RyeNeck Schools

WELLNESS POLICY & TRIENNIAL REVIEW
Revised May 2025

The Rye Neck School District 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. Therefore, it is the policy of the Rye Neck School District that:

- The school district shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school shall meet the nutrition requirements as outlined in the parameters of the National School Lunch Program.
- Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district shall participate in available federal school meal programs.
- Schools shall provide nutrition education and physical education in order to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

Rye Neck has a formal student wellness policy (policy number 5405) which in included in this document.

For the Triennial Review, which commenced in the 2024-25 school year, Rye Neck UFSD performed the following steps:

- Fall 2024: Discussions were held at Administrator meetings about district wellness initiatives and planning for the triennial review.
- September 2024: The Policy Committee commenced a formal review of all district policies, including Policy 5405, Student Wellness (slated to be approved in spring 2025) therefore it was decided to convene the committee along the same timeline (spring 2025).
- Winter 2025: The District creates the Wellness Triennial Review team ensuring that all major stakeholder groups are represented (administrators, staff, board of education, parents, medical professionals, external partners).
- March 2025: District administrators reviewed and provided comments on Student Wellness Policy 5405 for approval by the Policy Committee and Adoption by the Board.
- April 2025: The Wellness Triennial Review Committee meets twice to review the NYSED Wellness Assessment tool for each school and discuss current and future initiatives.
- May 2025: The updated and reviewed wellness document is approved by the Board of Education and posted on the district's website.

Attachments:

- Attachment A: Policy 5405, Student Wellness
- Attachment B: Triennial Review Meeting Agendas and Minutes
- Attachment C: NYSED Wellness Assessment Tools

ATTACHMENT A

5405

(X) Required(X) Local() Notice

STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following 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 to Students on School Campus during the School Day

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

A. 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.
- 4. Consider serving produce and food from local farms and suppliers.
- 5. Make free drinking water available at locations where meals are served.

B. Meal Scheduling – the district shall:

- 1. Provide adequate time to eat.
- 2. Schedule lunchtime between the hours of 10 a.m. 2 p.m. on normal school days.

<u>C.</u> 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.

D. Fund-Raising Activities – the district shall:

- 1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day 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.
- 2. Promote non-food items to sell, or activities (physical or otherwise), in which to participate.
- 3. Students groups as well as outside organizations (e.g., parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

E. School and Class Parties, Celebrations, and Events where food and beverages are provided, but not sold – the district shall:

- 1. This section applies to all school and classroom parties, snacks which have been brought in for the class or school, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold.
- 2. Schools shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided.
- 3. The district shall promote the use of food and beverage items which meet the standards for competitive foods and beverages and promote non-food activities and celebrations.
- 4. Model the healthy use of food as a natural part of celebrations.

F. Marketing of Foods and Beverages

- 1. 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. In instances where student organizations are selling food products as part of a fundraising effort, the school will encourage that products sold meet at least the federal nutrition standards.
- 2. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
- 3. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
- 4. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
- 5. This restriction applies to all purchases and contracts made after the effective date of this provision.

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.

A. Physical Education

- 1. Students shall engage in physical education for at least the minimum number of hours or days 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.
- 4. The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

B. Recess

- 1. Maintain daily allotment of recess time for elementary school.
- 2. Recess shall not be used as punishment.
- 3. Permit scheduling recess before lunch.
- 4. Recess will be held outdoors whenever possible, and indoors during inclement weather, at the discretion of the Building Principal.

C. Physical Activity in the Classroom

- 1. Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).
- 2. If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.

D. Extracurricular Opportunities for Physical Activity

- 1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (,), including before and after school activities.
- 2. Promote students walking/biking to school (with proper storage of bicycles) and safe routes to school.
- 3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

III. Nutrition Promotion and Education

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

The Board's goals for nutrition promotion and education include that the district will:

- 1. Include nutrition education as part of health education classes, and other subjects, if applicable.
- 2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- 3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
- 4. Emphasize caloric balance between food intake and energy expenditure.

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 healthy 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 activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, and hosting or promoting community-wide events.

V. Implementation

The Board shall designate the District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the district each year at the Reorganizational Meeting. The Board may also designate one person in each building as School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

VI. Monitoring and Review

The District Wellness Coordinator, shall report every three years to the Board and the public on the implementation and effectiveness of this policy. Every three years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine the extent that district schools are complying with this policy, how this policy compares to model wellness policies, and the progress made toward attaining the goals of this policy and 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.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board shall be provided with the opportunity to participate in the development, implementation and periodic review and update of this wellness policy. To do this, the district shall: establish an advisory committee, and invite participation via outreach to staff, students, parents, and consultants via staff and student announcements and outreach to school-associated organizations interested persons and those with valuable expertise.

The district shall inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy by: posting this policy (and any updates) on the district website, referencing the policy and its availability on school publications and notices, and providing information about new and ongoing wellness policy activities to parents, staff and students via established communication channels.

The district 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 nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
- 3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
- 4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- 5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.

- 6. Periodic checks of student mastery of the nutrition education curriculum.
- 8. Periodic review of data currently collected by the district, including:
 - a. attendance data, particularly absences due to illness;
 - b. physical education scores on flexibility, endurance, and strength);
 - c. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - d. revenues generated from vending machines and a la carte food items.
- 9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
- 10. Periodic review of professional staff development offered which focuses on student wellness.
- 11. NYSED Child Nutrition Wellness Assessment Checklist every three years to review the effectiveness of this policy.

VII. Recordkeeping

The district shall keep records as required by federal regulations, including documentation of the following: this policy; the district's community involvement activities described above; that the policy is made available to the public; the assessments done every three years; how the public is informed of the assessment results; and when and how the policy is reviewed and updated.

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204 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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)

7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods)

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

ATTACHMENT B



Carolyn Mahar Assistant Superintendent for Business and Finance

Eric Lutinski, Ed. D. Superintendent of Schools

Wellness Team, Triennial Review **April 8, 2025** 3:15pm, MS/HS Community Room

AGENDA – Physical Wellness

- 1. Review of the current Wellness Document:
 - a. NYS Wellness Assessment Policy Tool Assessing Compliance (Building-Level Documents)
 - b. Discussion of Physical Activity Assessment Criteria
 - c. Discussion about Future Goals and Initiatives
- 2. Next Meeting, Tuesday, April 29, 2025 Nutritional Wellness

Meeting Participants

Carolyn Mahar, Assistant Superintendent of Business and Finance

Joe Ceglia, Director of Health, Physical Education and Athletics

Tara Goldberg, Daniel Warren Principal

Michael Scarantino, F.E. Bellows Principal

Jason Doerr, Middle School Principal

Melinda Folchetti, High School Principal

Michael Priskie, Assistant Principal for Middle/High School

Shawn Lincoln, Department Chair, Health and Physical Education

Wendy Abbantono, Daniel Warren School Nurse

Halli Gatenio, Rye Neck Board of Education Liaison

Ashley Hernandez, High School Student Senate Representative

Lily Kapustin, High School Student HOSA Representative

PTSA Health and Wellness Representative, Karen Rainert

PTSA Health and Wellness Representative, Liz O'Rourke

PTSA Health and Wellness Representative, Erin Byron

PTSA Health and Wellness Representative, Lisa Nadler

Kaycee Czyzak, Food Services Director, Aramark

Stephanie Ceglia, School Nutrition & Food Service Consultant, Noto Nutrition Consulting

Dr. Tom Militana, District Physician

Wellness Meeting Minutes – Physical Wellness April 8, 2025, 3:15pm MS/HS Community Room

Attendees:

- Carolyn Mahar, Assistant Superintendent of Business and Finance
- Corinne Ryan, Assistant Superintendent for Curriculum and Instruction
- Joe Ceglia, Director of Health, Physical Education and Athletics
- Tara Goldberg, Daniel Warren Principal
- Jason Doerr, Middle School Principal
- Melinda Folchetti, High School Principal
- Michael Priskie, Assistant Principal for Middle/High School
- Shawn Lincoln, Department Chair, Health and Physical Education
- Halli Gatenio, Rye Neck Board of Education Liaison
- Ashley Hernandez, High School Student Senate Representative
- Lily Kapustin, High School Student HOSA Representative
- PTSA Health and Wellness Representative, Erin Byron
- PTSA Health and Wellness Representative, Lisa Nadler

The meeting started with introductions. Ms. Mahar explained the purpose of the wellness triennial review and noted that the goals of the meeting would be centered around physical wellness. The group would assess compliance using the NYSED Wellness Policy Assessment Tool and then to discuss future goals for physical wellness.

Mr. Ceglia and Mr. Lincoln spoke about current physical wellness activities, K-12 as well as the health and physical education curriculum. They noted that Rye Neck focuses on the concept of lifetime fitness so that students can use this knowledge after graduating.

The discussion then centered on what we currently do to promote physical wellness beyond the state requirements of physical education and recess. There are student run physical events, such as the Student Senate pickleball and volleyball tournaments, and student run soccer event on the early release day. PTSA walk and bike to school weeks and playdates after school on the playgrounds and elementary examples.

Future thoughts and suggestions:

- Clubs that involve activity, but are not sports, ex: Adventure Club, Yoga Club, etc. student led with mixed ages.
- More Student Senate run physical activities or tournaments, with a focus on friendly competition.
- PTSA Walk and Bike to school weeks should include incentives to try to get the older kids to walk or bike instead of drive.
- More outdoor play dates at the elementary schools.
- Purchase more outdoor equipment to encourage outdoor play, utilizing the new paving at both elementary schools (Bellows will be repaved in Summer 2025).
- Use the rock climbing walls in the HS gym, even if it is just the low elements. Could this be an elective, or maybe a unit of PE and then there is a class trip to a real climbing facility. There

- could also be a climbing club led by a certified teacher. The climbing equipment could also be used to foster leadership initiatives.
- Look into areas in the middle and high school buildings to make a wellness area, screen free, with games and to encourage social interaction.
- Utilize the fitness center more. Before school? Can we bring back the fitness elective? Maybe this is a club as mentioned before. Continue summer fitness center sessions.

At the conclusion of the meeting, it was noted by the group that Rye Neck is not only meeting, but exceeding the physical activity categories of the NYSED assessment tool.

The group will meet to discuss the second half of the NYSED assessment tool, nutrition wellness on April 29, 2025 at 3:15pm.



Carolyn Mahar Assistant Superintendent for Business and Finance

Eric Lutinski, Ed. D. Superintendent of Schools

Wellness Team, Triennial Review **April 29, 2025** 3:15pm, MS/HS Community Room

AGENDA – Nutritional Wellness

- 1. Review of the current Wellness Document:
 - a. NYS Wellness Assessment Policy Tool Assessing Compliance (Building-Level Documents)
 - b. Discussion of Nutritional Assessment Criteria
 - c. Discussion about Future Goals and Initiatives
- 2. Next steps, Board adoption of revised Wellness Document.

Meeting Participants

Carolyn Mahar, Assistant Superintendent of Business and Finance

Corinne Ryan, Assistant Superintendent for Curriculum and Instruction

Joe Ceglia, Director of Health, Physical Education and Athletics

Tara Goldberg, Daniel Warren Principal

Michael Scarantino, F.E. Bellows Principal

Jason Doerr, Middle School Principal

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Kaycee Czyzak, Food Services Director, Aramark

Stephanie Ceglia, School Nutrition & Food Service Consultant, Noto Nutrition Consulting

Dr. Tom Militana, District Physician

Wellness Meeting Minutes – Nutritional Wellness April 29, 2025, 3:15pm MS/HS Community Room

Attendees:

- Carolyn Mahar, Assistant Superintendent of Business and Finance
- Corinne Ryan, Assistant Superintendent for Curriculum and Instruction
- Jason Doerr, Middle School Principal
- Michael Priskie, Assistant Principal for Middle/High School
- Halli Gatenio, Rye Neck Board of Education Liaison
- Wendy Abbatantono, Daniel Warren Nurse
- Ashley Hernandez, High School Student Senate Representative
- Lily Kapustin, High School Student HOSA Representative
- PTSA Health and Wellness Representative, Karen Rainert
- PTSA Health and Wellness Representative, Lisa Nadler
- Stephanie Ceglia, School Nutrition & Food Service Consultant, Noto Nutrition Consulting
- Kaycee Czyzak, Food Services Director, Aramark

The meeting started with introductions. Ms. Mahar explained the purpose of the wellness triennial review and noted that the goals of today's meeting would be focused on nutritional wellness. The group would assess compliance using the NYSED Wellness Policy Assessment Tool and then to discuss future goals for nutritional wellness.

Ms. Mahar, Mr. Doerr, Mr. Scarantino and Ms. Ryan spoke about current nutritional wellness activities, K-12 as well as the nutrition and diet component of the health education curriculum. They noted that Rye Neck focuses on the concept of teaching nutrition to support a lifetime of healthy eating. The group walked through each component of the assessment tool and noted that Rye Neck was meeting or exceeding the required standards of the tool.

Future thoughts and suggestions:

- Consider fewer lunch periods at the MS/HS level so that students are not eating too early or late.
 Ms. Ryan noted that five lunch periods is necessary at the MS/HS to accommodate all of the classes that students want to take.
- Ensure that all spaces in the cafeteria may be used during lunch periods. Administration noted that sometimes areas of the cafeteria are used for classes or events, so students eating lunch are asked not to sit in these areas in order to keep them clean for incoming groups.
- Remove juice as an offering at the elementary level. Ms. Czyzak noted that the juice served is 100% juice and therefore can count as a fruit component of a complete meal by the standards of the National School Lunch Program. In addition, parents requested that juice be offered as a beverage option for those students with dairy restrictions.
- A question was raised about high-sugar a la carte items being sold at the MS/HS. Ms. Czyzak noted that all items sold meet the Smart Snack requirements of the NSLP. The cereal that is served at breakfast is not the same as the cereal that a family purchases at the store. These products are produced specifically for schools within the program's nutritional guidelines. Ms.

Czyzak and Ms. Ceglia noted that if parents do not want their students purchasing certain a la carte items at the MS/HS, they can request that a note be put on their student's account. Ms. Ceglia also noted that starting July 1, 2025 and July 1, 2027, there are new program requirements around added sugars in products like yogurt and chocolate milk that aim to reduce the amount of sugar that students consume through their food service programs.

- A suggestion was made that when students are having snack at the elementary level, they should not watch a show or have screen time so they can focus on conscious eating.
- A discussion was had around treats for birthday celebrations. A suggestion was made that perhaps the school could provide parents with a list of preapproved treats that can be brought in.
- Mr. Scarantino discussed the school store at Bellows and how it focuses on non-food rewards for positive behavior. Ms. Ceglia noted that the USDA discourages using food as rewards.
- It was proposed to move elementary pizza day to a day other than Friday so that kids are not having pizza for lunch and dinner as many families have "pizza night" on Fridays. Ms. Czyzak said that she would consider this for the next school year.

After the discussion, Ms. Mahar thanked the group and informed the group that she would proceed with updating the Wellness document and reviews and put these forth for Board of Education approval.

NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

| LEA Nan Rye Neck | | | | | |
|---|--|----------------------------|--|--|--|
| School N | School Name: Date: | | | | |
| Daniel W | Daniel Warren School 03/26/2025 | | | | |
| Grades: | | | | | |
| Kinderga | ten, First Grade, Second Grade | | | | |
| Name/Ti | tle of person completing report: | | | | |
| Tara Gold | lberg / Principal | | | | |
| | | | | | |
| Yes No | Nutrition Education | | | | |
| | The written wellness policy includes measurable goal education that are designed to promote student well | als for nutrition ness. | | | |
| | Standards based nutrition education is offered in a v science, math). | ariety of subjects (i.e. | | | |
| | Lifelong lifestyle balance is reinforced by linking nutractivity. | ition and physical | | | |
| | Age appropriate nutrition education and activities are students in: | e provided to | | | |
| | elementary school middle school | high school | | | |
| | | | | | |
| | Families and the community are engaged in nutrition | education efforts. | | | |
| Indicate additional nutrition education activities that occur or are planned for the future: | | | | | |
| Health and Wellness lessons are taught in K-5. This includes lessons specific to nutrition. Classroom teachers and school physical education teacher support nutrition education. | | | | | |
| | | | | | |

| Yes | No | Physical Activity | | |
|----------|--|--|--|--|
| ✓ | | The local wellness policy includes measurable goals for physical activity. | | |
| ✓ | | Physical education is provided to students on a weekly basis. | | |
| ✓ | | Before or after school physical activity is offered in sports or other clubs. | | |
| ✓ | | Community partnerships are available that support programs, projects, events, or activities. | | |
| ✓ | | A staff wellness program is available. | | |
| ✓ | | Opportunities are provided for physical activity throughout the day. | | |
| ✓ | | The written physical education curriculum for each grade is aligned with national and/or State physical education standards. | | |
| ✓ | | Recess is available for all elementary students (skip this question if no elementary schools). | | |
| ✓ | | Walk or bike to school is promoted for students with Safe Routes to School or other related programs. | | |
| ✓ | | The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment. | | |
| | er phy availa | sical education/physical activity/school-based activities that ble: | | |
| | | a non-busing district ● Traffic safety support old dual certification in Phys. Ed & Health | | |
| After-9 | School | mily Fitness Nights ● Rye Y recess program ● Walk/Bike/Scoot to School Weeks ● PTSA Clubs ● s provided | | |
| | | ss: Benefits Trust Program • Access to Fitness Center | | |
| Fullu | re go | als for physical activity: | | |
| Conti | | o use our curriculum as a "living document" so its updated to reflect current | | |
| | Wellness Days initiaive will be launched for the 2025-26 School Year | | | |
| | | | | |

| Yes | No | Standards for USDA Child Nutrition Programs and School Meals |
|--|-------------------------------------|---|
| ✓ | | The local wellness policy addresses nutrition standards for USDA reimbursable meals. |
| ✓ | | The local wellness policy addresses access to the USDA School Breakfast Program. |
| | ✓ | Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell. |
| ✓ | | Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals. |
| √ | | Free drinking water is available during meals. |
| ✓ | | Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards. |
| ✓ | | School nutrition staff meet hiring criteria incompliance with federal criteria. |
| ✓ | | The local wellness policy addresses purchasing local foods when possible for the school meals program. |
| The for iteElera doc | e SFA ms se mentai ument | or the local wellness policy addresses school meals and nutrition standards: participates in the National School Lunch Program which provides nutritional standards rived in the food service programs ry families were survived to determine need for breakfast, and while there has not been ed need, as there will be universal free meals in the 25-26 school year, the school will ing elementary breakfast service. |
| • Wa | ter bot | tle filling stations are throughout the building with cups available. service provider takes steps to purchase produce locally, when available. |
| | | |
| Yes | No | · |
| | NA | The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: |
| ✓ | | as a la carte offerings in school stores in vending machines as fundraisers |
| | | |
| | | Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc. |
| | | Non-treat birthday celebrations. |

| | Notes and future goals on nutrition standards for competitive and other foods and beverages: | | | |
|---------------|--|--|--|--|
| | | s Smart Snacks Regulations. hool celebrates food free birthdays (extra recess party/craft/special guest) | | |
| Yes | No | Wellness Promotion and Marketing | | |
| 103 | INO | Marketing on the school campus during the school day is only allowable | | |
| ✓ | | for those foods and beverages that meet Smart Snacks standards. | | |
| ✓ | | Steps are taken to address strategies to support employee wellness. | | |
| ✓ | | Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. | | |
| ✓ | | Healthy meal choices are offered and being promoted in the school meal programs. | | |
| ✓ | | Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture. | | |
| Othe | er way | s wellness is promoted at the school: | | |
| mont in me | hly bre al offe | endent food services consultant is contracted by the District to review the eakfast and lunch menus at each school to ensure diversity and compliance erings. | | |
| l l | | y staff meal menu is available so that staff can take advantage of the food | | |
| • En | services program and model healthy eating for students. Employees can participate in the districts welfare plan which includes a fitness incentive program. | | | |
| | | | | |
| Futu | re wel | lness goals: | | |
| Conti | nued _l | promotion about healthy eating at the elementary level. | | |
| | | | | |
| | | | | |
| | | | | |

| Implementation, Evaluation, and Communication | | | | | |
|--|---|--|----------------|------------------------------|--|
| The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy: | | | | | |
| ✓ Administrator | | School Food Service | e Staff | P.E. Teachers | |
| Paren | its | School Board Mem | bers | School Health | |
| ✓ Profes | ssionals | ✓ Students | | ✓ Public | |
| The desig | nee respon | sible for the implementa | tion and con | npliance of the local | |
| wellness p | policy is: | | | | |
| Name/Titl | e: Carolyn | Mahar/Assistant Superir | ntendent for | Business and Finance | |
| The welln | ess policy is | s made available to the p | oublic by (de | escribe): | |
| The policy and open I | • | n our district and school | website. It is | s shared during orientations | |
| • | | of policy goals are meas e years (describe): | ured and co | mmunicated to the public at | |
| | | review, reflect and discuss oເ d shared on our website. | ır efforts | | |
| The Board of Education reviews and publicly approves the triennial review and the updated policy. | | | | | |
| Yes No | The welln | ess policy is reviewed at | t least annus | ally | |
| $ \checkmark $ | The wellness policy is reviewed at least annually. | | | | |
| | Triennial a will includ | | will be made | available to the public and | |
| | 1. The | e extent to which schools | • | urisdiction of the LEA are | |
| | | ompliance with the local e extent to which the LE | | | |
| | cor | npares to model local so | chool wellnes | ss policies; | |
| | | escription of the progres he local school wellness | | taining the goals | |
| ✓ | A plan will be put together to update the local wellness policy based on results of the triennial assessment. | | | | |

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

The internal committee will meet annually to discuss future goals or modifications to the policy including reviewing changes in curriculum, mandates, and district goals.

NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

| | Nam Neck | e: UFSD | | | | |
|---|--|--|----------------------------|--|--|--|
| 1 | School Name: F.E. Bellows Elementary School Date: 03/28/2025 | | | | | |
| Gra 3-5 | Grades: 3-5 | | | | | |
| Name/Title of person completing report: Michael Scarantino, Principal | | | | | | |
| | | | | | | |
| Yes | No | Nutrition Education | | | | |
| ✓ | | The written wellness policy includes measurable goa education that are designed to promote student wellr | lls for nutrition ness. | | | |
| | | Standards based nutrition education is offered in a vascience, math). | | | | |
| ✓ | | Lifelong lifestyle balance is reinforced by linking nutri activity. | ition and physical | | | |
| | | Age appropriate nutrition education and activities are students in: | e provided to | | | |
| √ | | elementary school middle school | high school | | | |
| | | Families and the community are engaged in nutrition | education efforts | | | |
| √ | | Families and the community are engaged in nutrition education efforts. | | | | |
| Indic | ate a | dditional nutrition education activities that occur or are | planned for the future: | | | |
| | | ducation is provided in a few modules in classrooms (') as well as through components of social emotional le | | | | |
| | | ducation is provided in physical education classes. | , | | | |
| Reviewing treats included in birthday celebrations. | | | | | | |
| Continue to promote non-food rewards, like the FEB School Store. | | | | | | |
| l | | | | | | |

| Yes | No | Physical Activity |
|----------|------------------|---|
| ✓ | | The local wellness policy includes measurable goals for physical activity. |
| √ | | Physical education is provided to students on a weekly basis. |
| √ | | Before or after school physical activity is offered in sports or other clubs. |
| √ | | Community partnerships are available that support programs, projects, events, or activities. |
| ✓ | | A staff wellness program is available. |
| ✓ | | Opportunities are provided for physical activity throughout the day. |
| √ | | The written physical education curriculum for each grade is aligned with national and/or State physical education standards. |
| √ | | Recess is available for all elementary students (skip this question if no elementary schools). |
| ✓ | | Walk or bike to school is promoted for students with Safe Routes to School or other related programs. |
| √ | | The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment. |
| | er phy availa | sical education/physical activity/school-based activities that ble: |
| - Fiel | d Day | y at the end of the school year |
| | | Night for families in the fall and spring |
| _ | | pports recess programming and activities |
| _ | | k does not bus and many students walk or bike to and from school each day education staff holds dual certification in health |
| | | ness: Benefits Trust Program ● Access to Fitness Center |
| Otan | VVOIII | lede. Belleme Tract Program & Adodde to Pithlog Contor |
| | | als for physical activity: |
| move | ement | have a very strong physical activity plan at Bellows. There are classroom opportunities through Go Noodle, PE three times over a six day cycle for all indoor and outdoor recess every day. |
| Poss | ibly tr | y to incorporate some yoga for those who might be interested |
| | | |

| Yes | No | Standards for USDA Child Nutrition Programs and School Meals |
|----------|----------|---|
| ✓ | | The local wellness policy addresses nutrition standards for USDA reimbursable meals. |
| ✓ | | The local wellness policy addresses access to the USDA School Breakfast Program. |
| | √ | Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell. |
| ✓ | | Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals. |
| ✓ | | Free drinking water is available during meals. |
| ✓ | | Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards. |
| ✓ | | School nutrition staff meet hiring criteria incompliance with federal criteria. |
| ✓ | | The local wellness policy addresses purchasing local foods when possible for the school meals program. |
| Othe | er way | s the local wellness policy addresses school meals and nutrition standards: |
| | | participates in the National School Lunch Program which provides nutritional standards rved in the food service programs |
| • Eler | mentar | ry families were survived to determine need for breakfast, and while there has not been |
| | | ed need, as there will be universal free meals in the 25-26 school year, the school will |
| | | ing elementary breakfast service. tle filling stations are throughout the building with cups available. |
| | | service provider takes steps to purchase produce locally, when available. |
| | | |
| Yes | No | Nutrition Standards for Competitive and Other Foods and Beverages |
| | | The local school wellness policy addresses compliance with USDA |
| | | nutrition standards (commonly referred to as Smart Snacks) for all food |

| Yes | NO | Nutrition Standards for Competitive and Other Foods and Beverages | | | |
|----------|----------|---|--|--|--|
| | | The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: | | | |
| ✓ | | ✓ as a la carte offerings in school stores in vending machines | | | |
| | | as fundraisers | | | |
| | | Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc. | | | |
| | ✓ | FEB currently allows families to send in treats for birthdays and holiday parties. | | | |
| | | | | | |

| | beverages: | | | | |
|---|------------------------------|--|--|--|--|
| The school will explore cutting down on the amount of donuts, cakes and other sweet treats that are offered during celebrations, birthday recognition, etc. | | | | | |
| | | | | | |
| | | | | | |
| Yes | No | Wellness Promotion and Marketing | | | |
| √ | | Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards. | | | |
| √ | | Steps are taken to address strategies to support employee wellness. | | | |
| ✓ | | Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. | | | |
| ✓ | | Healthy meal choices are offered and being promoted in the school meal programs. | | | |
| ✓ | | Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture. | | | |
| Othe | r ways | s wellness is promoted at the school: | | | |
| mont | | endent food services consultant is contracted by the District to review the eakfast and lunch menus at each school to ensure diversity and compliance | | | |
| A n service | nonthly ces pro food o | y staff meal menu is available so that staff can take advantage of the food ogram and model healthy eating for students. FEB does not have any a la offerings. All meals are compliant with the nutritional standards of the | | | |
| • Em | ployee | es have access to the Benefit Trust Program which offers funding for fitness nal programs. | | | |
| | | | | | |
| | | Iness goals: the new garden to promote Farm to School activities. | | | |
| | | and non-garden to promote raini to contest dearnage. | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Notes and future goals on nutrition standards for competitive and other foods and

| | | Implemen | ntation, Evaluation, and | Communi | cation |
|--|--|-------------|--|-------------|-----------------------|
| | The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy: | | | | |
| ✓ A | dmin | istrator | ✓ School Food Service | Staff | P.E. Teachers |
| P | aren | ts | School Board Member | ers | School Health |
| √ P | rofes | sionals | ✓ Students | | ✓ Public |
| The d | lesig | nee respon | sible for the implementation | on and com | npliance of the local |
| wellne | ess p | olicy is: | | | |
| Name | e/Title | e: Carolyn | Mahar/Assistant Superint | endent for | Business and Finance |
| The wellness policy is made available to the public by (describe): The policy is posted on our district and school website. It is shared during orientations and open houses. | | | | | |
| The implementation of policy goals are measured and communicated to the public at least once every three years (describe): • Committee convenes to review, reflect and discuss our efforts • The policy is updated and shared on our website. • The Board of Education reviews and publicly approves the triennial review and the updated policy. | | | | | |
| Yes | No | | | | |
| \checkmark | | The wellne | ess policy is reviewed at l | east annua | illy. |
| ✓ | Triennial assessment results are/will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are incompliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; | | urisdiction of the LEA are ness policy; ool wellness policy ss policies; | | |
| | | | escription of the progress he local school wellness p | | taining the goals |
| ✓ | | A plan will | be put together to update of the triennial assessment | the local v | wellness policy based |

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

The internal wellness committee will meet annually to discuss future goals or modifications to the policy including reviewing changes in curriculum, mandates, and district goals.

NYS Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. The wellness policy and completed assessment must be made available to the public.

| School Name: Date: | | | | |
|--|---|--|--|--|
| Rye Neck Middle and High School 03/31/2025 | | | | |
| | | | | |
| 2 | | | | |
| me/Tit | e of person completing report: | | | |
| on Doe | err (MS Principal) and Melinda Folchetti (HS Principal) | | | |
| | | | | |
| s No | Nutrition Education | | | |
| | education that are designed to promote student wellr | ness. | | |
| | science, math). | | | |
| | Lifelong lifestyle balance is reinforced by linking nutri activity. | ition and physical | | |
| | Age appropriate nutrition education and activities are students in: | provided to | | |
| | elementary school middle school | ✓ high school | | |
| | Families and the community are engaged in nutrition | education efforts. | | |
| Indicate additional nutrition education activities that occur or are planned for the future: - Nutritional education is provided in all grades in health class and in applicable | | | | |
| | al education is provided in all grades in health class ar | nd in applicable | | |
| | e Neck hool Na e Neck ades: 2 ame/Titl con Doe | e Neck Middle and High School ades: 2 ame/Title of person completing report: con Doerr (MS Principal) and Melinda Folchetti (HS Principal) s No Nutrition Education The written wellness policy includes measurable goal education that are designed to promote student wellness science, math). Standards based nutrition education is offered in a viscience, math). Lifelong lifestyle balance is reinforced by linking nutriactivity. Age appropriate nutrition education and activities are students in: Age appropriate nutrition education and activities are students in: Pamilies and the community are engaged in nutrition | | |

| Yes | No | Physical Activity | | | |
|---|----|--|--|--|--|
| ✓ | | The local wellness policy includes measurable goals for physical activity. | | | |
| ✓ | | Physical education is provided to students on a weekly basis. | | | |
| √ | | Before or after school physical activity is offered in sports or other clubs. | | | |
| ✓ | | Community partnerships are available that support programs, projects, events, or activities. | | | |
| ✓ | | A staff wellness program is available. | | | |
| ✓ | | Opportunities are provided for physical activity throughout the day. | | | |
| √ | | The written physical education curriculum for each grade is aligned with national and/or State physical education standards. | | | |
| ✓ | | Recess is available for all elementary students (skip this question if no elementary schools). | | | |
| ✓ | | Walk or bike to school is promoted for students with Safe Routes to School or other related programs. | | | |
| ✓ | | The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment. | | | |
| | | sical education/physical activity/school-based activities that | | | |
| are available: Student Athlete Cabinet, Wellness nights, Family Fitness Nights, 6th grade intramurals, Interscholastic athletics programs (modified, junior varsity, varsity), Intramural sports, Rye Y program, Recreational programs, Fitness Center usage, Bicycle racks provided, Middle School Olympics, Junior/Senior Day, 6th Grade Buddy Day, 9th Grade Activity Days, MS Activity Night | | | | | |
| Staff Wellness - Benefits Trust Program, Fitness Center Usage | | | | | |
| Rye Neck is a walking district and many students walk or bike to school. The district has many bike racks to support this. | | | | | |
| Future goals for physical activity: | | | | | |
| Curriculum is a "living document" and we will be updating as new standards are adopted | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| Yes | No | | | | | |
|----------|--------|---|--|--|--|--|
| ✓ | | The local wellness policy addresses nutrition standards for USDA reimbursable meals. | | | | |
| ✓ | | The local wellness policy addresses access to the USDA School Breakfast Program. | | | | |
| ✓ | | Alternate school breakfast service models are available to increase participation such as "grab and go", breakfast served in the classroom, and breakfast after the bell. | | | | |
| ✓ | | Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals. | | | | |
| ✓ | | Free drinking water is available during meals. | | | | |
| ✓ | | Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards. | | | | |
| √ | | School nutrition staff meet hiring criteria incompliance with federal criteria. | | | | |
| ✓ | | The local wellness policy addresses purchasing local foods when possible for the school meals program. | | | | |
| Othe | er way | s the local wellness policy addresses school meals and nutrition standards: | | | | |
| | | participates in the National School Lunch Program which provides nutritional | | | | |
| | | for items served in the food service programs. Grab and go breakfast is | | | | |
| l l | | before school hours at the MS/HS, Water bottle filling stations are at every th cups available, The food service provider takes steps to purchase produce | | | | |
| 1 | | en available. | | | | |
| 10001 | .,, | | | | | |
| | | | | | | |
| Yes | No | Nutrition Standards for Competitive and Other Foods and Beverages | | | | |
| | | The local school wellness policy addresses compliance with USDA | | | | |
| | | nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: | | | | |
| ✓ | | as a la carte offerings in school stores in vending machines | | | | |
| | | | | | | |
| | | Nutrition standards are followed for food/beverages served at school | | | | |
| | | parties, celebrations, events, etc. | | | | |

| Notes and future goals on nutrition standards for competitive and other foods and | | | | | | |
|--|------|--|--|--|--|--|
| beverages: The district follows Smart Snacks Regulations | | | | | | |
| 9 | | | | | | |
| | | | | | | |
| | | | | | | |
| Yes | No | Wellness Promotion and Marketing | | | | |
| V | | Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards. | | | | |
| V | | Steps are taken to address strategies to support employee wellness. | | | | |
| V | | Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. | | | | |
| V | | Healthy meal choices are offered and being promoted in the school meal programs. | | | | |
| V | | Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture. | | | | |
| Other | ways | s wellness is promoted at the school: | | | | |
| An independent food services consultant is contracted by the District to review the monthly breakfast and lunch menus at each school to ensure diversity and compliance in meal offerings. | | | | | | |
| District employees can participate in the district's welfare plan which includes a fitness incentive program. | | | | | | |
| | | | | | | |
| | | ness goals: | | | | |
| - Incorporate more physical wellness opportunities through classes and extracurriculars | | | | | | |
| - Look at additional uses of the fitness center to promote physical wellness and lifetime | | | | | | |
| education | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 29 | | | | | | |

| Implementation, Evaluation, and Communication | | | | | | | |
|---|--------------------------------------|--|--------------------------------------|--|--|--|--|
| The following are encouraged to participate in the development, implementation, | | | | | | | |
| and periodic review and update of our local wellness policy: | | | | | | | |
| √ Ad | dministrator | ✓ School Food Service Staff | ✓ P.E. Teachers | | | | |
| | | | _ | | | | |
| Pa | arents | ✓ School Board Members | ✓ School Health | | | | |
| | | | | | | | |
| | | | | | | | |
| Pr | ofessionals | ✓ Students | ✓ Public | | | | |
| The de | esignee respor | sible for the implementation and | l compliance of the local | | | | |
| wellne | ess policy is: | | | | | | |
| Name | /Title: Carolyn | Mahar, Assistant Superintenden | nt for Business | | | | |
| · | | | | | | | |
| The w | ellness policy i trict website an | s made available to the public by d Board Docs | / (describe): | | | | |
| On dis | tilet website all | d Board Bocs | | | | | |
| | | | | | | | |
| The in | nnlementation (| of policy goals are measured and | d communicated to the public at | | | | |
| | • | e years (describe): | d communicated to the public at | | | | |
| | | review, reflect and discuss our efforts | | | | | |
| | | nd shared on our website. reviews and publicly approves the trien | inial review and the updated policy. | | | | |
| | No l | | | | | | |
| | | ess policy is reviewed at least a | nnually. | | | | |
| V L | | | | | | | |
| | will includ | assessment results are/will be m e: | nade avaliable to the public and | | | | |
| | I I | e extent to which schools under | - | | | | |
| | | ompliance with the local school | • • | | | | |
| | | e extent to which the LEA's loca | . , | | | | |
| | | compares to model local school wellness policies; 3. A description of the progress made in attaining the goals | | | | | |
| | of · | the local school wellness policy. | | | | | |
| | A plan wil | I be put together to update the lo | ocal wellness policy based | | | | |
| on results of the triennial assessment. | | | | | | | |

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

A PM after school snack program has been implemented for MS and HS students.

The committee will meet annually to discuss future goals or modifications to the policy including reviewing changes in curriculum, mandates, and district goals.