

**STUDENT WELLNESS**

General Statement

The Mahopac School District acknowledges the direct link between student wellness and academic success. Therefore, we are committed to providing school environments and experiences that promote student health and wellness and reduce childhood obesity. It is our intent to accomplish these ends through the planning and implementation of guidelines and activities designed to promote these goals.

The Board of Education shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are implemented throughout the District.

Components

1. Goals for Nutrition Promotion, Education, Physical Activity and Other School-based Activities Designed to Promote Student Wellness
  - a. To increase nutrition education at the elementary school level by providing a minimum of one assembly per year for students in Grades K-5 through the school's food service provider;
  - b. To promote healthful choices in school cafeterias with eye-catching posters encouraging proper nutrition;
  - c. To update and maintain nutrition education units in secondary Health and Education and Home & Career classes;
  - d. To increase promotion of school-based physical activity programs such as intramurals, interscholastic athletic teams, community sports programs, and recreational opportunities for students and adults in the community;
  - e. To increase promotion of non-food items for fundraisers and classroom rewards; and
  - f. To increase parent and community awareness of this policy.
  
2. Nutrition Guidelines for All Foods Available on Each School Campus During the School Day
  - a. The District shall utilize the services of New York State certified nutrition professionals. 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 schools promote good nutrition, student health, dietary balance, and reasonable portion sizes. Additionally, all foods and beverages available in schools shall be aimed at reducing childhood obesity.
  
  - b. The District shall make free potable drinking water available at locations where meals are served.

c. Meals served through the National School Lunch Program will

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- meet guidelines not less restrictive than the regulations and guidance issued by the Secretary of Agriculture pertaining to the National School Lunch Act and the Child Nutrition Act;
- be served in reasonable portion sizes;
- have no more than 30% of its calories from fat (excluding nuts and peanut butter) and less than 10% of its calories from saturated fat;
- will contain 0 grams of trans fat per serving as per the nutrition label or manufacturer specifications
- offer a choice of at least two fruits and vegetables for sale in all cafeterias;
- offer meat or meat alternatives
- offer two (2) choices of milk: low-fat (1%) unflavored milk, fat-free flavored milk and/or fat-free unflavored milk and nutritionally equivalent non-dairy alternatives, as defined by the United States Department of Agriculture Food and Nutrition Service;
- be whole grain rich for at least half of the grains offered; and
- sell soda only at the high school after all regularly scheduled classes.

d. During meal times the District will

- provide adequate time for students to enjoy a healthful meal, scheduled as near to the middle of the day as possible;
- not schedule tutoring, clubs, organizational meetings or activities during mealtimes, unless students may eat during such activities; and provide students access to hand washing or hand sanitizing before they eat meals or snacks.

e. To support children's health and school nutrition education efforts, the District will

- encourage the use of fundraising activities that sell non-food items or food items that meet the nutrition requirements and portion-size standards for food and beverages available in the District;
- encourage fundraising activities that promote physical activity;
- make available a list of acceptable fundraising activities
- discourage the sale of candy, cookies, cakes and other food items when the school cafeterias are closed.

- e. Whenever classroom or school-wide celebrations are held, food offered shall meet the standards set forth for food offered through school meals and vending machines.

3. Guidelines for Reimbursable School Meals

The District takes part in the Federal School Lunch Program. As such, the District gets cash subsidies and USDA foods from the U.S. Department of Agriculture for each meal it serves. In return, the District must serve lunches that meet Federal requirements and it must offer free or reduced price lunches to eligible children. Federal requirements increase the availability of fruits, vegetables and whole grains in the school menu, as well as set specific calorie and sodium limits. While school lunches must meet Federal meal requirements, decisions about what specific foods to serve and how they are prepared are made by the District.

The District shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.

Reimbursable school meals shall not be less restrictive than Federal and State regulations and guidance documents. All reimbursable school meals shall meet or exceed regulations and guidance documents issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Sections 9 (f) (1) and 17(a) of the Richard B. Russell National School Lunch Act [42 U.S.C. 1758 (f) (1), 1766 (a)], as those regulations and guidance apply to schools.

4. Nutrition Promotion and Education

Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the schools including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education shall be appropriately qualified to do so under State and Federal guidelines.

Nutrition promotion and education will be part of not only health education classes but also classroom instruction in other disciplines throughout the schools. The instruction will promote the values of fruits, vegetables and whole grains and emphasize caloric balance and energy expenditure. It will also include enjoyable, developmentally appropriate, and culturally relevant activities such as contests, festivals and gardening.

## 5. 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 members are encouraged to participate in and model physical activity as a valuable part of daily life.

## a. Physical Education

- Students shall engage in physical education for at least the minimum number of hours per week under State requirements.
- The performance of physical activity shall not be used as a form of discipline or punishment.
- The District shall
  - (1) maintain a daily allotment of recess time for elementary schools;
  - (2) foster the integration of physical activity in the classroom;
  - (3) promote clubs and activities that meet the various physical needs, interests and abilities of all students; and
  - (4) promote and teach activities that students enjoy and can pursue throughout their lives.

## 6. Measuring the Implementation and Effectiveness of the Local Wellness Policy

- a. The District Wellness Coordinator shall report to the Board on the implementation and effectiveness of this policy every two years in June.
- b. The Administrator for Pupil Personnel Services will ensure compliance with this policy by each school.
- c. The Administrator for Pupil Personnel Services, Athletic Director and Food Services Director will work collaboratively to measure the implementation and effectiveness of this wellness policy every two years in June. Collectively, they will conduct checks on wellness activities, nutritional content of food available, amount of time students spend on physical education, mastery of the nutrition education curriculum, and exercises that promote endurance and strength, for example. They will 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 District shall monitor and review the implementation and effectiveness of this policy by conducting:

- i. Periodically measuring:
  1. the extent to which District schools are in compliance with this Policy;
  2. the extent to which this Policy compares to the model local school wellness policy; and
  3. the progress made in attaining the goals of this Policy.
- ii. Periodic informal surveys of administration, staff, health personnel, parents and students to see the progress of wellness activities and their effects.
- iii. 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.
- iv. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
- v. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- vi. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
- vii. Periodic checks of student mastery of the nutrition education curriculum.
- viii. Periodic completion of relevant portions of the CDC School Health Index.
- ix. 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 (i.e., fitness test results);
  - e. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
  - f. revenues generated from vending machines and a la carte food items.
- x. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
- xi. Periodic review of professional staff development offered which focuses on student wellness.

- xii. Use New York State School Board Association’s Student Wellness Assessment Checklist every two (2) years to review the effectiveness of this policy.

The District shall also conduct periodic checks of the nutritional content of food offered in the cafeterias.

- d. The District shall work collaboratively with parents, students, representatives of the school food authority, the Board of Education, school administrators, teachers of physical education, school health professionals and the public in the development, implementation and periodic review of this Policy.
- e. The District shall inform and update the public (including parents, students, and others in the community) about the content and implementation of this Policy.
- f. The District shall make available to the public its periodic assessment on its implementation of this Policy, including:
  - i. The extent to which District schools are in compliance with this Policy;
  - ii. The extent to which this Policy compares to model local school wellness policies; and
  - iii. The progress made in attaining the goals of this Policy

Pursuant to: Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL 108-265), as amended

Child Nutrition Act (42 U.S.C. 1779), Subsection (a) and (b), Section 10

Richard B. Russell National School Lunch Act [42 U.S.C. 1758 (f) (l), Sections 9 (f) (l) and 17 (a)

National School Lunch Program CFR #210.19, 210.11

School Breakfast Program CFR 220.8

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