

Non-Instruction/Business Operations

**SUBJECT: WELLNESS POLICY**

**I. Wellness Committee**

The school district shall maintain the Wellness Sub-committee of the Health Advisory Committee to review, and recommend revisions to school nutrition and physical activity programs and policies. The committee also will serve as a resource to schools for implementing those programs and policies.

**II. Nutritional Quality of Foods and Beverages Sold and Served in School**

School Meals

Meals served through the School Lunch and Breakfast Programs should:

- meet nutrition requirements established by local, state, and federal statutes and regulations whenever possible;
- meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans whenever possible;
- strive toward meeting the nutrition recommendations of the NPCSD Nutrition Task Force;
- offer a variety of fruits and vegetables;
- wherever possible be comprised of local farm grown produce, dairy and meat (organic and/or chemical free when possible);
- provide drinking water at all school meals at no cost to students.

Fundraising Activities

To support children's health and school nutrition-education efforts, school sponsored fundraising activities will strive toward using only foods that meet the above nutrition standards for school lunch foods and beverages. District staff will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for recommended fundraising activities. Outside groups (including PTAs) will be encouraged to follow the same guidelines as school groups but not required to do so.

Classroom Snacks

Snacks served by district staff in the classroom during the school day or in after-school care or enrichment programs should make a positive contribution to children's diet, health and well being, with an emphasis on serving nutritious foods and beverages. District staff will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards

District staff should not use foods or beverages as the primary reward for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

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**SUBJECT: WELLNESS POLICY (Cont'd.)**

Celebrations

District staff will actively encourage parents to provide nutritious food and beverages for classroom celebrations. District staff will limit the amount of food served at celebrations to reasonable portions..

School Sponsored Events

District staff will actively encourage parents, clubs and community groups to provide and/or sell nutritious foods and beverages for after school events.

**III. Nutrition and Physical Activity Promotion and Food Marketing**

Nutrition Education and Promotion

The School District has as its goal to teach, encourage, and support healthy eating by students. District staff should provide nutrition education and engage in nutrition promotion that encourages overall health and well being and an active lifestyle. Such education should promote fruits, vegetables, whole grain products, healthy food preparation methods, and health-enhancing nutrition practices and media literacy with an emphasis on food marketing.

Integrating Physical Activity into the Classroom Setting

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end, classroom health education will complement physical education classes by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities. Classroom health education should also emphasize caloric balance between food intake and energy expenditure.

Communications with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. Examples of this may include offering healthy eating seminars, sending home nutrition information to parents, (including the Wellness Wake Up Call monthly summary of messages), optimum physical activity suggestions, posting nutrition tips on school websites, and providing nutrient analyses of school menus.

Staff Wellness

The school district highly values the health and well-being of every staff member and, to the extent possible, provides staff with information regarding activities and programs that support personal efforts to maintain a healthy lifestyle.

**IV. Physical Activity Opportunities and Physical Education**

Physical education instruction at all levels shall comply with New York State Education Department mandates.

Daily Recess

All elementary school students should have at least twenty minutes a day of supervised recess, preferably outdoors when weather permits, during which schools should encourage and support moderate to vigorous physical activity.

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**SUBJECT: WELLNESS POLICY (Cont'd.)**

District staff should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, when possible schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Child Nutrition and WIC Reauthorization Act of 2004  
[Public Law Section 108-265 Section 204](#)

Richard B. Russell National School Lunch Act  
[42 United States Code \(USC\) Section 1751 et seq.](#)

Child Nutrition Act of 1966  
[42 United States Code \(USC\) Section 1771 et seq.](#)  
[7 Code of Federal Regulations \(CFR\) Section 210.10](#)