



Book	POLICY MANUAL
Section	SERIES 5000 - STUDENTS
Title	STUDENT WELLNESS
Code	5405
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The Middle Country Central School District is committed to providing school environments that support healthy eating and physical activity.

The District will engage students, parents, teachers, food service professionals, health professionals, and other interested District personnel and community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.

The food sold to the school children during school hours within the District will follow the rules and regulations of the National School Lunch and Breakfast program when the District participates in these programs.

To increase the health of our youth; given the documented link between student wellness and academic achievement, the Board of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

I. Foods and Beverages Available for Sale to Students on School Campus during the School Day must conform to the USDA guidelines.

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

To accomplish this, the Board directs that the District serves healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, as well as food preparation methods.

School Meals - the District shall:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. 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 - the District shall:

1. Schedule meals so as to provide students with a reasonable time to eat.

Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) - the District shall:

1. 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.
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

Celebrations - the District shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.
2. Encourage the celebration of birthdays, seasons, and holidays with special privileges, songs, games, etc., as an alternative to food based celebrations.

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 perform a variety of physical activities, 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. The District's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

Physical Education

1. Students shall engage in physical education for at least the minimum number of hours per week under State requirements.
2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
3. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, and step aerobics).
4. The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

1. Maintain daily allotment of recess time for elementary school.

Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom.

Extracurricular Opportunities for Physical Activity

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students.

III. Nutrition Promotion and 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's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

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 health 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 school, hosting or promoting community-wide events, and offering wellness-related courses in the District's adult education program.

Implementation

The Board shall designate the Superintendent of Schools, or designee, to be responsible for ensuring that the provisions of this policy are carried out throughout the District.

Monitoring and Review

The School Lunch Coordinator and the Director of Physical Education, Health and Athletics are designated as the District Wellness Coordinators and shall report to the Board on the implementation of this policy. Every three years as per new wellness standards SED, the District Wellness Coordinators, 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.

The School Lunch Coordinator shall monitor and review the implementation and effectiveness of this policy and annually complete an assessment thereof.

1. 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.
2. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
3. Periodic review of data currently collected by the District, including:
 - a. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
4. Periodic surveys of students/parent opinions of cafeteria offerings and wellness efforts.

The Director of Physical Education, Health and Athletics shall monitor and review the implementation and effectiveness of this policy by conducting:

1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to assess the progress of wellness activities and their effects.
2. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
3. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
4. Periodic completion of relevant portions of the CDC School Health Index.

5. Periodic review of data currently collected by the District, including:
- a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. physical education scores on flexibility, endurance, and strength;
 - e. height and weight of students from health examinations, used to calculate Body Mass Index (BMI) as plotted on percentile charts (BMI scores shall only be used to aid in assessing overall student body health and for referring students at risk for malnutrition and obesity).

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; 210.11a (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)

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