

STUDENT WELLNESS

The Board of Education is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Nutrition education and physical activity will comply with Federal and New York State Standards. The School District will involve students, parents/persons in parental relation, teachers, food service professionals, the Board of Education, School District administrators, and other community members in the development, implementation, monitoring and review of the Wellness Policy. For the purposes of this policy, "all foods" served at the School District include but are not limited to: meals sold for breakfast and lunch, a la carte menu items, vending machines and food sold through the school store during the day.

Nutrition Promotion and Education

Nutrition promotion and education is integrated within the sequential, comprehensive health education program taught at every level. It is also part of classroom instruction in the core curricula as well as Family and Consumer Sciences and Physical Education programs. Good nutrition is reinforced during classroom snack times, in addition to school meal times. Nutrition promotion and education will be closely coordinated with the child nutrition program. Nutrition promotion and education will involve sharing information with families and community members to provide nutrition promotion and education for the entire learning community. Information will be available through the School District's website. To that end, the School District adopts the following guidelines with the goal of promoting student health and reducing childhood obesity:

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings with adequate time for students to eat.
- Schools will provide nutrition education to foster lifelong habits of healthy eating and will establish linkage between health education and school meal programs, and will coordinate with related community services to promote this goal.
- Students will receive nutrition education that teaches the skills they need to adopt healthy eating behavior and provide them with the knowledge and skills to promote and protect their health. Students will be encouraged to start each day with a healthy breakfast.
- The School District's nutrition education curriculum shall incorporate the appropriate New York State Learning Standards.
- The staff that teaches nutrition education shall be properly certified and trained. Staff who provide nutrition education will periodically participate in professional development activities to effectively deliver an accurate nutrition education program.
- The School District will teach and/or encourage healthy habits, such as washing hands before eating.
- The School District's nutrition education curriculum will include the caloric balance between food intake and energy expenditure.

Physical Activity

Physical Activity is an important factor in staying healthy and being ready to learn. Students will be given the opportunity for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity in the curriculum. Students also have the opportunity for physical activity through a range of before

and after school programs including but not limited to: intramurals, interscholastic athletics, and physical activity clubs.

Physical education courses will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being. State-certified physical education instructors will teach all physical education classes. The goals of Physical Activity and Physical Education instruction are to:

- Provide opportunities for every student to develop skills and knowledge in a wide range of sports and lifetime activities.
- Promote positive lifelong healthy attitudes and behaviors towards physical activity.
- Teach students the benefits of a physically active and healthy lifestyle.
- Promote students' regular participation in physical activity.
- Develop and maintain student's physical fitness and personal living skills.
- Encourage parents/persons in parental relation to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- Encourage staff to promote enjoyable lifelong physical activity among students.

The School District's Physical Education program shall adhere to the curriculum requirements of the Commissioner of Education and the New York State Learning Standards.

Other School-Based Activities

All foods and beverages sold individually during the school day (e.g., a la carte, vending machines, school stores) shall meet the nutrition standards set by federal regulations. In addition, all fundraisers by student organizations during the school day and which include the sale of food or beverages to students on school campus during the school day must meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.

Snacks served during the school day will support children's health and proper nutrition. The building administration will assess if and when to offer snacks or allow time for snacks brought from home, based upon timing of school meals, children's nutritional needs, ages and other considerations. A list of recommended snacks will be provided to parents. Food may be used in the classroom for instructional purposes, and/or as part of classroom celebrations. Home baked items are not permitted as per the Suffolk County Health Department. Any approved school activity shall support children's health and proper nutrition by offering alternatives to food sales or by only using foods that meet healthy nutritional guidelines.

Nutritional Guidelines for All Foods Available in School

All food and beverages, including meals and snacks, available in the School District to all students shall aim to promote student health and reduce childhood obesity, and shall meet, at a minimum, the program requirements and nutritional standards set forth by federal statute and regulation under the Child Nutrition Act, 42 U.S.C. §1779, the Richard B. Russell National School Lunch Act, 42 U.S.C. §1758, the National School Lunch Program, 7 C.F.R. Part 210, and the National School Breakfast Program, 7 C.F.R. Part 220. The School District will determine student eligibility for receipt of free or reduced-price meals and will not single out or treat said students differently from other students and that reimbursable school meals meet or exceed the program requirements and

nutritional standard found in federal regulations. Qualified child nutrition professionals will provide a clean and safe setting. Free drinking water will be made available at locations where meals are served.

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.

Monitoring and Implementation

The Board of Education shall designate one person to be responsible for ensuring that the provisions of this policy are carried out in schools throughout the School District. The Board of Education may also designate one person in each building to determine that the wellness activities and action are being implemented at the building level.

The Director of Athletics, in consultation with the School Lunch Manager, will serve as the School District Wellness Coordinator and will report annually to the Board of Education on the implementation of this policy. Every two (2) years, the School District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the effect on increasing student wellness and decreasing childhood obesity in the School District. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The Director of Athletics shall monitor and review the implementation and effectiveness of this policy by conducting:

- periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.
- periodic checks of the nutritional content of food offered in the cafeterias for meals, a la carte items, as well as food available in vending machines, and sales or consumption of figures for such foods, in consultation with the School Lunch Manager.
- periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities, as well as extra-curriculum activities of a physical nature, in the number of offerings and rates of participation by students.
- periodic completion of relevant portions of the CDC School Health Index.
- periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators and the school board shall participate in the development, implementation and periodic review and update of this wellness policy.

The School District shall provide information to the public (including parents/persons in parental relation, students and others in the community) about the content and implementation of this wellness policy. At least once every three (3) years, the School District will assess each school's compliance with this policy and will publish the results of each assessment on the School District's website. The assessment shall include; (a) the extent to which each school is in compliance with this policy, (b) the extent to which this policy compares to model local school wellness policies; and (c) a description of the progress made in attaining the goals of this policy.

Ref: 42 USC §1758(b) (The Healthy, Hunger-Free Kids Act of 2010)
PL 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 (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)

Adopted: August 8, 2006

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