

# Lucero Elementary School's



## Wellness Policy

**Adapted from the NYC DOE Wellness Policy by the School Wellness Council**

*Adopted as of: January 1<sup>st</sup> 2015*

## **Table of Contents**

<b>Introduction</b>	<b>pg. 148</b>
<b>Purpose</b>	<b>pg. 148</b>
<b>Background</b>	<b>pg. 148</b>
<b>Specific Policies</b>	<b>pg. 149</b>
I- School Wellness Team	pg. 149
II- School Meals	pg. 149
III- Food Sales & Fundraising	pg. 150
IV- Nutrition Education & Promotion	pg. 151
V- Physical Activity Opportunities & Physical Education	pg. 154
VI- Staff Wellness	pg. 157
VII- Monitoring & Policy Review	pg. 157
<b>Inquiries &amp; Signatures</b>	<b>pg. 158</b>

## **Introduction**

Lucero Elementary School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, Lucero Elementary School will:

- Provide opportunities for physical activity and encourage all students to be physically active on a regular basis.
- Ensure that food and beverages sold or served at school meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Ensure that school meals provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs.
- Participate in available federal school meal programs.
- Provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity.
- Establish linkages between health education and school meal programs, and related community service agencies.

## **Purpose**

School Wellness Policies are a set of guidelines created by members of the school wellness team.

- PS 311 is committed to increasing the health and wellness of its students.
- PS 311 believes that fostering a healthy environment through wellness policies will create an environment conducive to learning and success.
- PS 311 believes that healthy young people are more likely to become healthy adults.

## **Background**

There are a variety of health and wellness issues affecting the Mount Eden area of the Bronx and Lucero Elementary School.

South Bronx Data:

- 65.6% of all South Bronx residents are overweight and obese, compared to 55.9% in NYC overall.
- 15.8% of South Bronx residents have diabetes compared to 10.7% in NYC overall. The South Bronx has the highest proportion of adults with diabetes-more than 7 times higher than the lowest rate in the city (15.8 % vs. 2.4%). Those who are obese are much more likely to have diabetes than non-obese adults.

- 18% of South Bronx residents consume zero servings of fruits and vegetables per day.
- Only 4.3 % of the neighborhood residents consume 5 or more daily servings of fruits and vegetables.
- Compared to the NYC overall average of 9.8%, the South Bronx is one of the neighborhoods with the lowest levels of fruit and vegetable consumption.

The nutritional environment probably plays a significant role in these health conditions, with the large number of bodegas selling unhealthy food and the low number of sources for fresh fruits and vegetables.

With regards to meeting the 2008 Federal physical activity recommendations, 26.9% of South Bronx residents were insufficiently active (less than 150mins of weekly physical activity) compared to the NYC average of 20.3%.

Another health concern in the neighborhood and for the school includes the higher rates of asthma compared to the rest of New York City (asthma is linked to high rates of absenteeism in schools).

## **Specific Policies**

### **I. School Wellness Team**

Lucero Elementary School 's Wellness Team – consisting of parents, representatives of the school food program, school administrators, teachers, and members of the public, will monitor school nutrition and physical activity policies and practices. The team's role is advisory; final responsibility for implementation rests with the principal.

*The School Wellness Team will meet at least once a month.*

### **II. School Meals**

Lucero Elementary School encourages its students to participate in the School Meals Program through ensuring that the cafeteria is a clean, safe and pleasant setting with adequate time for students to eat, and encouraging students to try new foods such as vegetables in the cafeteria. (After obtaining food, students will have at least 10 minutes to eat breakfast and 20 minutes to eat lunch).

*-Menus and nutritional information will also be available for the students & parents.*

To meet students' nutritional needs and stress the benefits of a healthy breakfast, Lucero Elementary School encourages students to participate in the School Breakfast program. Breakfast will continue to be offered at no charge to students in Lucero Elementary School.

Lucero Elementary School will offer traditional line service breakfast so students will begin the school day with a healthy meal.

Lucero Elementary School has a salad bar available to students every day. We will work with School Food to insure the salad bar is stocked with fresh and healthy options and to promote its use to our school community.

Students and staff will have access to free, safe, and fresh drinking water during school meals provided through functioning water fountains, water coolers, water jets, or pitchers of water placed on table/service line.

### **III. Food Sales and Fundraising**

School-sponsored fundraising will be supportive of non-food sales such as plants, water bottles, etc., and by promoting active events. The administrator, with the assistance of the School Wellness Team, will create and promote a list of non-food fundraising activities, specifically those involving promoting physical activity. Lucero Elementary School will use the non-food activities identified in the list in a 100% of fundraising activities, unless approved by all members of the wellness council.

#### **Healthy Fundraisers:**

- Social Activism fundraisers (raising money for a cause)
- Plant Sales
- Card Sales

Lucero Elementary School will offer the following items for sale during school hours:

List the items for sale

- Water

Effective February 2010 the nutritional standards for approved snacks and beverages are as follows:

- The maximum level of fat is 35 percent of total calories (nuts and nut butters are exempt)
- Less than 10 percent of calories from saturated fat
- 0.5 grams of trans fat or less
- Less than 35% of calories from sugar (fruit products with no added sugar are exempt)
- Less than 200 total calories
- Sodium content may not exceed 200 mg per portion
- Grain-based products must contain at least 2 grams of fiber per serving
- Combination products of dried fruit and nuts are exempt from the total fat standard

New items can be proposed for inclusion on the approved snack list by contacting School Food, Food Support Unit, NYC Department of Education, Attn: Ms. Lorraine Burke, 44-36 Vernon Blvd – Room 413, L.I.C., NYC 11101/ telephone: 718-707-4249 email: [Lburke@schools.nyc.gov](mailto:Lburke@schools.nyc.gov).

**Prohibited Items** - The following items may not be offered for sale to students through vending machines:

- Chewing gum
- Candy (including hard candy, jellies, gums, marshmallow candy, fondant, licorice, spun candy, and candy coated popcorn)
- Water ices which do not contain fruit or fruit juices
- Artificial sweeteners

**Approved Items** – Only approved foods may be offered for sale to students through vending machines during non-meal hours from the beginning of the school day through 6:00 PM, weekdays, with one exception being PA/PTA fundraisers (Chancellor’s Regulation A-812, Section I, Paragraph –H).

Student fundraising sales of approved items will be allowed throughout the school day outside of the cafeteria (Chancellor’s Regulation A-812, Section I, Paragraph –G).

Approved beverages may be sold all day.

**For Any School serving grade levels pre-kindergarten (“PK”) through five (5):**

Snack vending machines may not be used. Beverage vending machines in administrative offices and teacher-accessible areas of Lucero Elementary School shall comply with the citywide standards for beverage vending machines for adults.

#### **Food Marketing**

*Lucero Elementary School will encourage students to make healthy food choices through posting up materials, posters, and information on bulletin boards that promote healthy eating.*

#### **IV. Nutrition Education and Promotion**

Lucero Elementary will use NYC DOE’s recommended comprehensive health education curricula, *CookShop* (for grades K-5).

*Lucero Elementary will use the following nutrition curricula for the designated grade level:*

<b>Grade Levels</b>	<b>Some Recommended Resources</b>	<b>Our School Will Use this Curriculum (check if yes)</b>
<i>Grades K-5</i>	<i>Food bank for NYC: CookShop</i>	<i>Dec. 2013</i>
<i>Grades 1-4</i>	<i>Veggiecation</i>	<i>Sept. 2015</i>
<i>Grades K-5</i>	<i>Food Corps Labs and WITS</i>	<i>Sept. 2015</i>

*The nutrition curricula above will use real-world examples that teach skills that are behavior based such as how to choose healthier options in a store.*

### **School Food/FoodCorps Partnership**

Lucero Elementary will work with School Food Staff and FoodCorps Staff to develop and maintain effective partnerships with members of the school community.

In partnership meetings, School Food and FoodCorps will discuss nutrition-related topics and the food service program at the school. They will provide information on any aspect of the School Food program upon request. Lucero Elementary School's principal will invite students from various classes, the principal or a designee, the parent coordinator, and the School Food manager to participate in Partnership meetings.

Partnership members will work together to foster communication between Lucero Elementary's community and School Food/FoodCorps.

The Lucero Elementary School's Wellness Team will work with School Food/FoodCorps Partnerships to promote and monitor nutritional and physical activity policies and programs. These groups will serve as a resource to the Lucero administration in implementing those policies.

*-School Food Partnership meetings will occur during the school day, once per month*

*-FoodCorps Partnership meetings will occur during the school day, once per month*

### **School Gardens**

*-Lucero will use its school garden as an outdoor classroom for nutrition, science, and other lessons. The school gardens will also be used for cooking classes for parents and Lucero students.*

### **Food as Reward**

Teachers will not use foods or beverages as rewards for academic performance or good behavior.

*-Lucero will also prohibit the use of withholding food and beverages as punishment.*

*-Lucero will limit the frequency of classroom celebrations that include food and will provide recommendations for non-food celebrations and/ or healthy classroom celebrations.*

List non-food celebrations and healthy classroom celebrations:

1. Have activities such as dancing, games, crafts, or singing, 2. Have a tasting party with different types of fruits and vegetables, 3. Student is a special helper for the day, etc.

*-Furthermore, Lucero is committed to a Healthy Snack Policy.*

- *Only foods in "Recommended Snack List" will be allowed.*

### **Healthier Food Options**

Fresh fruit

Raw vegetables

Yogurt dipping sauce for fruit and vegetables

Low fat cheese

Dried fruit or nuts

Plain yogurt (provide fresh fruit topping)

Air popped popcorn

Pretzels

Explore healthy snacks from around the world

### **Healthy Beverages**

Low-fat or skim (fat free) milk

Tap water (add fruit slices for added flavor and fun)

Seltzer water with a little 100% fruit juice

100% fruit juice (6oz recommended limit)

\* A poster will be displayed in the cafeteria to remind students of acceptable and unacceptable foods and drinks at Lucero.

### **Swap Bin**

Introduced for the first time in the fall of 2017 students who are given foods during lunch and do not want to eat that specific item can swap it for another healthy snack from the snack bin. Foods that are swapped have to be sealed (unopened) and not eaten. For example, students can swap sealed fruit cups for fruits such as apples or bananas. Other items include sealed sliced apples, sealed carrots, yogurt, etc. Foods in swap bins that are not eaten will be sold during other lunch periods. Those snacks not taken during lunch will be given out during dismissal.

## Snack in the Classroom

Snack in the classroom is an instituted school policy from the NYC DOE. Students will be given snack during the early morning and mid-afternoon. Snack in the classroom is a mission to help reduce the number of students who are hungry during the day. This initiative will also help to increase student awareness of healthy food options.

## V. Physical Activity Opportunities and Physical Education

### Daily Physical Education K-12

Lucero will provide at least 120 minutes per week of physical education to all students, including students with disabilities and/or special health-care needs and those in alternative educational settings. Lucero will provide 90 minutes per week of instructional physical education and 30 minutes per week of physical activity in the classroom environment (Move to Improve (MTI)) to kindergarten classes at Lucero. The other Lucero classes are only seen once a week and therefore are provided with 45 minutes per week of instructional physical education and 75 minutes per week of physical activity in the classroom to meet the 120 minutes of physical education mandated by New York State.

As of 2007-2008, meeting the NYSED requirements for physical education is part of the Principal's Compliance Checklist. NYSED regulations states there is 120 minutes require a minimum of 120 minutes of PE per week for grades K-6, 90 minutes of PE for grades 7-12, and daily PE for grades K-3. To the extent possible, a certified physical education teacher or a teacher specializing in physical education will teach physical education. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. For more information regarding the learning standards necessary in a quality PE program please visit:

<http://www.p12.nysed.gov/ciai/pe/pels.html>

**Curriculum** –Lucero Elementary School is committed to the use of a health-related fitness curriculum, such as Physical Best.

*Lucero Elementary School will provide Physical Education using the state standards for the designated grade level.*

Grade level	Total Minutes of Weekly Physical Education (PE)	PE incorporated into classroom instruction (Yes/No)	Estimated minutes of weekly PE through classroom instruction
Kindergarten	90	YES	30 (6 minutes per day)
Grade 1	45	YES	75 (15 minutes per day)

Grade 2	45	YES	75 (15 minutes per day)
Grade 3	45	YES	75 (15 minutes per day)
Grade 4	45	YES	75 (15 minutes per day)
Grade 5	45	YES	75 (15 minutes per day)

**Assessment** - Lucero Elementary School has incorporated NYC FITNESSGRAM into their physical education program. Students and parents receive printed reports of student performance on NYC FITNESSGRAM.

### Physical Activity

**Integrating Physical Activity into the Classroom Setting** - For students to receive the nationally recommended 60 minutes of physical activity per day, they need opportunities for physical activity beyond physical education class. Toward that end Lucero Elementary School will:

- Provide classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.
- Provide opportunities for physical activity as part of other subject lessons using Move to Improve, Activity Works and Go Noodle.
- Have classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.

**Lucero Elementary School's Daily Recess (outdoor)**-Lucero Elementary School will provide all its students with at least 20 minutes a day of supervised recess, preferably outdoors, during which time staff encourage moderate to vigorous physical activity and provide appropriate space and equipment. Outdoor recess will take place in 3 different areas (playground 1 and swings, basketball court, and playground 2/turf field and track).

***DOE policy states that outdoor play is permitted regardless of temperature so long as weather conditions are appropriate. Lucero has determined that students will go outside unless the temperature and/ or wind chill is below 32 degrees.***

**Lucero Elementary School's Daily Recess (indoor)**- If the temperature/ or wind chill is below 32 degrees and/ or because of inclement weather (e.g., rain, sleet and/ or snow) Lucero Elementary School will provide all its students with at least 20 minutes a day of supervised recess, indoors (e.g., auditorium and/ or gymnasium), during which time staff

encourage moderate to vigorous physical activity and provide appropriate space and equipment.

*Indoor Recess Announcements-* If students are to have recess indoors an announcement will be made 5-10 minutes before the first lunch wave begins. A school aide (Ms. Colon or Ms. Camacho) will make the announcement over the loud speaker. \*The technology coordinator will update any announcements about recess on the school website to notify parents. Parents can log onto Lucero's website at [www.lucero311.org](http://www.lucero311.org).

**Indoor Recess Activities-** If recess is held indoors students will be placed in one of two places (auditorium or the gymnasium). If students are to have recess in the auditorium they will participate in moderate to vigorous physical activities led by a Coach from Asphalt Green's Recess Enhancement Program. Students will participate in the following physical activities:

- Dance Dance Revolution
- Lets Dance
- Beach Volleyball
- Tai Chi
- Yoga
- Go Noodle
- Move to Improve (MTI)

If students are to have recess in the gymnasium they will participate in moderate to vigorous physical activities led by a Coach from Asphalt Green's Recess Enhancement Program. Students will participate in the following physical activities:

- Tag (various tag games)
- Soccer
- Hula Hoop
- Jump Rope
- Steal the Chicken
- Basketball
- Scooter Racing
- Team Building Activities

**Physical Activity Opportunities Before and After School** - Lucero Elementary School will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs like: Young Runners and Girls on the Run

- **Physical Activity and Punishment** - Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess, physical education) as punishment.

## **Communications with Parents**

Lucero Elementary School supports parents' efforts to provide a healthy diet and daily physical activity for their children through:

- Providing healthy-eating seminars for parents, sending home nutrition information, posting nutrition tips on school websites, and providing nutrient analyses of school menus.
- Encouraging parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the DOE nutrition standards for individual foods and beverages.
- Providing parents with a list of foods that meet the DOE's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Providing opportunities for parents to share their healthy food practices with others in the school community.
- Providing information about physical education and other school-based physical activities before, during, and after the school day. We will support parents' efforts to provide their children with opportunities to be physically active outside school.
- Provide information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

## **VI. Staff Wellness**

Lucero Elementary School will encourage its staff to maintain a healthy lifestyle. Lucero Elementary School's principal will work with a group of staff to develop, promote, and oversee a multi-faceted plan to promote staff health and wellness. The plan should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle.

Name specific programs, i.e. Zumba classes, Yoga, Tai Chi, Weight Watchers, etc.

- Lucero Elementary School *encourages staff to be healthy role models for our students, demonstrating that eating nutritious food and taking care of their bodies and minds are important values for the whole school community.*

## **VII. Monitoring and Policy Review**

Lucero Elementary School's principal or designee will ensure compliance with this wellness policy as well as Chancellor's Regulation A-812 and will report on the school's compliance to the appropriate DOE manager.

**Policy Review**

Lucero Elementary School Wellness Team will review this policy and its success annually at the end of every school year. At the review period, the Wellness Team may suggest revisions to the policy based on the school’s needs.

**This Wellness Policy has been approved by:**

**Date of Approval: 9/7/17**

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Kattia Cuba, Principal

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Ben Ferder, PE Teacher & Co. Wellness Coordinator

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Tima Faison, Para & Co. Wellness Coordinator

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Betzaida Camacho, School Aide

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Kent Gifford, WITS Chef

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Shey Hall, FoodCorps

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Jennifer Perri, Administrator

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Taisy Conk, New Settlement Liaison

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Ryan Renaud, ESYNYC

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Heidi Zimdahl, Music Teacher

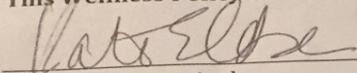
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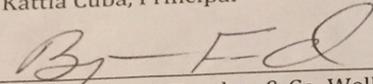
**Policy Review**

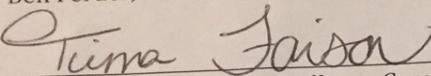
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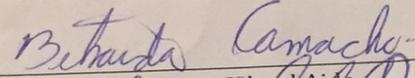
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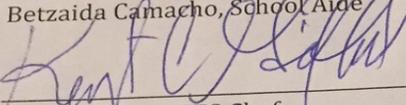
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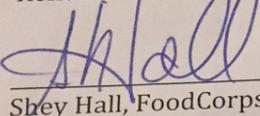
  
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Kattia Cuba, Principal

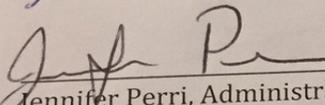
  
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Ben Ferder, PE Teacher & Co. Wellness Coordinator

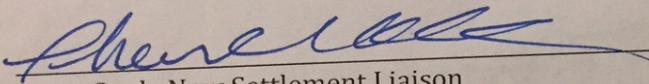
  
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Tima Faison, Para & Co. Wellness Coordinator

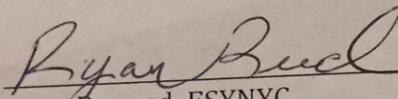
  
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Betzaida Camacho, School Aide

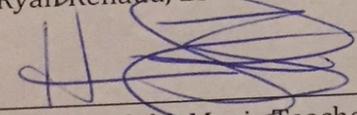
  
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Ryan Renaud, ESYNYC

  
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Heidi Zimdahl, Music Teacher

**Inquiries:** Inquiries pertaining to the Lucero Elementary School Wellness Policy should be addressed to:

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c/o Lucero School Wellness Committee  
Lucero Elementary School  
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