

## **STUDENT WELLNESS**

The Board of Education is committed to providing school environments and experiences that promote children's health, well-being and ability to learn by supporting a coordinated school health approach. The eight key components of a coordinated school health approach are: nutrition services, physical education, health services, health education, counseling/psychological/social services, healthy school environment, health promotion and family/community involvement.

The Board of Education recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and that good health fosters positive student attendance and education. Healthy eating and physical activity are essential for students to achieve their academic and physical potential, mental growth and lifelong health and well-being.

The coordinated school health approach will allow for the development of procedures that will foster integration with state and Response to Intervention (RTI) standards, as well as K-12 health education mandates. In furtherance of these objectives:

- The School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies and procedures.
- All students in grades Pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- The Child Nutrition Programs will comply with federal, state, and local requirements. Child nutrition programs shall be accessible to all children.
- The School District will annually notify eligible parents and students of the availability of the free and reduced School Breakfast and Lunch programs.
- Guidelines for reimbursable meals shall not be less restrictive than the federal regulations issued by the Secretary of Agriculture.
- Schools will provide nutrition education and physical education as an integral part of the curriculum to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The School District shall establish a Wellness Committee to enable parents to be better informed and to have more meaningful input in the nutritional choices being offered to the students

- Healthy food and beverage items (including fruits, vegetables, low fat milk and dairy foods, water and whole grain items) will be strongly encouraged on each school campus and at all school sponsored events.

### Farm to School

1. The School District will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - Offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skill necessary to promote and protect their health.
  - Integrated into other areas of the curriculum, where appropriate.
  - Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, field trips, etc.
2. The staff involved in nutrition education will be adequately prepared and participate in professional development activities to effectively deliver current nutrition education programs. Preparation and professional development activities will provide evidence-based knowledge of nutrition and instructional techniques and strategies designed to promote healthy eating habits.
3. When available, the Director of School Lunch will assist with nutrition education in the classroom and will review nutrition education information.
4. The school cafeteria will serve, to the extent practicable, as a learning laboratory to allow students to apply nutrition skills taught in the classroom.
5. The School District will provide information to families that encourages them to teach their children about health, nutrition and the importance of daily physical activity.
6. As part of the Child Nutrition and WIC Reauthorization Act of 2004, Farm to School Programs will connect schools with local farms. The School District, to the extent practicable, will buy and feature farm fresh foods, incorporate nutrition education curriculum and provide students with experiential learning opportunities.

### Monitoring and Review

The Food Service Director shall report to the Board and the public, at least annually, on the implementation and effectiveness of this policy. Every two years, the Food Service Director, in consultation with appropriate personnel and advisory committees, shall monitor and review

the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators and the school board shall participate in the development, implementation and periodic review and update of this wellness policy.

The district shall provide information to the public (including parents, students and others in the community) about the content and implementation of this wellness policy.

The Superintendent of Schools is hereby directed to develop procedures to implement this policy.

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010)  
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)  
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)  
*Appeal of Williams*, 32 EDR 621 (1993) (dec. no. 12,934)