

**Board of Education Policy**

**STUDENT WELLNESS**

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The Board of Education recognizes that good health and wellness is a major component of academic success, and the Board is committed to providing a learning environment that promotes student wellness. Therefore, the Board has established a policy to define student wellness and to set goals to maintain a healthy school environment in order to improve student achievement and to promote students making healthy choices. Federal legislation has been enacted requiring school communities to model, foster and teach children to eat well and be physically active in order to achieve a lifetime of good health. Therefore, the Board directs the Superintendent to assess how the district is currently addressing these topics and to develop comprehensive goals and regulations to implement this policy. The Board further directs the Superintendent to designate a person to establish a plan for measuring the implementation of this policy and ensuring that each school within the district meets the requirements of this policy. Therefore, the Board directs the Superintendent to establish and maintain a “Wellness Committee” as per the attached regulations.

The Board of Education considers student wellness to include Nutrition, Physical Activity and Health Education. It also includes addressing such topics as:

- The need for healthy choices
- Nutrition at home and school
- Preventing and reducing child obesity
- Mental wellness
- Physical wellness
- Physical activity
- Eating disorders
- Self-esteem
- Suicide
- Bullying
- Diversity
- Harassment
- Personal hygiene
- Alcohol Abuse –Teenage drinking
- Drug abuse
- Steroids
- Child abuse
- Domestic violence

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The District adopts this Policy and the associated administrative guidelines (5140.1R) and regulations (5140.R) which shall be incorporated by reference into this Policy, to promote student health and wellness. To accomplish this, the Board directs that the District shall serve healthy foods and beverages on the school campus, during the school day, following state and federal nutrition requirement and that all foods and beverages made available for sale to students on the school campus during the school day meet the program requirements and nutrition standards found in federal regulations.

For purposes of this policy, “school campus” shall mean all areas of district property accessible to students during the school day; “school day” shall mean the period of time, from midnight before to 30 minutes after the end of the official school day; and “competitive food” shall mean 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.

School Meals

The District shall:

- Include fruits, vegetables, salads, whole grains and low fat items, to the extent required by federal regulations;
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans;
- Meet safety and sanitation requirements, as outlined in current USDA and local Health Department Guidelines;
- Make free drinking water fountains available at locations where meals are served;
- Encourage students to try new or unfamiliar items;
- Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply; and
- Consider serving produce and food from local farms and suppliers.

Meal Scheduling

- The district shall ensure that lunch time for all students is scheduled between 10:00 a.m. and 2:00 p.m., unless a waiver has been obtained by the New York State Education Department and shall make every effort to provide students with sufficient time to eat lunch.

Food and Beverages Sold Individually

The District shall:

- Ensure all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fat, sugar, sodium, and caffeine.
- Permit the sale of fresh, frozen or canned fruits and vegetables, if processed in accordance with federal regulations, as exempt from nutrition standards.
- Work with existing vendors or locate new vendors that will comply with nutrition standards.

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Food in the Classroom

- It is the policy of the Miller Place School District that food not be used in the classroom, except as part of a snack brought from home for the individual consumption by the student.
- Food shall not be used in the classroom or distributed in the classroom for the following reasons:
  - As an incentive or reward;
  - As part of a birthday, holiday or seasonal celebration, provided, however, individual snacks sent by each individual home for one's specific child are acceptable.

Fundraising

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

Marketing of Foods and Beverages

- Food and beverages shall only be permitted to be marketed on school grounds, during the school day, to the extent same is authorized by state and federal law and regulation;
- Any food or beverage that is marketed on school grounds during the school day must meet the federal nutrition standards for competitive items (note: marketing includes all advertising and promotions, including verbal, written, graphic or promotional items); and
- This restriction does not apply to personal opinions or expression, or items used for educational purposes.

Physical Activity

The Miller Place School District physical activity initiative is dedicated to providing varied opportunities to develop knowledge and skills regarding physical fitness as part of a physically active and healthy lifestyle. The district will review and consider evidence-based strategies and techniques when developing goals for physical activity.

Food or physical activity shall not be withheld from students as a form of punishment, provided, however, food, snack or physical activity can be withheld or postponed due to health and safety concerns.

Nutrition Promotion and Education

- The District will review and consider evidence-based strategies and techniques when developing goals for nutrition promotion and education.

Other School-Based Activities

- The District will review and consider evidence-based strategies and techniques when developing goals for other school-based activities.

This policy and the associated administrative guidelines (5140.1R) and regulations (5140.R), which have been incorporated herein, will be reviewed at least annually, and when deemed necessary, specifically to assess the financial impact of implementation.

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Through establishment of the “Wellness Committee” and “Nutritional Advisory Committee,” in Board Regulation 5140.R, the District shall ensure parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are given the opportunity to participate in the development, implementation, and periodic review and update of the wellness policy. The Nutritional Advisory Committee will report directly to the Wellness Committee.

The District will annually inform and update the public about the content and implementation of the policy.

The District will monitor and review the effectiveness of this policy toward meeting the ultimate goals required of this policy and by law, and shall modify the policy, when appropriate, in accordance with the results of any triennial assessments required by law. The District shall periodically, but not less than once every three years, measure and make available to the public an assessment on the implementation of the policy including: the extent to which schools within the District are in compliance with the school wellness policy; the extent to which the wellness policy compares to model wellness policies; and a description of the progress made in attaining the goals of the wellness policy.

In order to monitor and review the implementation and effectiveness of this policy, the district shall conduct:

- Periodic informal surveys of building principals, classroom staff, and school health personnel to assess the progress of the wellness activities and their efforts;
- Periodic checks of the nutritional content of food offered in the cafeteria for meals and a la carte items, and sales or consumption figures for such foods;
- Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods;
- Periodic checks of the amount of time spent in Physical Education classes and the nature of the activities of students in such classes;
- Periodic checks of extracurricular activities involving physical activities, and the rate of student participation;
- Periodic checks for student mastery of the nutrition education curriculum;
- Periodic review of data collected by the district in furtherance of this policy; and
- Periodic survey of student/parent opinions of cafeteria offerings and wellness efforts.

The District shall comply with federal regulations regarding record keeping, including documentation regarding compliance with community involvement requirements, triennial assessment and demonstrating compliance with the public notification requirements.

The School Food Service Program operates on a self-sufficient, not-for-profit basis, and must remain financially solvent.

The District will post this policy and the associated administrative guidelines and regulation on the District’s website and make a copy of same available at the District Office.

**Miller Place Union Free School District**  
*Miller Place, New York 11764*  
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**5140**

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The District designates the Wellness Committee Chair to ensure that each participating school complies with the District's wellness policy.

***This policy does not apply to school nurses or other medical personnel when providing health care to individual students, nor students who require special nutrition or physical services through an IEP or 504 plan, nor restrict what parents may provide for their own child's lunch or snacks, but parents may not provide restricted items to other children at school.***

**Reference:** P.L. 108-265 (Child Nutritional and WIC Reauthorization Act of 2004), § 204  
N.Y. Education Law § 918  
P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), § 204 amending 42  
U.S.C. § 1758b  
42 U.S.C. § 1758; 1766(a) (Richard B. Russell National School Lunch Act)  
42 U.S.C. § 1779 (Child Nutrition Act)  
7 C.F.R. §§ 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 C.F.R. §§ 220.8; 220.12 (School Breakfast Program participation requirements –  
nutrition standards for meals and competitive foods)  
8 N.Y.C.R.R. Part 135 (Health and Physical Education curricular requirements); §  
114.1 (School Breakfast Program Requirements)

**Cross-Ref:** 5310.4 Public Conduct on School Property  
5020.5 Student Harassment and Bullying Prevention and Intervention  
9010.2 Sexual Harassment  
5020.2 Non-Discrimination & Equal Opportunity

**Adopted:** 07/11/2006

**Reviewed:** 10/29/2014    05/31/2017    05/30/2018    01/25/2023    12/17/2025

**Revised:** 11/19/2014    06/14/2017    06/13/2018    02/15/2023    01/28/2026