

5415-R SCHOOL WELLNESS POLICY REGULATION

I. *Nutritional Quality of Food and Beverages Sold and Served on Campus*

School Meals - the district shall:

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- encourage students to try new or unfamiliar items;
- serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives;
- foods made with whole grains will be served;
- be appealing and attractive to children;
- make free drinking water available at locations where meals are served
- be served in clean and pleasant settings;
- make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, all schools:

- will operate the School Breakfast Program as per Federal and State guidelines;
- notify parents and students of the availability of the School Breakfast Program;
- will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Scheduling – the district shall:

- provide adequate time to eat;
- schedule lunchtime between the hours of 10 a.m. and 2 p.m.

Free and Reduced-priced Meals: Every effort will be made to prevent the overt identification of students who are eligible for free and reduced-priced meals and thus eliminate any social stigma.

Summer Food Service Program: The district will sponsor the Summer Food Service Program for the length of the summer session when a summer school program is offered and budget allows.

Food and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) – the district shall:

- ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine;
- permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards;
- work with existing vendors or locate new vendors that will comply with nutrition standards.

Elementary Schools: The Assistant Superintendent for Student Services and elementary school principal in concert with the food service director will approve and provide all food and beverage sales to students in the elementary schools. Food in elementary schools should be sold as balanced meals.

Middle School and High School: The Assistant Superintendent for Student Services and the principals of the middle school and high school in concert with the food service director will approve and provide all food and beverage sales to students in the secondary schools.

Nutrition Standards for Foods:

- Any food sold in schools must:
 - » be a “whole grain-rich” grain product unless exempt: 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
 - » contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium vitamin D or dietary fiber).

- Foods must also meet several nutrient requirements:
 - » Calorie Limits:
 - ✓ snack items less than or equal to 200 calories
 - ✓ entrée items less than or equal to 350 calories
 - » Sodium Limits:
 - ✓ snack items less than or equal to 230 mg.
 - ✓ entrée items less than or equal to 480 mg.
 - » Fat Limits:
 - ✓ total fat: less than or equal to 35% of calories
 - ✓ saturated Fat: less than 10% of calories
 - ✓ trans fat: zero grams
 - » Sugar Limit:
 - ✓ Less than or equal to 35% of weight from total sugars in foods
 - ✓ Snack items must contain less than or equal to 200 mg of sodium per item

Fundraising Activities: To support children’s health and school nutrition-education efforts, school fundraising activities which involve selling food or beverages to students on school campus during the school day meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine.

Fundraisers selling food or beverages to students outside the school day will make reasonable attempts to use only foods that meet the competitive foods nutrition standards.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Sharing of Foods and Beverages: Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets. Homemade foods are for personal consumption only. These items are not to be shared, served or sold to students during school hours. Students should be encouraged to wash or sanitize hands before eating.

Rewards: Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior. It would be preferable not to use food or beverages as a reward or punishment.

Celebrations: Schools will make a reasonable attempt to limit celebrations that involve food during the school day. Classroom parties should include no more than one food or beverage that does not meet the standards for competitive foods and beverages sold individually. Items brought in by parent(s)/guardian(s) for celebrations must be store bought. These items must be in the original sealed, labeled individual package.

School-sponsored Events: Food and beverages offered or sold at school sponsored events during the school day must meet the standards for meals or for competitive food and beverages sold individually. The exception to the above provisions is food produced as part of instruction. All cultural events involving food prepared as part of classroom instruction shall follow appropriate food handling standard. Organizations affiliated with the district (e.g. the PTA, Booster Clubs) must offer healthy choices among the foods served or sold at after school events.

Marketing of Foods and Beverages

- Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items.
- This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
- Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.

- This restriction does not apply to personal opinions or expression, or items used for educational purposes.
- This restriction applies to all purchases and contracts made after the effective date of this provision.

II. *Physical Activity Opportunities and Physical Education*

Daily Physical Education (K-12): All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will participate fully in the physical education program in place in district schools. To the extent possible, physical education will be taught by a certified physical education teacher. Physical Education classes shall incorporate the appropriate NYS Learning Standards.

Daily Recess: All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors (weather permitting), during which staff should encourage moderate to vigorous physical activity both verbally and through the provision of space and equipment. Staff should discourage extended periods of inactivity. Recess will be held outdoors whenever possible and indoors during the most inclement weather, at the discretion of the Building Principal.

Before and After School Activities: All district schools will offer extracurricular physical activity programs, such as physical activity clubs or intramurals to the extent the school budget can support. Secondary schools will offer interscholastic sports programs. All schools, within the approved budget, will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

In Support of Physical Activity by our School Community: School spaces and facilities should be available to students, staff, and community members, before, during, and after the school day, on weekends, and during school vacations whenever possible and within budget constraints. School policies concerning safety and facilities use will apply at all times.

III. *Nutrition Education and Promotion*

Health smart nutrition education will be provided by teachers at every grade level, and staff will be encouraged to engage in the promotion of good nutrition by:

- offering opportunities for students to develop the knowledge and skills necessary to promote and protect their health;
- in subjects across the curriculum, students will be provided opportunities to develop the knowledge and skills necessary to promote and protect their health;
- including, when feasible, developmentally-appropriate, culturally-relevant, participatory activities;
- promoting fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutritional practices;
- providing training and in-service as needed for teachers, staff and parents.

Integrating Physical Activity into the Classroom Setting: For students to fully embrace regular physical activity as a personal behavior, they need opportunities for physical activity beyond the physical education class. Therefore:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- opportunities for physical activity will be incorporated into other subject lessons as appropriate; and
- classroom teachers will make a reasonable attempt to provide short physical activity breaks between lessons or classes as age appropriate.
- if district is under severe time or space constraints, consider meeting state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.

Communication with Parents: The district will support parents' efforts to provide a healthy diet and daily physical activity for their children by working closely with individual PTA's to present relevant programs fostering a healthy lifestyle.

Implementation: The Board shall designate Assistant Superintendent for Student Services as District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person in each building as School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

IV. *Monitoring and Policy Review*

A Wellness Committee consisting of the Assistant Superintendent for Curriculum and Instruction, the Assistant Superintendent for Student Services as Wellness Coordinator, the Director of the school lunch program, the Director of Athletics, building Principals, a school nurse, and two parents designated by the PTA council, shall meet to review and update the policy annually as deemed necessary and every three years to determine the extent the district schools are complying with this policy, how this policy compares to model policies, and the progress made toward attaining the goals of the policy and regulations unless changes in regulations and requirements dictate otherwise. The school's medical director will serve as an ad hoc consultant to the Wellness Committee.

The Wellness Committee in consultation with appropriate personnel shall monitor and review the district's wellness policy activities to determine whether this policy is having a positive effect on increasing student wellness.

This will be accomplished on a yearly basis by reviewing data collected by the district which includes:

- periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods;
- attendance data, particularly absences due to illness;
- test scores;
- rates of suspensions and discipline;
- physical education scores on flexibility, endurance, and strength;
- student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts;
- revenue generated from vending machines and a la carte food items;
- NYSSBA's Student Wellness Assessment Checklist (every three years) to review the effectiveness of this policy.

Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Available Resources

Action for Healthy Kids www.actionforhealthykids.org

American Cancer Society www.cancer.org

American Dietetic Association www.eatright.org/Public/GovernmentAffairs/98_12033.cfm

American Heart Association www.americanheart.org

Center for Disease Control and Prevention www.cdc.gov/HealthyYouth/

Center for Science in the Public Interest/ National Alliance for Nutrition and Physical Activity (NANA)
www.cspinet.org/nutritionpolicy

Food Research Action Center www.frac.org

Getting Started with a Coordinated School Health Program (Tennessee)
www.tennessee.gov/education/ci/cischhealth/cigetstarted.htm

Michigan State: Alternatives to Food Rewards www.tn.fcs.msue.msu.edu/foodrewards.pdf

National Association for Sport and Physical Education www.aahperd.org/naspe/template.cfm

National Association of State Boards of Education www.nasbe.org/HealthySchools/fitthealthy.mgi

National Food Service Management Institute www.nfsmi.org

National Parent Teacher Association www.pta.org

School Nutrition Association www.asfsa.org/

Society for Nutrition Education www.sne.org

Society for State Directors of Health, Physical Education, and Recreation www.thesociety.org/

United States Department of Agriculture Food and Nutrition service and Team Nutrition www.fns.usda.gov and www.fns.usda.gov/tn/

Ref:

[P.L. 111-296](#) (The Healthy, Hunger-Free Kids Act of 2010), §204 amending [42 USC §1758b](#)

[P.L. 108-265](#) (Child Nutrition and WIC Reauthorization Act of 2004), §204

[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; 210.12; 210.15; 210.18; 210.30](#) (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness

policy)

[7 CFR §§220.8; 220.12](#) (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods)

[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) (physical education requirements)

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

Adoption date: January 29, 2007

Revision dates: Jan. 26, 2009; Nov. 2, 2009; Oct. 3, 2011; Oct. 1, 2012; Oct. 21, 2013; Sept. 15, 2014; December 4, 2017

Reviewed: August 17, 2015

Copiague Public Schools
