

WELLNESS POLICY ON NUTRITION AND PHYSICAL ACTIVITY

Whereas, children need access to an environment that encourages the practice of eating healthy foods and participating in life long physical activities in order to grow, learn and thrive;

Whereas, healthy eating, adequate physical activity and better health enhances optimal student attendance and learning;

Thus, the Patchogue-Medford 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 Patchogue-Medford School District that:

- The Wellness Committee shall be comprised of students, parents, teachers, school administrators, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy on nutrition and physical activity.
- 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. The School Food Service Program will be supervised by a director with the minimal qualifications of an undergraduate degree in nutrition or food-related field or other commensurate experience.
- 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.
- Schools will provide education to foster lifelong habits of healthful eating and physical activity, and will establish linkages between health education and school meal programs.

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Wellness Policy on Nutrition and Physical Activity (Continued)

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Wellness Policy on Nutrition and Physical Activity Administrative Regulations

Part I – Nutrient Standards

During the school day all food sold or provided to children within the Patchogue-Medford School District will meet the following nutrient standards.

Any a la carte food sold in schools 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.

A la carte foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
- Sugar limits:
 - $\leq 35\%$ of weight from total sugars in foods

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.

Wellness Policy on Nutrition and Physical Activity Administrative Regulations (Continued)

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation); and
 - 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
- All foods sold as part of the NSLP and SBP are to meet the established USDA guidelines for Fruit, Vegetables, Grains, Meats/Meat alternates, Milk, Calories, Saturated fat, Sodium and Trans fat.

Part II – Use of food in the Classroom

It is the policy of the Patchogue-Medford School District that food shall not be used in the classroom, except as part of a snack brought from home for individual consumption, or in connection with the “Breakfast in the Classroom” program in the elementary schools, at the Middle Schools, and breakfast and lunch at the High School. Food shall *not* be used or distributed in the classroom for the following reasons:

- ◆ as an incentive or reward
- ◆ as part of a birthday celebration

*The celebration of birthdays with special privileges/activities, songs, games, etc. is to be encouraged as an alternative to food-based celebrations.

Food shall be used or distributed in the classroom for the following reasons:

- ◆ as part of holiday or seasonal celebration for instructional purposes.

Part III – Fundraising

Food cannot be sold as a fundraiser on campus during the school day.

Part IV – Nutrition and Physical Education

Nutrition and physical education will meet the New York State Standards 1, 2, 3 and 5 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 – Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; Standard 5 – Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression).

Part V – Physical Activity

All students in grades K-12, including students with disabilities and special health care needs, shall receive physical education (or its equivalent) during the school year. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will *not* be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

The district will supply the elementary school students with a minimum of 20 minutes of recess each day. The district will make every effort to supply additional minutes for recess but will stay in compliance with mandated instructional hours outlined by the State Education Department. During the

**Wellness Policy on Nutrition and Physical Activity
Administrative Regulations (Continued)**

supervised recess, preferably held outdoors, school personnel should encourage physical activity verbally and through the provision of space and equipment.

Part VI - Review of Policy

This policy will be reviewed annually, or when deemed necessary, specifically to assess the financial impact of implementation on the school district.