

Cold Spring Harbor School District Wellness & Nutrition Policy

It is a goal of the Cold Spring Harbor Central School District to educate all students in the development of skills necessary to maintain healthy lifestyles.

The CSHSD will provide opportunities for students to acquire the knowledge and skills that will enable them to establish and maintain health and physical fitness, participate in physical activity, and engage in practices that contribute to optimal personal health.

I. Nutrition:

It is the policy of the Cold Spring Harbor Central School District to view the Student Nutrition Program as a continuation of a comprehensive health education program. Formal nutrition education taught in the classrooms should be reinforced by healthy choices and nutritious foods served to students, staff and faculty throughout the school day. The Food Service Director will ensure that a balanced approach to nutrition with a focus on healthy food choices is presented throughout the year. The Cold Spring Harbor School District will work to implement, monitor, and review, and, as necessary, revise the school nutrition policies and regulations. The Superintendent of Schools shall develop regulations for the implementation of this policy and present such regulations and subsequent modifications to the Board of Education for its review.

II. Health Education

The district shall provide a comprehensive, sequential, developmentally appropriate health education curriculum for kindergarten through grade 12.

The Superintendent or her designee shall ensure that the K-12 health education curriculum is appropriate, current, and coordinated throughout the grades.

II. Physical Education and Physical Activity Opportunities

Physical education instruction will:

- Promote positive lifelong healthy attitudes and behaviors towards physical activity.
- Teach students the benefits of lifelong physical activity as a means toward a healthy lifestyle through a comprehensive, integrated curriculum.

Schools will make efforts to provide additional opportunities for physical fitness and wellness education before and after school hours (e.g. seminars on eating disorders, morning yoga instruction, farmers' market, wellness days).

Recess

School personnel should encourage moderate to vigorous physical activity during daily recess in grades K-6. Whenever possible, recess should be held outdoors.

IV. Monitoring and Implementation

The Superintendent will annually review this policy's effectiveness and compliance with state and federal law and will recommend revisions to the Board .

The School Lunch Program Committee – will meet periodically to discuss issues as they relate to the Food Service Program. In addition, the Food Service Director will organize, at a minimum, an annual meeting at each school to review with parents, students and designated district and building personnel the status of the food service program

The Nutrition and Wellness Committee will make recommendations that enhance knowledge and understanding of wellness and nutrition. Members of the Nutrition and Wellness Committee will include:

- The Director of Food Services
- The Director of Physical Education and Athletics or a designee (teacher certified in Health, PE or Science)
- A representative of Central Office Administration
- Up to two members of the Board of Education
- Each building principal or a staff member designated by the principal
- A representative from FOCUS (Families of the Community united with Schools)
- Parent representatives from the Primary School, each elementary school, and one each from the Junior High School and Senior High School will be designated by each school's parent-teacher organization.
- A district nurse
- A district Health Educator

Amended: November 10, 2009