

**Board of Education Policy**

**STUDENT WELLNESS – ADMINISTRATIVE GUIDELINES**

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**Part I - Nutritional Standards**

The food sold to the school children during school hours within the District will follow the rules and regulations of the National School Lunch and Breakfast program when the District participates in these programs. Food and beverages available for sale on school campus during the school day by the Food Service Program will offer a variety of healthy choices and should include selections that are within NYS/USDA guidelines as well as Federal Regulations. For purposes of this policy, “school campus” means all areas of District accessible to students during the 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 school campus during the day.

***Meals***

Meals served in the cafeteria will meet USDA standards and will:

- Make free drinking water available at locations where meals are served.
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans
- To the extent practical, be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils
- Meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines

**Meal Scheduling**

- Schedule lunch time between 10 a.m. and 2 p.m. unless a waiver has been obtained from the NYS Education Department.
- Make every effort to provide students with sufficient time to be served and eat their lunches.

**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.

**Part II - Use of 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 in the classroom
- As part of a birthday, holiday or seasonal celebration \*\*

\*\* The celebration of special events such as birthdays, seasons, and holidays with special privileges, can be celebrated with songs, games and reenactments. Individual snacks sent by each individual home for one’s specific child is acceptable.

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**Part III - Fundraising**

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

**Part IV - Disciplinary Action**

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

**Part V - Physical Activity**

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 Wellness Committee has established the following guidelines to meet the physical activity initiative:

- The District will make every effort that all students in grades K-12, including students with disabilities and special needs, will receive physical education that is in concert with state requirements as stated by the Commissioner of Education for the State of New York.
- Students will be provided with opportunities for physical activity during the school day through physical education classes, daily recess periods at the elementary level (weather permitting), and the integration of physical activity into the academic curriculum, when appropriate. Using loss of recess as a form of punishment is strongly discouraged and should be used when all other disciplinary consequences are exhausted or prove ineffective as per building administration.
- The District shall ensure that state-certified physical education instructors teach all physical education classes.
- Physical education curriculum and instruction will reflect the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being.
- Adequate equipment is available for all students to participate in physical activity. Physical activity facilities on school grounds shall be safe and well-maintained.
- Schools shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- When appropriate, provide authentic, individualized assessment, including fitness testing and cognitive knowledge, as a meaningful part of the fitness process which will empower students to value and oversee their personal lifetime fitness.
- Curriculum development will meet the needs of all students, not just those athletically-inclined.
- The Board of Education will consider the benefits and need of before and after school intramurals and inter-scholastic athletics and balance these needs with District priorities and resources. At the secondary level, students in grades 7-12 will have the opportunity to participate in interscholastic athletics governed by New York State Public High School Athletic Association.

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**Part VI - Health Education/Nutrition Education Initiatives**

- Nutritional Education and promotion will be offered at each grade level as part of the sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Students will be provided with the information and skills necessary to increase nutritional knowledge, including the benefits of healthy eating, essential nutrition, weight management and safe food preparation, handling and storage. Nutritional education will be culturally sensitive and will involve sharing information with parents and the broader community.
- Nutritional education will not just be part of the FACS, Health and Physical Education curriculum, but will be integrated into other curriculum areas such as math, science, language arts and social studies.
- The District's health education curriculum standards will include nutrition, physical fitness and health issues.
- Nutritional education programs will include media literacy and an emphasis on food marketing and will include professional development for classroom teachers and other staff members.
- Students will be encouraged to start each day with a healthy breakfast.

**Part VII - Other School-Based Activities**

- In an effort to support student wellness, programs designed to support student's mental and emotional health will be promoted whenever possible. Programs will be both curricular and extra-curricular.
- The District's *Wellness Policy* goals should be considered when planning school-based activities such as clubs, workshops, celebrations, school events, field trips and assemblies.
- All students, including students with disabilities, will be encouraged to create and adopt their own personal health and fitness goals and be provided tools with which an environment that supports wellness is created.

**Part VIII - Review of Policy**

This policy will be reviewed when deemed necessary, specifically to assess the financial impact of implementation.

The "Nutritional Advisory Committee," which reports directly to the "Wellness Committee" will review the programs offered and provide feedback to the Wellness Committee. As set forth in Board Policy 5140 and 5140.R, the "Wellness Committee" will serve as the District's advisory committee to help 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 District will periodically inform and update the public about the content and implementation of the policy.

**Miller Place Union Free School District**  
*Miller Place, New York 11764*  
**Board of Education Policy**

**5140.1.R**

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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.

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

**Reference:** N.Y. Education Law §§ 915; 918  
P.L. 111-296 (The Healthy, Hunger-Free Kids Act), § 204 amending 42 U.S.C. § 1758b  
P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), § 204  
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)  
8 N.Y.C.R.R. Part 135 (Health and Physical Education curricular requirements); § 141.1 (School Breakfast Program Requirements)

**Cross-Ref:** Board Policy #5140 – *Student Wellness*  
Board Policy #5140.R – *Student Wellness – Regulation*

**Adopted:** 02/25/2009  
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