

5405 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.

A. Food and Beverages Available at School:

To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall encourage that all foods and beverage available at school promote good nutrition, balance and reasonable portion size. The District will promote an environment that supports healthy eating habits by improving the nutritional quality of all foods and beverages served to District students - in the cafeteria and vending machines, at school-sponsored events, as part of fundraising activities, as classroom rewards, at school celebrations, and as in-class snacks - by taking the following actions:

1. Promoting whole foods, i.e., fresh fruits, vegetables, salads, whole grain and low fat items, using locally grown and/or organic products to the extent practicable;
2. Discouraging items that are high in sugar, fat and that are highly processed;
3. Striving to eliminate high fructose corn syrup, trans fats and artificial additives;
4. Setting guidelines for the frequency and content of classroom and school-wide celebrations where food is served;
5. Promoting healthy food items and/or non-food items to sell or activities to do for fund raising;
6. Eliminating foods of low nutritional value in vending machines and replacing them with more nutritious foods in single serving packaging; and
7. Ensuring that beverages offered during school hours should not contain added sugars or artificial sweeteners.

School-related events held outside of the school day should be evaluated separately, but are encouraged to follow the guidelines, though exceptions may be made.

B. 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 and to regularly participate in physical activity. In addition, families of students and staff members are encouraged to participate in and to model physical activity as a valuable part of daily life. The District will create an environment which supports physical activity by:

1. Providing a diverse and engaging physical education program to all grade levels;
2. Promoting, teaching and providing opportunities to practice physical activities that students enjoy and can pursue throughout their lives;
3. Striving to maintain daily recess time for students and not to restrict recess time as a punishment;
4. Promoting the integration of physical activity in the classroom where practicable;
5. Offering and promoting extracurricular opportunities that meet the various physical activity needs, interests and abilities of all students.

C. 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 by:

1. Creating an interdisciplinary approach to nutrition education by including it as part of not only the health education classes, but also incorporating it into classroom instruction in other subjects across all grade levels;
2. Including enjoyable, developmentally appropriate, culturally relevant, participatory activities;
3. Teaching media literacy with the inclusion of information on food marketing

D. Implementation and Evaluation:

The Superintendent of Schools or other designee is authorized to: (i) develop procedures, protocols, and building-level regulations to implement this policy; (ii) designate the District Wellness Coordinator; (iii) oversee the bi-annual evaluation to assess the effects of this policy; and (iv) report the results of said evaluations to the Board of Education. At the discretion of the Superintendent, further development and implementation of this policy may be guided by the Planning Councils at each school. Items for consideration by the Planning Councils may include:

1. Nutritional quality of foods and beverages served and sold in school;
2. Specific guidelines on frequency and nutritional content of foods available as part of classroom and school-wide celebrations and fundraising venues;
3. Nutrition and physical activity promotion and food marketing, including family and community involvement and staff wellness;
4. Physical activity opportunities and physical education; and
5. Other school-based activities designed to promote student wellness.

In developing procedures, protocols, and building-level regulations to implement this policy, the Superintendent of Schools or his designee, and the Planning Councils if they are participating in the development process, will be expected to consider school nutrition standards promulgated by federal and New York State authorities, as well as current research on best practices in the field of child health, nutrition, and physical activity.

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 Part 210](#) [revised Jan. 26, 2012] (National School Lunch Program participation requirements - standards for lunches, snacks, and competitive foods)

[7 CFR Part 220](#) [revised Jan. 26, 2012] (School Breakfast Program participation requirements - nutrition standards)

Activ8 Kids, New York State School Nutrition and Physical Activity Best Practices Toolkit, New York State Department of Health

<http://healthymeals.nal.usda.gov/hsmrs/New%20York/New%20York%20State%20School%20Nutrition%20and%20Physical%20Activity%20Best%20Practices%20Toolkit.pdf>

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Croton-Harmon Schools