

5405 STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

I. Foods and Beverages Available in School

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverages available in school 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, as well as safe food preparation methods.

School Meals

- 1. Promote fresh fruits, vegetables, salads, whole grains, and lowfat items.*
- 2. Encourage students to try new or unfamiliar items.*
- 3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.*
- 4. Consider serving produce and food from local farms and suppliers.*

Meal Scheduling

- 1. Provide adequate time to eat.*
- 2. Schedule lunchtime for elementary schools will be between (11 a.m. - 1 p.m.), Jr/Sr High School during designated lunch periods.*

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

- 1. Promote items that are healthy, fresh, natural and less processed.*
- 2. Discourage items high in sugar, fat, and that are highly processed.*
- 3. Work with existing vendors or locate new vendors that will comply with the district's objectives.*

Fund Raising Activities

- 1. Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do.*
- 2. Discourage sales of candy and other "junk food."*

Celebrations

- 1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.*
- 2. Increase healthy food items or non-food activities, and reduce "junk food" and/or less-healthy food, at celebrations.*
- 3. Model the healthy use of food as a natural part of celebrations.*

II. 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 perform a variety of physical activities, 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 are encouraged to participate in and model physical activity as a valuable part of daily life. The district's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

Physical Education

- 1. Students shall engage in physical education for at least the minimum number of hours or days per week under State*

requirements.

2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.

3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).

4. The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

1. Maintain daily allotment of recess time for elementary school.

2. Recess shall not be used for punishment or reward.

4. If the district is under severe time or space constraints, consider combining recess and Physical Education, though such activity must comply with the requirements for Physical Education under [Commissioner's Regulations section 135.4](#).

4. Recess will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.

Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom

2. If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.

Extracurricular Opportunities for Physical Activity

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing).

III. Nutrition Education

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

1. Include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.

2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

3. Promote fruits, vegetables, whole grain products, lowfat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.

4. Emphasize caloric balance between food intake and energy expenditure.

5. Teach media literacy with an emphasis on food marketing.

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 activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

Implementation

The Board shall designate the Director of Physical Education & Athletics and the Director of Food Services to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Review

The Superintendent's Annual Report to the Board shall include information about the district's wellness activities and food service program. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The district shall monitor and review the implementation and effectiveness of this policy by gathering information, such as:

- 1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.*
- 2. 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.*
- 3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.*
- 4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.*
- 5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.*
- 6. Periodic checks of student mastery of the nutrition education curriculum.*
- 7. Periodic completion of relevant portions of the CDC School Health Index.*
- 8. Periodic review of data currently collected by the district, including:*
 - a. attendance data, particularly absences due to illness;*
 - b. test scores;*
 - c. rates of suspension, discipline, and violent incidents;*
 - c. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);*
 - d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and*
 - e. revenues generated from vending machines and a la carte food items.*
- 9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.*
- 10. Periodic review of professional staff development offered which focuses on student wellness.*

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)

[8 NYCRR Part 135](#) (Health and Physical Education curricular requirements); [§114.1](#) (School Breakfast Program Requirements)

Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

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Cold Spring Harbor Central School District