acceptable for fundraising. Candy and soda will not be available for sale during regular school hours.

## ***Snacks***

Snacks served during the day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. There will be an emphasis on serving fruits and vegetables as the primary snacks with water as the primary beverage. The district will provide a list of healthful snack items to teachers, after-school program personnel, and parents.

## ***Rewards***

Our schools will discourage the use of foods or beverages, especially those that do not meet the nutritional standards of the district's policy, as rewards for academic performance or good behavior, and will not withhold food or beverages as a negative consequence.

## ***Celebrations***

Schools will strive to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet the nutritional standards established by the district.

***School-sponsored Events*** - (such as athletic events, dances, theater performances, etc.)

Food and beverages offered at school-sponsored events should be strongly encouraged to adhere to the district's wellness policy, and consistent with the NSLP, BSP, HHFKA and Smart Snack Standards.

## **Nutritional Quality of Foods and Beverages Sold and Served on Campus**

### **Nutrition Education and Promotion**

The Middle Country School District aims to teach, encourage and support healthy eating by students. Our schools' health and physical education programs, along with all teaching professionals and staff members understand the importance to:

1. Promote good nutritional practices through education in the classroom
2. Promote nutritional education and good nutritional practices to student athletes
3. Teach media literacy with an emphasis on food marketing techniques and fad diet plans
4. Emphasize caloric balance between food intake and energy expenditure

### ***Integrating Physical Education into the Classroom Setting***

Our schools' health education programs will continue to complement our physical education program by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. All teachers will be encouraged to develop opportunities in subject lessons that promote physical education, physical activities, and nutritional education.

### **Communications with Parents**

The Middle Country School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Parents can obtain additional support and guidance from the District web-site at [www.mccsd.net](http://www.mccsd.net) under the Athletics and Food Service Department tabs. Parents may also contact the Athletics Office or Food Service Office regarding District physical education and athletic programs, and nutrition programs, and for more information on activities conducted through the District Health & Wellness Committee.

### **Food Marketing in Schools and School Campuses**

School-based marketing of brands promoting predominantly low-nutrition foods and beverages to students is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat products is encouraged. Examples of marketing techniques include: logos and brand names on school vending machines, textbook covers, school supplies, scoreboards, sports equipment; programs that provide schools with supplies when families buy low-nutrition food products: in-school television; and free samples.

## **Staff Wellness**

The MCCSD values the health and well-being of every staff member and supports the personal efforts by staff to maintain a healthy lifestyle. The District should include staff representation in the Health and Wellness Committee. Input from school staff encourages healthy eating, physical activity, and other elements of a healthy lifestyle among the staff and students.

### ***Physical Activity Opportunities and Physical Education***

#### **Physical Education K-12.**

Students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will benefit from an established physical education program for the entire year.

#### **Recess**

All elementary students will benefit by a supervised recess period during the day, preferably outdoors, during which schools encourage moderate to vigorous physical activity.

#### **Physical Activity Opportunities Before and After School**

All middle and high schools will offer extracurricular physical activity programs such as sports clubs and intramural programs. The middle schools and high schools will offer a varied interscholastic sports program. All schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

#### **Physical Activity**

It is recommended that teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as a negative consequence. All students will be encouraged to adopt their own personal fitness plan with a goal that creates an environment, which fosters a commitment to lifelong activity and fitness.

#### ***Monitoring the Wellness Policy***

The Superintendent or designee will ensure compliance with the District's Students Wellness Policy. The District Wellness Coordinators (Co-Chairs: Director of Physical Education, Health & Athletics and School Lunch Coordinator) will ensure compliance with the nutritional policies within the food service area and will report on this matter to the superintendent on an annual basis. The Superintendent will then report to the school board bi-annually. The report will be provided to the school board, and also distributed to the District Health & Wellness Committee.

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