

## **WELLNESS REGULATION**

### **I. School Health & Wellness Committee**

The District and/or individual schools will organize a local wellness committee(s) comprising parents, teachers, administrators, students (and possibly health professionals, board members and community representatives) to develop, implement, monitor and improve nutrition and physical activity in the school environment. The committee(s) will serve as a resource to schools for implementing nutrition and physical activity practices.

### **II. Nutrition Promotion Education**

- a. Nutrition concepts that provide students with the knowledge and skills necessary to promote and protect their health will be integrated into various subject areas, such as math, science, health and social studies; as well as elective courses, such as home & careers and family & consumer sciences.
- b. Nutrition education topics will be taught in the Physical Education classes.
- c. Good nutrition will be reinforced by promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutritional practices during classroom snack times, in addition to school meal times.
- d. Students will be encouraged to start each day with a healthy breakfast.
- e. Nutrition education will involve sharing information with parents and the broader community to help and encourage families to teach children about health and nutrition, thereby, positively impacting the health of the community. Activities can include:
  - Emphasizing caloric balance between food intake and energy expenditure (physical activity), and having students will keep nutrition logs.
  - Teaching media literacy, including food marketing.
  - Training for teachers, coaches and other staff on healthy eating for students.
  - Sharing wellness initiatives.

### **III. Physical Education and Physical Activity**

- a. A written physical education curriculum/program will be implemented for each grade level. Students' progress will be assessed at each grade based on the goals and learning objectives.
- b. Physical education courses will have an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

- c. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and well-being.
- d. New York State-certified physical education instructors will teach all physical education classes. Physical education instructors will be provided opportunities for professional development.
- e. Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, language arts, etc.
- f. In accordance with Federal and New York State recommended guidelines, the District will provide, to the extent practicable, opportunities for students to participate in at least 60 minutes of physical activity per day. Opportunities include: formal physical education, recess, interscholastic sports, intramural sports, physical activity programs, etc.
- g. Each elementary school should strive when scheduling programs and activities, to include a daily recess period of at least 20 minutes that is not used as a punishment or a reward. Where possible, recess should be scheduled before lunch.
- h. Students in grades 6 – 12 will receive scheduled physical education every other day for 40 minutes.
- i. The Physical Education Plan addresses guidelines for waivers of scheduled physical education.
- j. Adequate equipment is available for all students to participate in physical activity. Physical activity facilities on school grounds are safe and well maintained.
- k. The District will provide information to families and community members to help them incorporate physical activity into their lives, and institute programs that support physical activity, such as walking and intramural programs, etc.
- d. The District will support recreational and other after-school programs for students and community members by allowing access to the district's physical activity facilities outside of the normal school day.
- m. Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

#### **IV. Other School Based Activities**

- a. After-school programs will encourage physical activity and healthy lifestyles.
- b. The district's wellness policy goals are considered when planning school-based activities (such as school events, field trips, dances, and assemblies).
- c. 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 have 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).

**V. Nutrition Guidelines for Foods Available on Campus During the School Day**

- a. Foods and beverages sold on campus during the school day will offer a variety of age-appropriate, healthy choices.
- b. Food & Nutrition Services will take every measure to ensure that the foods and beverages they offer meet the nutrition requirements established by local, New York State and Federal regulations/guidelines.
- c. Foods sold on campus include: vending machines, a la carte sales, beverage contracts and concession stands/student stores.
- d. School administration, in consultation with Food & Nutrition Services, will choose the competitive food selections<sup>1</sup>.
- e. Snacks in the classroom will support healthy choices, emphasizing fruits, vegetables and water.

Due to food allergies and sanitation issues, parents, teachers and students should not bring home\_made food into school for other students unless there is a cultural learning event involving food that is being held during regular school hours. For all such events, students' Individual Healthcare Plans will be consulted.

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (as defined above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. Promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Food marketing that is strongly discouraged includes: logos and brand names on vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products; in-school television; free samples or coupons; and food sales through fundraising activities. Allowable marketing activities that promote healthy behaviors include: vending machine promoting water; sales of fruit for fundraisers; and coupons for discount gym memberships.

## VI. Food Safety/Environment

- a. Appropriate staff will be notified and kept up-to-date regarding students for whom an Individual Health Care Plan to address the potential for food induced anaphylaxis has been developed (see *Policy 5420.3 Food Induced Anaphylaxis*)
- b. All foods and beverages available on campus should comply with the New York State and local food safety and sanitation regulations.
- c. Schools, to the extent possible, will provide students adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch, from the time the student is seated.
- d. To encourage children to eat breakfast, schools will, to the extent possible, operate the School Breakfast Program, notify parents and students of its availability, and make healthy breakfast items more accessible (e.g. “grab & go” packaging, vending items, sell at school store, etc.).
- e. Lunch periods are scheduled as near the middle of the school day as possible.
- f. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- g. Dining areas are clean and have enough space for seating students.
- h. Students will be reminded and encouraged to clean their hands before eating.
- i. Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student’s Individualized Education Plan (IEP).
- j. Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a punishment.
- k. Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about sanitation, allergies and other restrictions on some children’s diets.

## VII. Food & Nutrition Services Program

- a. Food & Nutrition Services is an essential educational support activity that aims to be financially self-supporting.
- b. Food & Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- c. The district will employ a food & nutrition services director, who is properly qualified, certified and/or credentialed, to administer the school food service program.
- d. All school food service personnel will have adequate training in food service operations, and are considered an integral part of the school community.
- e. Schools will prevent the overt identification of students eligible for free and reduced-price school meals by using electronic identification and payment systems.
- f. For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel.

**VIII. Monitoring/Review**

- a. The Superintendent of Schools, or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies practices.
- b. Food service staff will ensure compliance with nutrition policies within school food service areas, and will report on this matter to the Superintendent of Schools or designee.

<sup>1</sup>USDA defines competitive foods as foods offered at school, other than meals served through USDA's school meal programs (i.e., school lunch, school breakfast, and after-school snack programs).

*Great Neck Public Schools*  
*January 2006*  
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## **APPENDIX**

### **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.