

**SUBJECT: WELLNESS POLICY ON NUTRITION AND PHYSICAL ACTIVITY**

**PREAMBLE**

- Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- good health promulgates learning, good attendance and reduces absenteeism all of which impact success in educational endeavors;
- schools and community participation is essential to the success, development, and implementation of a wellness policy;
- food allergy prevalence has become a major concern of schools, families and their children;
- school districts are bound to act in the best interests of children given the science and compelling data available;

Thus the Plainview-Old Bethpage Central School District is committed to providing school environments that are consistent with the best practices, promoting and protecting children's health and well-being and ability to learn by supporting healthy nutrition and providing physical activity opportunities.

Therefore, it is the policy of the Plainview-Old Bethpage Central School District that:

- The school district will engage students, parents, faculty, staff, food service professionals, health professionals, and PTA in implementing and monitoring a district-wide nutrition and physical activity plan with input from the Nutrition Committee and the Health Advisory Committee.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- All foods and beverages sold or served by schools will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and the NYS Choose Sensibly Program.
- Curriculum will be provided to students on nutrition education and physical education to promote healthy lifestyles, develop healthy habits, encourage physical activity and provide skills and knowledge to be an exerciser for life as part of a lifelong healthy plan.
- The contracted food service company and on-site director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. As allowed, and to maximum extent possible, the district will make available meal programs to eligible students.
- School based activities are consistent with the District's Wellness Policy goals

**To Achieve These Policy Goals:**

**District-Wide Committees – Nutrition Committee and Health Advisory Committee**

- The school district shall support, recognize, encourage, and charge the Health Advisory Committee in consultation with the Nutrition Committee, both established district-wide committees, comprised of parents, teachers, administrators, health professionals and other interested parties to develop, monitor, and recommend additional strategies to improve and promote nutrition and physical activity in the school environment.
- Maintain the district's affiliation with other agencies, **i.e.** (Heartlinks – SUNY Stony Brook University) which aide the district in health and nutrition promotion.
- Examine curriculum and related programs which promote nutrition education and physical activity.

### **Curriculum - Nutrition Education**

- Nutrition education will be taught K-12 in various settings. In the secondary setting Family and Consumer Science classes will cover nutrition education as a major component of the curriculum. All classes will be taught by highly qualified certified FACS teachers. In the elementary setting nutrition education will be integrated into additional subject areas such as math, science, social studies, and language arts. In addition, teaching of nutrition education will be covered by certified Health Education teachers and Physical Education teachers as part of the curriculum.
- Good nutrition will be reinforced during classroom snack times, in addition to school meal times.
- Schools will reinforce the importance of starting each day with a healthy breakfast.
- Nutrition education will also involve sharing information with parents and faculty and the broader community to help educate and encourage families to teach children about healthy nutrition, positively impacting the health of the community at large.

### **PHYSICAL EDUCATION and PHYSICAL ACTIVITY**

- Students will be given opportunities for physical activity during the day through physical education classes, daily recess periods for elementary, and through a wide range of before and after school activities.
- Physical education courses will provide an environment where students learn skills to provide the means to become an exerciser for life thereby promoting a healthy lifestyle.
- Physical education classes will incorporate a fitness component as part of every lesson.
- Physical education classes will teach developmentally appropriate motor skills, sports skills and knowledge so that physical activity becomes a part of every child's lifestyle.

- Physical education classes will teach competitive and non-competitive activities to offer the maximum number of physical activity options to students so that everyone can find some physical activity which they find appealing.
- Physical education teachers will all be highly qualified state certified instructors.
- Physical activity opportunities can integrate into the core curriculum areas throughout the day as part of regular lessons.
- In accordance with national and state recommended guidelines, the district recognizes the benefits of providing, to the extent practicable, opportunities for students to participate in at least 60 minutes of physical activity daily. Opportunities include: formal physical education classes, recess, interscholastic sports, intramural sports, physical activity programs and recreational programs.
- Each elementary school should strive to schedule programs and activities to include a daily recess period of at least 20 minutes, which is not used as a reward or punishment. Where possible, recess should be scheduled before lunch.
- Adequate and approved equipment for physical activity shall be made available for all students to encourage participation in physical activity. Physical activity facilities on school grounds should be maintained and safe.
- The school district will look to promote family activities which encourage physical activity.
- The school district will provide information to families and community members to help them incorporate physical activity into their lives and institute programs that support physical activity, such as walking, intramural programs, recreational programs and other agency events which promote local physical activity opportunities.
- It is the intent of the policy to support recreational and other after school programs for students and community members by allowing access to the district's physical activities facilities outside of the normal school day (when all other criteria for facilities use has been satisfactorily met).

### **OTHER SCHOOL BASED ACTIVITIES**

- After school programs will encourage physical activity and healthy lifestyles.
- The district's wellness policy goals must be considered when planning school-based activities such as field trips, dances, concerts, assemblies, and special events.
- Foods and beverages sold on school grounds at fund raising events and other school sponsored events should to the extent possible comply with the healthy food choices outlined in this policy.

### **Nutrition Guidelines for Foods Available on Campus During the School Day**

- Foods and beverages sold on campus during the school day will offer a variety of age-appropriate, healthy choices and should include selections that fall under the NYS Choose Sensibly program<sup>1</sup>. Foods sold on campus include: vending

machines, a la carte sales, beverage contracts and concession stands/student stores.

- Food & Nutrition Services will take every measure to ensure that the foods and beverages they offer meet the nutrition requirements established by local, state and federal regulations/guidelines.
- School administration, in consultation with Food & Nutrition Services, will choose the competitive food<sup>2</sup> selections.
- Snacks in the classroom will support healthy choices, emphasizing fruits, vegetables and water.

### **Food Safety/Environment**

- All foods and beverages available on campus should comply with the state and local food safety and sanitation regulations.
- Schools, to the extent possible, will provide students adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch, from the time the student is seated.
- To encourage children to eat breakfast, schools will, to the extent possible, operate the School Breakfast Program, notify parents and students of its availability, and make healthy breakfast items more accessible (e.g. “grab & go” packaging, vending items, sell at school store, etc.).
- Lunch periods are scheduled as near the middle of the school day as possible.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Dining areas are clean and have enough space for seating students.
- Students will be reminded and encouraged to clean their hands before eating.
- Food is not used as a reward or punishment unless it has been determined to be needed to implement specific educational programs.
- Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about sanitation, allergies and other restrictions on some children’s diets.

### **Food & Nutrition Services Program**

- Food & Nutrition Services is an essential educational support activity that aims to be financially self-supporting.
- Food & Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The district will employ a food & nutrition services director, who is properly qualified, certified and/or credentialed, to administer the school food service program.
- All school food service personnel shall have adequate training in food service operations, and are considered an integral part of the school community.
- Schools will prevent the overt identification of students eligible for free and reduced-price school meals.

- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel during the hours of operation. Any use during off hours by non-food service staff will require the prior approval of the principal and food service director.

### **Monitoring/Review**

- The superintendent (or designee) will ensure compliance with established district-wide nutrition and physical activity wellness policies.
- School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

### **Reference:**

- 1 Choose Sensibly was initiated by the NYS Food Service Association to provide support to schools seeking to change the buying patterns of their students. By adopting standards for a la carte snacks and beverages that support the Dietary Guidelines and identifying those choices, school food service departments hope to educate students to make wise choices for snacks. This campaign is designed to be implemented school-wide wherever snacks and beverages are offered or sold. See appendix for actual document.
- 2 USDA defines competitive foods as foods offered at school, other than meals served through USDA's school meal programs (i.e., school lunch, school breakfast, and after-school snack programs).

Part 210.11 of the National School Lunch Program and Part 220.12 of the School Breakfast Program

Chapter 647 of the Laws of 1987

Section 204 of Public Law 108-265—June 30, 2004 Child Nutrition and WIC Reauthorization Act of 2004

Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)

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