

3308 STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, 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.

I. Foods and Beverages Available in School

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 reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at district schools following state and federal nutrition guidelines.

Goals:

School Meals

1. All children remain at school during the lunch period.
2. Each student has the option of bringing his/her own lunch and drink or purchasing a beverage; each student also has the option of participating in the school lunch program or making à la carte purchases.
3. Promote fresh fruits, vegetables, salads, whole grains, and low fat or non-fat items.
4. Encourage students to try new and unfamiliar items by periodically changing the menu of school meals offered.
5. The food service coordinator and building administrator will ensure that families are aware of need-based programs for free or reduced-price meals and will encourage eligible families (due to income or homeless/temporarily housed status) to apply. The school social worker will provide assistance to parents/guardians in completing the application, if need be.
6. Teachers, school monitors and food service helpers will be sure that all students have good to eat. As per Policy 5504, "Prohibition Against Meal Shaming," a reimbursable meal of the student's choice will be provided. Charging of items outside of the reimbursable meals (i.e., a la carte items, adult meals, etc.) is expressly prohibited. A form that allows parents/guardians to indicate to the district that they do not want their child to charge a meal upon request will be provided on the district website and in enrollment and back to school packets.

Meal Scheduling

1. Provide adequate time to eat.
2. Schedule lunch time between normal lunch hours (11 a.m. – 1:00 p.m.).
3. Monitors will be responsible for washing tables between lunch periods.

Foods and Beverages Sold Individually (à la carte and vending)

1. Promote items that are healthy, fresh, natural, and less processed.
2. Discourage items high in sugar, fat, and that are highly processed.
3. Offer only snack items that are peanut-free and tree nut-free.

Fundraising Activities and Special Events

1. Promote healthy food items or non-food items to sell; also promote activities (physical or otherwise) to do.
2. Discourage sales of candy and other "junk food."
3. Provide a list of snack items to teachers, food service staff, and parents that are peanut-free and tree nut-free and require only snack offerings from this list.

Celebrations

1. Birthday parties (monthly) and seasonal celebrations are generally reserved for the Kindergarten through Grade 4 elementary school classes and are at designated times (snack time or late afternoon) during the day. 5th Grade Middle school celebrations are generally tied to special events.
2. All foods or snacks for parties must be store bought and from the school list provided.
3. When food or snacks arrive in school, and are not on the district's approved snack list, the food must be brought to the nurse so that label ingredients can be checked before it is sent to the class.
4. When a teacher or a coach wishes to give food or snacks to students, the teacher or coach must tell the nurse. The nurse determines that if there are students with food allergies, the food or snacks may not be distributed; or, the nurse will call parent/guardian to provide alternative "safe" snacks from home.

Students and Adults with Severe or Life-Threatening Allergies

It is the responsibility of the parent/guardian of a child with an allergy, or an adult employee with an allergy, to notify the school nurse and/or principal. Appropriate prescriptions and medications must be provided by the parent/guardian or employee for safekeeping and administration by the nurse. While the district cannot guarantee its school buildings are allergen-free, the nurse and all employees will work together to keep those with allergies as safe as possible.

Particularly for those students with chronic conditions such as asthma and allergies (food, insect sting, etc) which may result in severe, life-threatening reactions to various environmental triggers, it is necessary that the District work cooperatively with the parents/guardians and the healthcare provider to:

1. Develop an individual health care plan that includes all necessary treatments, medications, training, and educational requirements for the student. If the student is eligible for accommodations based upon the Individuals with Disabilities Act (IDEA), Section 504 of the Rehabilitation Act of 1973 or the Americans with Disabilities Act, the appropriate procedures will be followed regarding evaluation and identification.
2. Obtain appropriate health care provider authorization in writing that includes the frequency and conditions for any testing and/or treatment; symptoms and treatments of any conditions associated with the health problem, and directions for implementation in school and during emergencies.
3. Secure written parent/guardian permission and discuss parental/guardian responsibilities that include providing the health care provider's orders, any necessary equipment, specific foods to be avoided, and participating in the education and co-management of the child as he/she works toward self-management.

The District will work toward assisting students in the self-management of their chronic health condition based upon the student's knowledge level and skill by:

1. Adequately training all staff involved in the care of the child.
2. Assuring the availability of the necessary equipment and/or medications.
3. Assisting with food distribution acceptable and non-acceptable.
4. Providing appropriately trained licensed persons as required by law.
5. Developing an emergency plan for the student.
6. Providing ongoing faculty, staff, and student education.

Use of Epinephrine Auto-Injector Devices (Epi-Pens) in the School Setting

The administration of epinephrine by epi-pen to a student with a known severe allergy needing an anaphylactic treatment agent may be performed by a school staff member responding to an emergency situation when such use has been prescribed by a licensed prescriber or trained adult. However, a Registered Nurse/Nurse Practitioner must have trained the staff member to administer the epi-pen and given him/her approval to assist the student in the event of an anaphylactic reaction.

Documentation of training must be maintained in the Anaphylaxis Protocol for Non-Licensed School Staff Members for each affected student. The emergency response by non-licensed school staff members is permitted under the Medical Practice Act (Education Law section 6527(4)(a) and the Nurse Practice Act (Education Law section 6908 (1)(a)(iv) and is covered by the “Good Samaritan Law” (Public Health Law section 3000-a).

The District’s strategies regarding allergy management shall include taking steps necessary for reducing the risk of exposure, identifying and recognizing symptoms of adverse reactions and ensuring prompt emergency treatment. The district will make every effort to ensure that appropriate and reasonable building accommodations are in place in order to promote the health, safety, and education of the student affected by life threatening allergies or medical conditions and all others who will work with the school nurse and other critical personnel to implement this policy.

Providing a safe, secure and positive school environment is essential for helping all students make progress towards achieving their full potential. In addition to the practices noted above, other efforts will include:

1. The nurse or Director of Pupil Personnel Services will make teachers aware of special accommodations for students with a 504 Allergy Plan or students with an Individual Health Plan. Teachers will be educated to know the plan and the steps that must be followed.
2. The nurse or another health care professional will offer training periodically to administrators, teachers and school monitors in the administration of an epi-pen.
3. Each building will keep at least two epi-pens (junior and adult) available for emergency use in the nurse’s office at all times.
4. To make cafeteria areas in the school as safe as possible, parents are discouraged from having food delivered to school during lunch times from outside food vendors and restaurants.
5. The cafeterias will have peanut-free and tree-nut free tables that are clearly labeled.
6. Adults or students in the cafeteria who notice symptoms of potential allergic reactions in a child or adult (redness of eyes; swelling of eye lids; itchiness of eyes, nose, or skin; runny nose; coughing; sneezing, etc) will:
 - Send the individual to the nurse. Be sure the child is accompanied by an adult so in the event the allergic reaction persists and intensifies, the companion can get assistance for the individual in need. The adult should bring the food that the child was eating to the nurse with the child.
 - Adults or students in the classroom use their best judgment to determine if an epi-pen located and secured on-site must be administered immediately or if the nurse should be called via the intercom system.
 - Follow-up with the nurse after the period is over and be sure a parent/guardian, next of kin, or emergency contact has been called.
 - Ask the building administrator to trace the individual’s steps in the building and place a work order to have all surfaces washed down in the areas through which the individual travelled beforehand.

7. Informative classes about allergies and best practices for the care and safety of those with allergies will be offered by the district periodically to employees, students, and parents.
8. Teachers of students with food allergies will not eat in their classrooms nor permit students to do so, in order to insure no cross-contamination occurs.
9. Students will be instructed not to eat on school buses.
10. Anti-bullying instruction will include lessons about differences that arise in social situations when students have allergies or medical conditions; the most appropriate ways to provide support and assistance will be identified, explained, and where practicable also practiced.
11. The District's Health and Wellness Committee will convene during the summer annually to review this policy. On monthly food service calendars, the district will identify the top 8 allergens present in meals.

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.

Goals:

Physical Education

- 1. Students shall engage in physical education for at least the minimum number of hours per week under State requirements.*
- 2. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.*
- 3. 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.*

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 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.

Goals:

- 1. Include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;*
- 2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;*
- 3. Promote fruits, vegetable, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices;*
- 4. Emphasize caloric balance between food intake and energy expenditure;*
- 5. Teach media literacy with an emphasis on food marketing*

Implementation

The Board shall designate the Superintendent to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Review

The Superintendent shall report annually to the Board on the implementation of this policy. Every two years, the Superintendent in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine if 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:

- 1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.*
- 2. 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.*
- 3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.*
- 4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.*
- 5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.*
- 6. Periodic review of data currently collected by the district, such as:*
 - a. attendance data, particularly absences due to illness;*
 - b. test scores;*
 - c. rates of suspension, discipline, and violent incidents;*
 - d. 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); and*
 - e. revenues generated from vending machines and à la carte food items.*
- 7. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.*