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| Book         | POLICY MANUAL               |
| Section      | SERIES 5000 - STUDENTS      |
| Title        | STUDENT WELLNESS REGULATION |
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Middle Country Central School District (MCCSD) is committed to providing an environment that promotes and protects our children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

**To Achieve These Policy Goals:**

1. The MCCSD Health & Wellness Committee

The MCCSD has created a Health & Wellness Committee to develop, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Health & Wellness Committee serves as a resource to all the schools in implementing these policies.

2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

**School Meals**

Meals served through the National School Lunch and Breakfast Programs will strive to:

- a. Be appealing and attractive to children;
- b. Be served in clean and pleasant settings;
- c. Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- d. Offer a variety of fruits and vegetables – to the extent possible, and meals will offer at least two non-fried vegetables and two fruit options each day. When practical, local and regional farmers will be the source of these fresh fruits and vegetables;
- e. Serve milk and grains consistent with National School Lunch Program (NSLP), School Breakfast Program (SBP) and All Foods in Schools (Smart Snacks) Standards.

In order to identify new, healthy and appealing food choices, there will be an ongoing effort to have staff, students and parents participate in taste testing of new food offerings and/or surveys of new food choices. Also, schools will share information about the nutritional content of meals with parents and students by the use of menus, district website, menu boards, placards or other point-of-purchase materials.

**Breakfast**

- a. To ensure that children have a healthy breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
- b. Our schools will, to the extent possible, operate a School Breakfast Program.
- c. Our schools will, to the extent possible, utilize methods to serve breakfast that encourage participation such as early morning service, 'grab and go' breakfast choices, etc.
- d. Our schools will notify students, parents and guardians of the availability of the School Breakfast Program.
- e. Our schools will encourage parents and guardians to provide a healthy breakfast to their children through newsletter articles, take home materials, etc.

**Free and Reduced-Priced Meals**

Our schools will make every effort to eliminate any social stigma attached to, or overt identification of, students who are eligible for free and reduced priced school meals.

**Meal Times and Scheduling**

Our schools will strive to:

- a. Provide sufficient time for students to eat lunch
- b. Schedule meal periods at appropriate times
- c. Will encourage students to wash their hands prior to their meals, and provide access to hand washing or hand sanitizing before they eat meals

**Qualification of School Food Service Staff**

As part of our district's responsibility to operate a food program, we will utilize qualified nutrition professionals to administer the service. Staff development, training and certification are important aspects for the professional growth of our nutritional staff and cafeteria workers.

**Sharing of Food and Beverages**

Our school will discourage students from sharing their foods and beverages with one another, given the concerns about allergies and other restrictions on some children's diets.

**Other Foods and Beverages**

Foods and beverages sold outside the reimbursable school meals, such as through school vending machines, fund raising, school store, school parties, cafeteria a la carte lines, snack lines, etc., need to follow the following guidelines:

**Pre-K and Kindergarten Centers and Elementary Schools**

Given the limited nutritional skills of young children, the school food service will approve and provide the sales of balanced meals. Sales of foods on an individual basis should be limited to low-fat and non-fat milk, fruits and non-fried vegetables. If a la carte foods are available, they should include a variety of choices of nutritious foods such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods, consistent with NSLP, SBP, HHFKA, and Smart Snack Standards.

**Middle Schools and High Schools**

Our middle schools and high schools are dynamic, multi-faceted environments where food is often sold throughout the day, evenings, and weekends. Foods are sold on a la carte cafeteria lines, vending machines, fundraising activities, school stores, etc. These food activities should meet the nutritional and portion size standards of the NSLP, SBP, HHFKA, and Smart Snack Standards.

## **Fundraising Activities**

Schools will encourage fundraising activities that promote physical activities. Each school will make available to school clubs and organizations a list of suggested ideas acceptable for fundraising. Candy and soda will not be available for sale during regular school hours.

## **Snacks**

Snacks served during the day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. There will be an emphasis on serving fruits and vegetables as the primary snacks with water as the primary beverage. The district will provide a list of healthful snack items to teachers, after-school program personnel, and parents.

## **Rewards**

Our schools will discourage the use of foods or beverages, especially those that do not meet the nutritional standards of the district's policy, as rewards for academic performance or good behavior, and will not withhold food or beverages as a negative consequence.

## **Celebrations**

Schools will strive to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet the nutritional standards established by the district.

**School-sponsored Events** - (such as athletic events, dances, theater performances, etc.)

Food and beverages offered at school-sponsored events should be strongly encouraged to adhere to the districts wellness policy, and consistent with the NSLP, BSP, HHFKA and Smart Snack Standards.

## **Nutritional Quality of Foods and Beverages Sold and Served on Campus**

### **Nutrition Education and Promotion**

The Middle Country School District aims to teach, encourage and support healthy eating by students. Our schools' health and physical education programs, along with all teaching professionals and staff members understand the importance to:

1. Promote good nutritional practices through education in the classroom
2. Promote nutritional education and good nutritional practices to student athletes
3. Teach media literacy with an emphasis on food marketing techniques and fad diet plans
4. Emphasize caloric balance between food intake and energy expenditure

### **Integrating Physical Education into the Classroom Setting**

Our schools' health education programs will continue to complement our physical education program by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. All teachers will be encouraged to develop opportunities in subject lessons that promote physical education, physical activities, and nutritional education.

### **Communications with Parents**

The Middle Country School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Parents can obtain additional support and guidance from the District web-site at [www.mccsd.net](http://www.mccsd.net) under the Athletics and Food Service Department tabs. Parents may also contact the Athletics Office or Food Service Office regarding District physical education and athletic programs, and nutrition programs, and for more information on activities conducted through the District Health & Wellness Committee.

### **Food Marketing in Schools and School Campuses**

School-based marketing of brands promoting predominantly low-nutrition foods and beverages to students is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat products is

encouraged. Examples of marketing techniques include: logos and brand names on school vending machines, textbook covers, school supplies, scoreboards, sports equipment; programs that provide schools with supplies when families buy low-nutrition food products: in-school television; and free samples.

### **Staff Wellness**

The MCCSD values the health and well-being of every staff member and supports the personal efforts by staff to maintain a healthy lifestyle. The District should include staff representation in the Health and Wellness Committee. Input from school staff encourages healthy eating, physical activity, and other elements of a healthy lifestyle among the staff and students.

### **Physical Activity Opportunities and Physical Education**

#### **Physical Education K-12.**

Students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will benefit from an established physical education program for the entire year.

#### **Recess**

All elementary students will benefit by a supervised recess period during the day, preferably outdoors, during which schools encourage moderate to vigorous physical activity.

#### **Physical Activity Opportunities Before and After School**

All middle and high schools will offer extracurricular physical activity programs such as sports clubs and intramural programs. The middle schools and high schools will offer a varied interscholastic sports program. All schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

#### **Physical Activity**

It is recommended that teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as a negative consequence. All students will be encouraged to adopt their own personal fitness plan with a goal that creates an environment, which fosters a commitment to lifelong activity and fitness.

#### **Monitoring the Wellness Policy**

The Superintendent or designee will ensure compliance with the District's Students Wellness Policy. The District Wellness Coordinators (Co-Chairs: Director of Physical Education, Health & Athletics and School Lunch Coordinator) will ensure compliance with the nutritional policies within the food service area and will report on this matter to the superintendent on an annual basis. The Superintendent will then report to the school board bi-annually. The report will be provided to the school board, and also distributed to the District Health & Wellness Committee.

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