

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

The following procedures apply to the implementation of Policy 7515 – Wellness Policy on Nutrition and Physical Activity

1. Food shall not be used as a reward for academic performance or good behavior for individuals or the entire class (unless determined necessary to implement a specific educational objective or program for an individual student).
2. Foods brought in to school settings from sources outside of the school's food service for general distribution shall be limited at all times to healthful snacks which make a positive contribution to a child's general health and diet.
3. Food to be shared with other children should be limited to healthy snacks (see Website for a list of healthy snacks).
4. Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets.
5. Birthday celebrations in school are permitted. Healthful snacks which make a positive contribution to a child's general health and diet and meet the standards set in this policy shall be permitted. Highly allergic foods such as nuts will be prohibited. There are alternate party activity suggestions available for review which have been approved and deemed appropriate for school settings. (See Website for a list of healthy snacks.)
6. Foods used for instructional purposes should be directly related to the curriculum or enrichment of the study of other cultures. Foods used in this capacity shall be subject to ingredient identification prior to general distribution. If foods are planned to be used as part of the curriculum, parents will be informed prior to the lesson. In addition, in grades K-6, when food is part of the curriculum, every effort should be made to have it distributed after lunch. If the food will be served in lieu of the regular lunch, the building principal and the food service department at the school shall be notified at least one week in advance so that adjustments can be made in regular food preparation.
7. Schools will encourage fund raising activities that promote intellectual and physical activities. Fund raising activities which involve the sale of food and/or beverages to students during the school day shall be limited to healthful snacks. Fund raising after 9th period at the high school, 8th period at Plainview-Old Bethpage Middle School and 9th period at Mattlin Middle School must include healthy snacks as an option. There are alternate fund raising activity suggestions available for review which have been deemed appropriate for school settings

that promote healthy diet and physical activity. Fund raising activities which occur at alternate times (outside of the regular school day hours, for example evening school concerts and week-end sporting events) should promote the philosophy of this policy. The activities should emphasize healthy dietary practices and promote exercise as they contribute to health promotion and confirm with the spirit and intent of this policy.

8. Candy and soda shall not be permitted for sale or distribution in school settings at all times.
9. Foods containing high fructose corn syrup above the acceptable and recommended limits identified by nutritional guidelines shall be discouraged at all times.
10. Foods containing trans-fatty acids shall not be permitted for general distribution in the school setting.
11. Denial or restriction of physical activity shall not be used as a punishment or behavior modification device with the exception of addressing health and safety concerns of students.
12. School nurses and other school personnel who have contact with students who may have life threatening allergies shall be trained to administer the Epi- Pen antidote.
13. Food brought in by faculty and staff should be limited to faculty rooms, departmental and team offices and other spaces restricted to school personnel.

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