STUDENT WELLNESS

The Board of Education of the Nyack Union Free School District is committed to providing environments within our schools that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, the following is the policy of the Nyack Union Free School District.

School Health Advisory Council and School Wellness Committee

The School District will create and maintain a school health advisory council based on the Centers for Disease Control and Prevention's coordinated school health model. The council will develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies and also serve as a resource to Nyack schools for implementing those policies. The council will be overseen by the District Wellness Coordinator and consist of faculty, building administrators, students, parents, the food service director, school board members, health professionals and representatives from local agencies. Wellness committees will be established in each building and will report to the school principal. The wellness policy was developed by the council and approved by the Board of Education.

I. Foods and Beverages Available in School

The Board recognizes that a nutritious and well-balanced diet is essential for student wellness. To help students acquire the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all foods and beverages available in schools promote good nutrition, balance, and reasonable portion sizes. The District shall ensure that reimbursable school meals 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.

School Meals

- Promote fresh fruits, vegetables, salads, whole grains, low fat and high fiber items. Promote New York State and /or locally grown produce when possible to support nutrition education.
- 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.
- Promote school lunch menu choices with Nutrition Facts information, such as serving size, total calories to support nutrition education. Appropriate for HS and MS level.
- Provide and promote drinking water throughout the day to give students an alternative to sugar-sweetened beverages.
- Leverage programs such as Healthier US Challenge to meet dietary guidelines, plan meals, provide nutrition education.

Meal Scheduling

- Provide adequate time to eat meals.
- Schedule appropriate lunch time hours.
- Provide and promote access to free drinking water during lunch period.
- Keep cafeteria well lit, clean and utilize area to promote healthy choices.

Foods and Beverages Sold Individually (a la carte and vending)

- Promote whole food items that are healthy, fresh, natural and less processed.
- Provide foods that meet state and federal nutrition guidelines thereby discouraging items high in sugar, fat, sodium and otherwise "highly processed".
- Work with vendors that will comply with the District's objectives.
- Foods and beverages sold on campus during the school day (including those in the school store) will offer a variety of healthy choices and should include selections that fall under the *All Foods Sold in Schools* guidelines for nutritional content and standards.
- Vending machines will offer a healthy selection of snacks and beverages, with choices aimed at reducing intake of empty calories, sugar, salt and fat.

Food Marketing in Nyack Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

School Breakfast program

- The District will operate the School Breakfast Program and notify students and parents of its availability through mailings and website access to enrollment forms.
- School will demonstrate the importance of eating a healthy breakfast by encouraging families to provide a healthy breakfast at home or enroll in the School Breakfast Program through newsletter articles, take-home materials or by other means.

Fundraising Activities

- Encourage activities (physical or otherwise).
- Restrict marketing of candy and other "junk food" during school hours.
- Foods and beverages sold at fundraisers and school-sponsored events will include healthy choices and provide age-appropriate selections for elementary, middle and high schools. The school district will provide schools with a list of recommended foods/beverages to sell, as well as ideas for fundraising activities which support physical activity events and ideas other than selling food.

Celebrations

- Curriculum based celebrations are permitted during school hours.
- Birthday/holiday celebrations should be limited to once per month and should follow the *All Foods Sold in Schools recommendations* (Appendix B).

- Celebrations utilizing crafts and/or physical activity are encouraged and recommended.

II. Physical Education and 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 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 will be encouraged to participate in and model physical activity and healthy eating as a valuable part of daily life.

Physical Education (P.E.) K-12

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive the minimum number of hours required for physical education.
- Ensure there is a written physical education curriculum for each grade level.
- All formal physical education will be taught by a certified physical education teacher. The District will provide ongoing continuing education.
- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being.
- Utilize programs such as "Fuel up to Play 60" to encourage physical activity programs in the school as well as the community.

Recess

- Maintain daily allotment of at least 20 minutes of recess time for elementary school students, which is not to be used as a punishment or a reward. Recess may be restricted for a student who exhibits violent or aggressive behavior during the recess period.
- When possible schedule recess before lunch.

Physical Activity in the Classroom

- Promote the integration of physical activity in the classroom.

Extracurricular Opportunities for Physical Activity

- Promote clubs and activities for all elementary schools, Middle School and High School that meet the various physical activity needs, interests, and abilities of all students.

Equipment & Facilities

- Ensure physical education and recess areas are safe, clear of obstruction and contain age appropriate equipment to encourage safe participation in activities.

III. Nutrition Education & Wellness Promotion

The Board shall ensure that nutrition education is integrated into school culture as a way to introduce and reinforce healthy behaviors in students. Nutrition education shall be included in the curriculum at all grade levels to teach the knowledge, skills, and values needed to adopt healthy eating behaviors. Nutrition information shall be

offered throughout the school campus including, but not limited to, school dining areas and classrooms. The Office of Staff Development will provide nutrition education as part of staff development.

- Include nutrition education in health education classes, as well as in the broader curriculum.
- Include nutrition guidelines for all foods available on each school campus during the school day to promote student health and reduce childhood obesity.
- Include enjoyable, developmentally appropriate, culturally relevant, participatory skill-based activities, such as cooking, nutrition label reading, taste testing, farm visits, and school gardens in compliance with New York State standards.
- Promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Utilize New York State and/or locally grown produce when possible.
- Encourage students to start each day with a healthy breakfast.
- Share nutrition information with parents and the broader community through health fairs, PTA meetings and Back to School Nights, as well as on the District and individual school websites to emphasize the District's commitment to student health and to positively impact the school community.
- Require healthy fundraising and healthy classroom celebrations to consistently reinforce nutrition education messages.
- Ensure that the content and quality of nutrition education is compliant with New York State standards.
- Encourage activity based reward.
- Use USDA approved software to monitor compliance of the breakfast and lunch program with federal, state and local nutritional policies and standards.
- Our staff will be encouraged to be role models for healthy behaviors.
- The Health Advisory Council will address health and wellness that is ongoing beyond the policy.
- Periodically measure the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

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, limiting the use of food as a reward, and food marketing and advertising in schools.

Foods and beverages sold at fundraisers and school-sponsored events will include healthy choices and provide age-appropriate selections for elementary schools, Middle and High schools. The School District will provide schools with a list of

recommended foods/beverages to sell, as well as ideas for fundraising activities (which support physical activity events and ideas other than selling food).

Communication and Promotion

The District school health advisory council will support school wellness teams in their efforts to promote healthy eating and physical activity by providing resources and ideas for communication and programming. Building Principals are responsible for educating staff, students and parents about the Wellness Policy and ensuring that the policy is implemented creatively and in a positive manner in their schools. School and District meetings will address consistent implementation of the Wellness Policy.

Staff Wellness

Nyack School District highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school will establish and maintain a staff wellness sub-committee of the school wellness committee composed of at least one staff member, school health council member, a health professional, and union representative. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness that is based on input from school staff. The staff wellness committee will distribute its plan to the school health council annually.

Communications with Parents.

The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will offer seminars on healthy eating, physical activity and other topics for parents, send home and/or post information and tips on school websites. The schools will encourage parents to provide physical activity for their children outside of school, pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the District will provide opportunities for parents to share their healthy food practices with others in the school community.

Implementation of Policy

The Board shall designate one person as the District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the District. To assist the District's Wellness Coordinator, the District will establish and maintain a Health Advisory Council. The Health Advisory Council will serve as a resource to school sites for implementing this policy, and the Council shall consist of a group of individuals representing the District and community, and may include parents, students, and representatives of the school food authority, members of School Board, school administrators, teachers, health professionals, and members of the public.

Monitoring and Review of Policy

The District Wellness Coordinator is required to report annually to the Board on the implementation of this policy. The Principal of each school will have the responsibility of ensuring that their school fulfills the District Wellness Policy. Principals will work together

at monthly Principals' forums to be certain that there is consistency in the implementation. The building level wellness committees will assist with implementation and monitoring of the wellness policy. At least once a year, the District Wellness Coordinator, in consultation with the District's Health Advisory Council and additional personnel, shall monitor and evaluate implementation of the policy and identify challenges and successes.

Evaluation of how well the policy is being implemented will be the responsibility of the Health Advisory Council. Evaluation measures may be found in Appendix C. The District will revise the wellness policy as needed and will develop work plans to facilitate implementation.

The Food Service Director will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the appropriate personnel as well as annually to the District Wellness Coordinator.

Procuring additional funding to support wellness activities through grant applications will be on-going as opportunities present. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

References:

- 2010 US Dietary Guidelines: http://www.dietaryguidelines.gov, www.choosemyplate.gov
- Healthy Hunger Free Kids Act 2010: S-3307 http://www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm
- 7 CFR parts 210 and 220 Nutrition Standards in the National School Lunch and School Breakfast Program; Proposed and final rules: http://www.fns.usda.gov/cnd//Governance/regulations.htm
- All Foods Sold in Schools Program: https://www.fns.usda.gov/sites/default/files/allfoodsflyer.pdf
- National Association of State Boards of Education, (view NYS Database): http://www.nasbe.org/health_schools
- Nutrition in School Districts across New York State 2009-MS-3 (pdf) http://www.osc.state.ny/localgov
- NYS PE Learning Standards, Core Curriculum and Requirements http://www.p12.nysed.gov/ciai/pe/pels.html http://www.p12.nysed.gov/ciai/pe/peqa.html Title 8 NYCRR Section 135
- Healthier US School Challenge http://www.fns.usda.gov/tn/healthierus/
- Fuel Up to Play 60 http://www.fueluptoplay60.com/

Ref: P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
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 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)

Adoption date: August 22, 2006

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APPENDIX A

LAWS CONCERNING FOODS OF MINIMAL NUTRITIONAL VALUE AND COMPETITIVE FOODS

FEDERAL REGULATION: Part 210.11 of the National School Lunch Program and Part 220.12 of the School Breakfast Program regulations prohibit certain foods from being sold in food service areas during the breakfast or lunch period.

FOODS OF MINIMAL NUTRITIONAL VALUE: A food that provides less than 5 percent of the US RDA for eight specified nutrients per serving, and/or per 100 calories. The nutrients specified are protein, vitamins A and C, niacin, riboflavin, thiamine, calcium, and iron.

> The prohibited foods specifically include soda water, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy) and candy-coated popcorn.

NEW YORK STATE LAW: This law regarding the sale of non-nutritious foods is even more stringent. Chapter 647 of the Laws of 1987 prohibits the sale of the above-mentioned items, including all candy, from the beginning of the school day until the end of the last scheduled meal period in all
parts of the building, in all public schools, regardless of whether or not the school participates in the Federal Child Nutrition Programs.

> A public school cannot sell or serve soda or candy of any type in the student store or from a machine located <u>anywhere</u> in the building before the last lunch period ends.
>
> In a non-public school, the only time foods of minimal nutritional value are not allowed to be sold to students is during the lunch period; the food service area is the only location that they may not be sold.

COMPETITIVE FOODS: The sale of competitive foods may be allowed in the food service area during the lunch period only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school.

APPENDIX B

ALL FOODS SOLD IN SCHOOLS PROGRAM

USDA United States Department of Agriculture

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

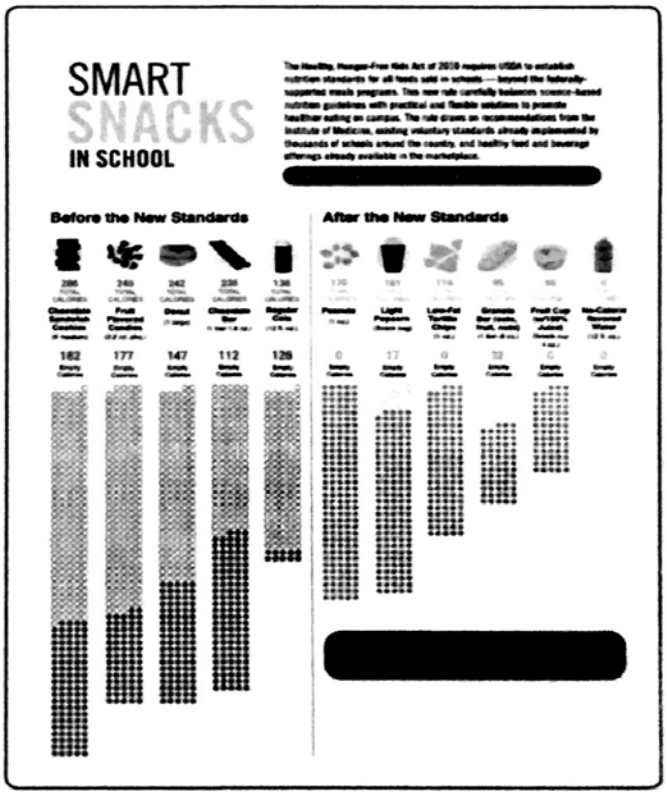
USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or



- **Foods must also meet several nutrient requirements:**
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits:
    - Snack items: ≤ 200 mg
    - Entrée items: ≤ 480 mg
  - Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

APPENDIX C

- Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.
- 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.
- Periodic checks of the nutritional content of foods available in vending machines, and sales or consumption figures for such foods.
- Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
- Periodic checks of student mastery of the nutrition education curriculum.
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.