

STUDENT WELLNESS

The Board of Education of the Nyack Union Free School District is committed to providing environments within our schools that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, the following is the policy of the Nyack Union Free School District.

I. Foods and Beverages Available in School

The Board recognizes that a nutritious and well-balanced diet is essential for student wellness. To help students acquire the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all foods and beverages available in schools promote good nutrition, balance, and reasonable portion sizes. The District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the District serve healthy and appealing foods and beverages at District schools following State and Federal nutrition guidelines.

School Meals

- Promote fresh fruits, vegetables, salads, whole grains, low fat and high fiber items.
- Encourage students to try new or unfamiliar items.
- Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.

Meal Scheduling

- Provide adequate time to eat meals.
- Schedule appropriate lunch time hours.

Foods and Beverages Sold Individually (a la carte and vending)

- Promote items that are healthy, fresh, natural and less processed.
- Discourage items high in sugar, fat, sodium and that are highly processed.
- Work with vendors that will comply with the District's objectives.
- Foods and beverages sold on campus during the school day will offer a variety of healthy choices and should include selections that fall under the *Choose Sensibly*¹ guidelines for nutritional content and standards.

Fundraising Activities

¹ *Choose Sensibly* was initiated by the New York School Nutrition 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.

- Promote healthy food items or non-food items to sell.
- Encourage activities (physical or otherwise) to do.
- Discourage sales of candy and other “junk food”.

Celebrations

- Schools are encouraged to limit the number of in-class celebrations involving food during school hours. Water, fresh fruits, and fresh vegetables are examples of preferred food choices.

II. 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 regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

Physical Education (P.E.) K-12

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive the minimum number of hours required for physical education.
- All formal physical education will be taught by a certified physical education teacher.
- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being.

Recess

- Maintain daily allotment of at least 20 minutes of recess time for elementary school students, which are not to be used as a punishment or a reward. Recess may be restricted for a student who exhibits violent or aggressive behavior during the recess period..
- When possible schedule recess before lunch.

Physical Activity in the Classroom

- Promote the integration of physical activity in the classroom.

Extracurricular Opportunities for Physical Activity

- Promote clubs and activities for all elementary schools, middle schools and high schools that meet the various physical activity needs, interests, and abilities of all students.

III. 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. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained. The District shall:

- Include nutrition education as part of not only health education classes, but also as part of classroom instruction in core subjects.
- Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure.
- Encourage students to start each day with a healthy breakfast
- Share information with parents and the broader community to help and encourage families to teach children about nutrition, thereby, positively impacting the health of the community.

IV. Other School-Based Activities

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness, limiting the use of food as a reward, and food marketing and advertising in schools.

Foods and beverages sold at fundraisers and school-sponsored events will include healthy choices and provide age-appropriate selections for elementary, middle and high schools. The school district will provide schools with a list of recommended foods/beverages to sell, as well as ideas for fundraising activities (which support physical activity events and ideas other than selling food).

Implementation

The Board shall designate one person as the District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the District. To assist the District's Wellness Coordinator, the District will establish and maintain a Health Advisory Council. The Health Advisory Council will serve as a

resource to school sites for implementing this policy, and the Council shall consist of a group of individuals representing the District and community, and may include parents, students, representatives of the school food authority, members of school board, school administrators, teachers, health professionals, and members of the public.

Monitoring and Review

The District Wellness Coordinator shall report annually to the Board on the implementation of this policy. At least once a year, the District Wellness Coordinator, in consultation with the District's Health Advisory Council and appropriate personnel, shall monitor and review the District's wellness activities to determine whether this policy is having a positive effect on increasing student wellness. To assess the impact of this Wellness Policy, from time to time such measures as the following may be used to monitor the implementation and effectiveness of this policy:

- Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.
- Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
- Periodic checks of the nutritional content of foods available in vending machines, and sales or consumption figures for such foods.
- Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
- Periodic checks of student mastery of the nutrition education curriculum.
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

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

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 §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
 7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)

Adoption date: August 22, 2006

APPENDIX A

LAWS CONCERNING FOODS OF MINIMAL NUTRITIONAL VALUE AND COMPETITIVE FOODS

FEDERAL REGULATION: Part 210.11 of the National School Lunch Program and Part 220.12 of the School Breakfast Program regulations prohibit certain foods from being sold in food service areas during the breakfast or lunch period.

FOODS OF MINIMAL NUTRITIONAL VALUE: A food that provides less than 5 percent of the US RDA for eight specified nutrients per serving, and/or per 100 calories. The nutrients specified are protein, vitamins A and C, niacin, riboflavin, thiamine, calcium, and iron.

The prohibited foods specifically include soda water, water ices (excluding ices containing fruit or fruit juice), chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (soft mints, candy corn), licorice, spun candy (cotton candy) and candy-coated popcorn.

NEW YORK STATE LAW: This law regarding the sale of non-nutritious foods is even more stringent. Chapter 647 of the Laws of 1987 prohibits the sale of the above-mentioned items, including all candy, from the beginning of the school day until the end of the last scheduled meal period in all parts of the building, in all public schools, regardless of whether or not the school participates in the Federal Child Nutrition Programs.

A public school cannot sell or serve soda or candy of any type in the student store or from a machine located anywhere in the building before the last lunch period ends.

In a non-public school, the only time foods of minimal nutritional value are not allowed to be sold to students is during the lunch period; the food service area is the only location that they may not be sold.

COMPETITIVE FOODS: The sale of competitive foods may be allowed in the food service area during the lunch period only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school.

APPENDIX B

New York School Nutrition Association Choose Sensibly Program

To help ensure the health and well being of the children in our schools, NYSNA developed a program, called *Choose Sensibly*. The program puts the Dietary Guideline recommendations into practice by identifying snacks that are moderate in fat, sugar and sodium.

While we cannot force students to change what they select to eat (they must make that change for themselves), we can provide the education component to help them learn to make that choice. This program encourages students to apply what they are being taught in the classroom in order to make wise snack selections. Reading nutrition labels to make sensible choices is a skill students can develop with practice. Learning to make sensible choices will provide children with knowledge of nutrition that they can use throughout their lives. We can provide information which can help children select wisely. After looking at many possible ways of accomplishing this, NYSNA decided to adopt one that is easy to monitor.

To be considered a *sensible choice*, a snack should contain:

- One serving per package
- Fat = 7 grams or less
- Saturated Fat = 2 grams or less
- Sodium = 360 mg or less
- Sugar = 15 grams or less

For beverages, the standards are:

For beverages, the standards are:

- One serving per package
- All low fat milk and low fat flavored milk
- Juice drinks must contain at least 25% real juice
- Water or flavored waters without added sugar, artificial sweeteners or caffeine
- Beverages with 10 mg or less of caffeine per serving

The program:

- Promotes the value of education and information to help children make informed choices.
- Follows the dietary guidelines to choose foods that support good health.

- Recognizes there are not good and bad foods, but that some foods are better nutritional choices.
- Is easy to implement and has a message, sensible choice, which is easy to understand.