

Given the documented connection between proper nutrition, adequate physical activity and educational success, 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.

Thus, the East Islip School District is committed to providing school environments that educate and protect children's health, well-being and ability to learn through healthy eating and physical activity. Therefore, it is the policy of the East Islip School District that:

The school district will establish a Wellness Committee comprised of students, parents, physical education teachers, school administrators, food service professionals, school health professionals, School Board and other interested community members in developing, implementing, monitoring and reviewing the district-wide wellness policy on Nutrition and Physical Activity.

GOALS TO PROMOTE STUDENT WELLNESS

All students in grades Pre K - 12 will have opportunities, support and encouragement to be physically active on a regular basis following minimal New York State Education Department Guidelines.

Foods and beverages sold or provided by schools will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program. This is to be reviewed on a regular basis, at least annually, by the Superintendent, the Board of Education and the Wellness Committee.

The School Food Service Program will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutritional needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat. A director will supervise the School Food Service Program with the minimal qualifications in nutrition or food related field.

To the maximum extent practical, all schools in the school district will participate in available Federal Meals Programs including the School Breakfast Program and National School Lunch Program.

Nutrition Promotion and Education

Nutrition and Physical Education

Nutrition education will meet the New York State Standards 1, 2 and 3 which incorporate the following subject areas: Health Education, Physical Education and Family and Consumer Sciences (Standard 1 - Personal Health and Fitness; Standard 2 - A Safe and Healthy Environment; Standard 3 - Resource Management.)

All Students in grades K - 12, including students with disabilities, specials health care needs or in an alternative educational setting, shall receive physical education (or its equivalent) during the school year. Student involvement in other activities involving

physical activity (ex. interscholastic or intramural sports) will not be substituted for meeting the physical education requirements. Students will spend at least 50% of Physical Education class time participating in moderate to vigorous physical activity.

Physical Activity

All elementary school students will have a minimum of 20 minutes each day of supervised recess, preferably outdoor, during which school personnel should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Advertising

Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.

Federal School Meals Program

The district will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.

NUTRITION GUIDELINES

The East Islip School 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. 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.

Meals

Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with the US Dietary Guidelines.

Food in the Classroom

It is the policy of the EISD that food based celebrations will not be permitted in our schools (ie: birthdays or holidays). Food and non-food items will not be permitted in the

classroom for group consumption and distribution. Snacks are allowed to be brought from home for individual consumption.

Competitive Foods

Competitive foods-which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day-will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. 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.

Foods and Beverages Sold or Served at Events Outside of the School Day

All foods and beverages sold or served at school-sponsored events will be a single serving. At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-free Kids Act "Smart Snacks in Schools" Standards.

Fundraisers

The new restrictions only apply to fundraisers that take place on the school campus during the school day. Fundraisers that sell non-food items or food beverages that meet the new standards are not limited under the nutrition standards. Furthermore, the nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as at school sporting events. However, as indicated within the NYSSBA sample policy, the Board does have some discretion in regard to off campus or outside school fundraisers if conducted by school sanctioned student groups and can encourage or discourage what is sold by other groups, such as parent groups or booster groups. It should be noted that the "Smart Snack" rule does provide for the overseeing State Agency to permit a certain number of exempted fundraisers that do not have to comply with the new requirements. However, the NYS Education Department has established a policy that no fundraising exemptions may be granted and has prohibited any food related fundraisers that do not meet the nutritional standards being held during the school day.

IMPLEMENTATION

The administrative procedures for implementation of the nutrition component of the East Islip School District Wellness Policy will be phased in according to the following schedule:

Elementary schools will be compliant as of the September 2006 – June 2007 academic year. Middle schools will be compliant as of the September 2007 – June 2008 academic year. The Senior High school will be compliant as of the September 2008 – June 2009 academic year.

MONITORING AND REVIEW

The Director of Physical of Education shall have operational responsibility for ensuring that the district meets the goals and mandates of this policy and shall report annually to the Board on the implementation of this policy. The Director of Physical Education, 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 District will annually report on the progress each of its schools has made toward meeting the goals of this policy. Such report will include:

1. The website address for the wellness policy and/or information on how the public can access a copy;
2. A description of each school's progress in meeting the wellness policy goals;
3. A summary of each school's local school wellness events or activities;
4. Contact information for the leader(s) of the Wellness Committee; and
5. Information on how individuals can get involved in the Wellness Committee's work.

Assessments of the District's wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include:

1. Compliance with the wellness policy;
2. How the wellness policy compares to model wellness policies; and
3. Progress made in attaining the goals of the wellness policy.

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