



Book	Policy Manual
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WELLNESS

The Board of Education is committed to providing the students of the school district with programs that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical fitness so that every student has the knowledge necessary to maintain a life-long program of physical fitness, proper nutrition, and wellness. The School District is involved with and will continue to involve students, parents, 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.

The Superintendent of Schools or his/her designee will ensure that all foods, beverages, snacks, etc. provided by the school district lunch programs comply with the requirements set forth by the New York State Education Department and or State/Federal regulatory agencies.

Students will be provided with a variety of healthy choices for purchase in the school lunch program. The sale of foods/beverages high in sugar and fats is prohibited. Therefore the sale of candy, cookies, cakes, potato chips, fried foods, soda, and other food/beverage items commonly known to be unhealthy and to cause obesity in children is prohibited.

All schools within the School District participate in USDA child nutrition programs. All schools within the School District are committed to offering school meals that:

- a. are accessible to all students;
- b. are appealing and attractive to children;
- c. are served in clean and pleasant settings;
- d. meet or exceed current nutrition requirements established by local, state, and federal law and regulation;
- e. accommodate students with special dietary needs, and
- f. promote healthy food and beverage choices.

Menus will be posted on the School District website and will include nutritional content. Menus will be available in alternative formats such as audio, large print, or braille when accommodations are requested.

The sale by student groups, school stores, through vending machines, etc. (for the purpose of fundraising) of candy, cookies, cakes, soda, and other food/beverage items commonly known to be unhealthy and to cause obesity in children is not permitted and may not be sold.

Nutrition Promotion and Education

Nutrition promotion and education are 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 School District 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 and adequate time for students to eat.
- Schools will provide nutrition education to foster lifelong habits of healthy eating establish a linkage between health education and school meal programs, and 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 provides them with the knowledge and skills to promote and protect their health. Students and families 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 shall emphasize 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 into the curriculum. Students will be given an opportunity to participate in physical activity every day. A student's physical activity can be made available through various activities, including but not limited to quality and inclusive physical education, recess, and classroom-based physical activity., 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.

All students will be provided an equal opportunity to participate in physical education classes. The School District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. Further, the School District will support physical education-related goals to be added to students with disabilities Individualized Education Plans (IEPs) and encourage involvement of the physical education teacher and other appropriate staff in this process.

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 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.

The Superintendent is further directed to ensure that the instruction of physical education/health programs in the district promotes lifelong physical fitness, good health and proper nutrition. Physical Education classes at every grade level K-12 must provide instruction that promotes lifetime activities such as walking, hiking, weight training, aerobics, golf, volleyball, etc. The offering of after-school intramural activities and the integration of physical education into the classroom are encouraged. The Board of Education is also committed to making the districts' facilities available to organized community groups such as PAL and CYO that promote physical fitness activities.

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 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 on the timing of school meals, children's nutritional needs, ages, and other considerations. A list of recommended snacks will be provided to parents.

Food shall not be used in the classroom except for instructional purposes, as part of birthday celebrations, or as part of holiday, seasonal, or cultural celebrations. Home baked items are not permitted as per the Nassau County Health Department. Any approved school fundraising activities 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 to all students in the School District, 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. 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 standards 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 Athletic Director and the Food Service Manager 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 may also designate one person in each building to determine that the wellness activities and actions are being implemented at the building level.

The Athletic Director and the Food Service Manager will serve as District Wellness and Nutrition Coordinator(s) and will report annually to the Board of Education on the implementation of this policy. Every two (2) years, the District Wellness and Nutrition Coordinator(s), in consultation with appropriate personnel and advisory committees, shall monitor and review the positive 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 School District shall monitor and review the implementation and effectiveness of this policy by conducting:

- 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.
- Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities, as well as extracurricular 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, students, and others in the community) about the content and implementation of this policy and shall post this policy on the School District's website.

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 Superintendent of Schools or his/her designee is directed to evaluate the physical fitness, wellness, and nutrition programs of the district on an annual basis and provide, where and when necessary, changes to improve the program for students.

Legal

P.L. 108-265, §204 (Child Nutrition and WIC Reauthorization Act of 2004)

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

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)