

Board of Education Policy

STUDENT WELLNESS - REGULATION

WELLNESS COMMITTEE

As per District policy, the Board of Education considers student wellness to include Nutrition, Physical Activity and Health Education, addressing such topics as noted in the policy. To achieve the goals cited in the Wellness policy, the Superintendent shall establish a "Wellness Committee," that shall meet quarterly and to the extent practicable, consist of (or represent the interests of) a representative from: the school board, the food preparation staff, the physical education department, the school nurse or health staff, a registered dietician (if available), the district faculty, the PTO, enrolled students and parents/guardians of enrolled students.

Prior to September 15 each year, the Superintendent or his/her designee shall notify, in writing, parents or guardians of students enrolled of the existence of this committee, information as to how they may serve on the committee, and the schedule for all meetings.

The committee is encouraged to study the District's K-12 procedures and practices of how our school community currently provides a learning environment that promotes student wellness, and then create a "road map" for improvement by recommending initiatives, creating awareness, providing educational resources and offering positive choices. The committee shall present such recommendations to the Board of Education.

Furthermore, in fulfillment of the NYS requirements of a "Nutritional Advisory Committee," the Wellness Committee is encouraged to study all facets of the District's nutritional policies including, but not limited to, the goals of the district to promote health and proper nutrition, vending machine sales, menu criteria, educational curriculum teaching healthy nutrition, educational information provided to parents or guardians regarding healthy nutrition and the health risks associated with obesity, opportunities offered to parents or guardians to encourage healthier eating habits to students, and the education provided to teachers and other staff as to the importance of healthy nutrition. The committee shall also consider the recommendations and practices of other districts and nutritional studies.

The committee may periodically report their findings to the District and the PTO, and shall report each June to the Board of Education regarding the status of the implementation of the District's programs to improve students' nutritional awareness and a healthy diet.

In addition to the continuing Health and Physical Education regulations established by New York State, the Board of Education:

1. Adopts the labeling and nutritional regulations established by the Secretary of the United States Department of Agriculture for all foods and beverages served or available for purchase as designated by the New York State Commissioner of Education during school breakfast periods;
2. In consultation with a dietician adopts the labeling and nutritional regulations established by the Secretary of the United States Department of Agriculture for all foods and beverages served or available for purchase during school lunch periods;

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3. Adopts the labeling and nutritional requirements in the Dietary Guidelines for Americans and those established by the Secretary of the United States Department of Agriculture for all foods and beverages served or available for purchase on the school campus at periods other than breakfast or lunch. The Dietary Guidelines for Americans refers to the federal government's current set of recommendations designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks;
4. Prohibits the sale of sweetened foods including sweetened soda, chewing gum, candy including candy, jellies, gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn, and water ices except those which contain fruit or fruit juices, from the beginning of the school day until the end of the last scheduled meal period. In accordance with the Child Nutrition and WIC Reauthorization Act of 2004, the District shall establish guidelines for reimbursable school meals which are not less restrictive than the regulations and guidance issued by the Secretary of the United States Department of Agriculture;
5. To positively affect our students' health and nutritional education, the Board of Education directs the Superintendent or his/her designee to form a "Wellness Committee" and/or a "Nutritional Advisory Committee".

Reference: N.Y. Education Law §§ 915; 918
P.L. 111-296 (The Healthy, Hunger-Free Kids Act)
P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
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 (National School Lunch Program Participation Requirements)

Cross-Ref: Board Policy #5140 – *Student Wellness*
Board Policy #5140.1.R – *Student Wellness – Administrative Guidelines*

Adopted: 07/11/2006

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