Eastern Suffolk BOCES
Educational Services That Transform Lives

First Supervisory District of Suffolk County
201 Sunrise Highway
Patchogue, New York 11772

Board Policy

Child Nutrition Wellness

The Board believes that children need access to an instructional environment that encourages the intake of healthful foods and participation in lifelong physical activity in order to grow, learn, and thrive.

The Board also believes that healthy eating, adequate physical activity, and good health foster student attendance and education.

The Board is committed to providing an instructional environment that enhances learning and development of lifelong wellness practices.

The Board directs the Chief Operating Officer to establish a standing committee to maintain and define goals for nutrition education, physical activity and other educational activities, and to develop procedures and guidelines for child nutrition operations, appropriate eating environments, fundraising guidelines involving food, staff development, and implementation and evaluation plans necessary to achieve the goals set forth in this policy.

The committee shall be named the *Child Nutrition Wellness Committee* and be comprised of a Board member, Administrative Council member, building level administrators, food and nutrition professionals, Physical Education Teacher, Special Education Teacher, health professional, health and safety professional, union official, parent, and student.

ESBOCES Wellness Leadership

The Director of Administrative Services will be responsible for overseeing the committee and ensuring that all goals are met and will be referred to as the Child Nutrition Wellness Coordinator throughout this Child Nutrition Wellness Policy. The Child Nutrition Wellness Coordinator can be contacted at wellness@esboces.org.

Considering the unique parameters of ESBOCES programs, population, needs, staffing and available facilities, the Board establishes the following guidelines regarding nutrition education, physical activity and other related ESBOCES activities:

ESBOCES shall:

- establish an environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all students;
- provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; to the extent practical, all ESBOCES academic programs will participate in available federal Child Nutrition Programs;
- set guidelines for reimbursable school meals which will not be less restrictive than applicable Federal and New York State Child Nutrition Program regulations and guidelines;

- provide for sequential and interdisciplinary nutrition education;
- provide nutrition education to facilitate the voluntary adoption and fostering of lifelong habits of healthy eating and establish linkages between curriculum and meal programs;
- provide appropriate opportunities, support, and encouragement for students to be physically active on a regular basis and to understand the benefits of a physically active and healthy lifestyle;
- require that all foods and beverages made available at ESBOCES instructional facilities (including vending, concessions, a la carte, student stores, parties, and fundraising) during the instructional day are consistent with the current Dietary Guidelines for Americans and are in accordance with law;
- require that all foods made available at ESBOCES instructional facilities adhere to food safety and security guidelines;
- require that the instructional environment be safe, comfortable, and allow ample time and space for eating meals, as appropriate; and
- require that the Child Nutrition Program will comply with Federal, State, and local requirements, provide the best meals at the lowest possible cost and selling price, assist students with developing good health habits by encouraging the selection of and willingness to try new foods; and restrict exposure and access to foods of minimal nutritional value.

Goals to Promote Student Wellness

ESBOCES seeks to ensure that all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy lifelong physical activity. To this end, ESBOCES sets forth the following goals relating to nutrition promotion and education, physical activity, and other ESBOCES activities.

<u>Nutrition Promotion and Education for Full-Time Academic Students</u>

1. Classroom Teaching: Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:

    a. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.

    b. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

Education, Marketing, and Promotion

1. As appropriate, ESBOCES will promote nutrition education activities for full-time academic students that involve parents and students.
2. ESBOCES will cultivate a school environment that promotes a healthy body image, shape, and size among students and personnel;

3. ESBOCES will promote healthy food and beverage choices for all students and encourage participation in meal programs. This will occur by ensuring that 100% of foods and beverages sold to students in the lunch room meet the *Smart Snacks in School* nutrition standards, which can be found on the United States Department of Agriculture's (USDA) official website.

4. ESBOCES will promote awareness of this policy through various means, such as a publication of its policy on the ESBOCES website.

5. Marketing and advertising on ESBOCES premises during the instructional day will be consistent with nutrition education and health promotion. As such, instructional facilities will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act's *Smart Snacks in School* rule.

Additional Provisions

1. Parents will be encouraged to send in healthy treats for classroom celebrations.

2. Parents will have access through the ESBOCES website of a list of snacks and beverages that meet Smart Snacks in School nutrition standards.

3. ESBOCES personnel are prohibited from withholding food as punishment under any circumstance.

4. ESBOCES staff will be encouraged to model healthy eating, drinking, and physical activity behaviors for students.
5. To promote a healthy and productive environment, ESBOCES will encourage personnel wellness. Personnel often serve as important role models for student well-being. By focusing on personnel wellness, ESBOCES aims to create a positive ripple effect, benefiting both personnel and students. Promoting personnel wellness can lead to enhanced productivity, reduced absenteeism, and lowered healthcare costs.

Physical Activity

1. ESBOCES will provide opportunities for every full-time academic student to participate in physical education and to be involved in physical activities. In doing so, ESBOCES aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits of a physically active and healthy lifestyle.

2. ESBOCES recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, ESBOCES will ensure that:

a. all physical education classes are taught or supervised by a certified physical education teacher;

b. all physical education staff receive professional development on a yearly basis;

c. it provides adequate space and equipment for physical education and conforms to all applicable safety standards;

d. An age-appropriate sequential physical education course of study consistent with National standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness;

e. a physical and social environment is provided that encourages safe and enjoyable activity for all students;

f. activities or equipment are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, ESBOCES will abide by specific provisions in 504 Plans and/or Individualized Education Programs (IEP). To that end, the Committee on Special Education (CSE) will ensure that a certified physical education teacher participates in the development of a student's IEP, if the student is eligible for adapted physical education; and

g. all full-time academic students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.

3. All full-time academic students will be required to fulfill the physical education requirements set forth in Commissioner's Regulations.

4. All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the instructional day short breaks for students that include physical activity, especially after long periods of inactivity. Additionally, all elementary students will be offered one daily period of recess for a minimum of 20 minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on ESBOCES premises for less than a full day. Where weather and/or facilities allow, recess will be offered in a place that accommodates moderate to vigorous physical activity.

5. Physical activity will not be withheld for disciplinary reasons unless the student is a danger to himself/herself or others. Recess or other physical activity time will not be cancelled for instructional make-up time.

Other ESBOCES Activities

ESBOCES is committed to establishing an instructional environment that is conducive to healthy eating and physical activity for all. ESBOCES will, therefore, adopt the following standards.

1. Federal School Meal Programs

   a. ESBOCES will participate, to the maximum extent practicable, in available Federal school meal programs (including the School Breakfast Program (SBP) and National School Lunch Program (NSLP)). Food served through these programs will meet all applicable Federal and State standards.

   b. ESBOCES will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. ESBOCES food service staff will meet with students in grades 4 through 12 twice annually to solicit feedback on the school breakfast and/or school lunch program(s).

2. Access to School Nutrition Programs

   ESBOCES will utilize a system of student payment that ensures that all eligible students have access to free/reduced meals in a non-stigmatizing manner.

3. Meal Environment

   ESBOCES will ensure that:

   a. when applicable, serve breakfast to students using a variety of service models to increase participation, such as "grab and go" breakfast or breakfast served in the classrooms.
   b. its dining areas have sufficient space for students to sit and consume meals;

   b. its dining areas are clean, safe, and pleasant environments that reflect the social value of eating;

   c. enough serving areas are provided to ensure student access to meals with a minimum of wait time;

   d. all full-time academic students have a scheduled lunch period;

   e. full-time academic students are given adequate time to eat healthy meals;

   f. post menus on ESBOCES website and including nutrient content and ingredients;

   g. when feasible, purchase, promote, and serve fresh fruits, vegetables, and other foods from local farmers; and

   h. not serve food and beverages where natural sugar has been replaced with high-intensity sweeteners or non-nutritive sweeteners

   i. students and staff have access to free, safe, and fresh drinking water throughout the instructional day and where meals are served.

Nutrition Guidelines

In an effort to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size, the ESBOCES Child Nutrition Wellness

Committee will recommend nutrition standards to be set for all foods and beverages available at ESBOCES. For the purposes of this section, the instructional day is defined as the period from the midnight before to 30 minutes after the end of the official instructional day.

School Meals

All instructional facilities within ESBOCES participate in the USDA child nutrition programs, including the SBP and NSLP. School meals will, at a minimum, meet the program requirements and nutrition standards of the SBP and NSLP. ESBOCES is committed to ensuring that meals through the SBP and NSLP are accessible to all full-time academic students, are served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, State, and Federal law and regulations. This includes making meal modifications, including substitutions for students with a disability whose disability restricts their diet. Any meal modification requested must be related to the disability or limitations caused by the disability and will be offered at no additional cost to the student. ESBOCES will notify parents of the procedures for requesting meal modifications for students. The USDA nutrition standards are available at https://schoolnutrition.org/wp-content/uploads/2024/02/Nutrition-Standards-for-School-Meals.pdf.

Unpaid Meal Charges

ESBOCES is committed to ensuring that a student whose parent/guardian has unpaid meal charges is not shamed or treated differently than a student whose parent/guardian does not have unpaid meal charges. ESBOCES has established procedures to address unpaid meal charges in a way that does not stigmatize, distress, or embarrass students.

Fundraising

1. All food and beverages sold as a fundraiser during the instructional day will meet the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act's *Smart Snacks in School* rule; these foods and beverages sold as fundraisers will not be sold until the end of the last lunch period, so as not to compete with the NSLP.

2. ESBOCES-sponsored fundraisers conducted outside of the instructional day will be encouraged to support the goals of this policy by promoting the sale of healthy food items

3. All ESBOCES-sponsored fundraisers must be approved by the appropriate building Principal prior to being conducted.

Competitive Foods and Beverages Sold and Served to Students During the Instructional Day

1. Competitive foods sold (which include all foods and beverages sold outside the instructional meal programs on ESBOCES premises in student accessible areas, and at any time during the instructional day), will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines, with the exception of food sold in school stores which are operated solely as part of the student curriculum.

2. ESBOCES will encourage staff and parents to provide students with healthy options at any event where food and beverages are served to students (i.e., classroom and ESBOCES

celebrations.)

3. Treats that parents send in for classroom parties must be store bought and come with nutrition labels to provide the classroom teacher with nutrition and allergen information.

Foods and Beverages Sold or Served at Events Outside of the Instructional Day

1. All foods and beverages sold or served at ESBOCES-sponsored events will be in serving sizes which are in accordance with recommended dietary guidelines and/or nutrition standards.

2. At events where food and beverages are sold, fifty percent (50%) of items offered for sale will be consistent with the current Dietary Guidelines for Americans.

Professional Development

All ESBOCES nutrition program directors, management, and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for School Nutrition Professionals. In order to locate the training that best fits their learning needs, ESBOCES nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website.

Implementation and Evaluation of the Wellness Policy

1. ESBOCES will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, ESBOCES designates the Child Nutrition Wellness Coordinator to have operational responsibility for ensuring that ESBOCES meets the goals and mandates of this policy.

2. ESBOCES will annually report on the progress it has made toward meeting the goals of this policy at a Child Nutrition Wellness Committee meeting, which Committee will meet at least annually. Goals regarding nutrition and physical activity for full-time academic students will be aligned with each student's IEP, if applicable, and reviewed annually to assess progress toward those goals. Such report will include:

   a. the website address for the wellness policy and or information on how the public can access a copy of the report, in culturally and linguistically appropriate ways;

   b. a summary of ESBOCES local wellness events or activities;

   c. contact information for the leader of the Child Nutrition Wellness Committee;

   d. information on how individuals may get involved in the Child Nutrition Wellness Committee's work.

   This report will be provided to the Child Nutrition Wellness Committee. The report will be posted on the ESBOCES website under *School Lunch* so the community residents may view it.

3. Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, are welcomed as an essential part of the ESBOCES evaluation program.

4. ESBOCES will document the financial impact, if any, to the food service program, school stores, and vending machine revenues based upon the implementation of the wellness policy.

5. Assessments of compliance with the ESBOCES wellness policy and implementation efforts will be reported annually in concert with the Child Nutrition Wellness Committee and Food Service Management Company. The assessment will include:

   a. compliance with the wellness policy;

   b. how the wellness policy compares to model wellness policies; and

   c. the progress made in attaining the goals of the wellness policy.

   Child Nutrition Wellness Coordinator will be responsible for managing the assessment.

6. ESBOCES will, as necessary, revise this wellness policy and develop work plans to facilitate its implementation at least every three (3) years.

7. The annual progress report, triennial wellness policy assessments, and policy updates will be provided to the Board, posted on the ESBOCES official website, and distributed to the ESBOCES Child Nutrition Wellness Committee, building Principals, and ESBOCES health services personnel. Printed copies will also be made available to community residents upon request.

Annual Notification

ESBOCES will inform families and the general public each year, via the ESBOCES website and/or other ESBOCES communications, of information about this policy, including, but not limited to, its content as well as any updates. ESBOCES will endeavor to share as much information as possible about its schools' nutrition environment, including a summary of ESBOCES events or activities relative to this policy implementation. Each year, ESBOCES will also publicize the name and contact information of the ESBOCES official leading and coordinating the Child Nutrition Wellness Committee via the website, as well as how the community may get involved with the Child Nutrition Wellness Committee.

Recordkeeping

ESBOCES will retain records relative to compliance with the requirements of this policy in the Office of the Director of Administrative Services. Documentation maintained at this location includes, but is not limited to:

1. the written wellness policy;

2. documentation demonstrating that this policy has been made available to the public;

3. documentation of efforts to review and update this policy;

4. documentation to demonstrate compliance with the annual public notification requirements;

5. the most recent assessment on the implementation of this policy;

6. documentation demonstrating that the most recent assessment on the implementation of this policy has been made available to the public.

The Board directs the District Superintendent, Chief Operating Officer, or designee to convene the Child Nutrition Wellness Committee not less than annually to review this policy and make recommendations to the Board when appropriate.

References:

- NYS Education Law, Article 19, §915
- 42 USC § 1758(b)
- 7 CFR § 210.11
- 79 FR 10693
- Education Law § 915
- 8 NYCRR § 135.4

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