

**CENTER MORICHES UNION FREE SCHOOL DISTRICT
BOARD OF EDUCATION POLICY**

DISTRICT WELLNESS POLICY

The Center Moriches School District is committed to providing a school environment that promotes and protects children's health, well being, and the ability to learn by supporting healthy eating and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education.

The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) Teachers and Staff;
- e) The School Board;
- f) School administrators;
- g) Members of the public.

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

Pursuant to Section 204 of the Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004, the District established the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

Pursuant to Section 201 of the Healthy, Hunger-Free Kids Act of 2010, the District supports this policy.

Nutrition Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well being." The district adopts the following nutrition guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

- a) Students in Grades K through 12 shall receive nutrition education that is interactive, teaches the skills they need to adopt healthy eating behaviors, and provides them with the skills to make nutritious food selections (i.e. reading a Nutrition facts label) and enjoyable physical activity choices for a lifetime.
- b) Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and teachers; the school cafeteria and/or a school garden shall be used as a learning lab.
- c) Students shall receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community and media, and school-based marketing will be consistent with nutrition education and health promotion.
- d) Establish a whole school environment which includes education, marketing and promotion that supports healthy eating and positive nutrition-related behaviors by:
 - i. Providing positive, motivating messages (i.e. posters, announcements, etc.) about healthy lifestyle practices throughout the school setting. School personnel will reinforce these positive messages.
 - ii. Promoting healthful eating habits and healthy lifestyles at school events and in school publications, including the district website.
 - iii. Eliminating advertising and other materials on the school campus that promote foods of minimal nutritional value (MNV).
- e) The school district shall engage families and provide information that encourage them to teach their children about health and nutrition and to provide nutritious meals. Parents will be provided the opportunity to give feedback on district wellness goals through the website, e-mail, parent conferences, or events.
- f) District health education curriculum standards and guidelines shall include both nutrition and physical education.
- g) Schools will link nutrition education activities with the coordinated school health model. Nutrition educational activities shall be integrated into the health education or core curricula.
- h) Staff who provide nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program.
- i) Students shall have access to a variety of affordable nutritious and appealing food choices that meet their health and nutrition needs and which accommodate the religious, ethnic, and cultural diversity of the student body.

- j) Students shall be encouraged to start each day with a healthy breakfast. The District will participate to the maximum extent practical in available federal school meal programs [School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program (including suppers)]. The district will meet, at a minimum, all federal and state laws and regulations governing school meals in competition with school meals, and requirements for school nutrition and wellness policies per the most current Child Nutrition Reauthorization.
- k) Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted through the use of posters and labels.
- l) Caloric balance between food intake and energy expenditure (physical activity/exercise) shall be emphasized.
- m) The district's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

Physical Activity Goals

The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle. The district adopts the following physical activity guidelines:

- a) Students shall be given opportunities for physical activity during the school day through physical education class, daily recess periods for elementary school students and through the integration of physical activity into the academic curriculum.
- b) Students shall be given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramural, interscholastic athletics and physical clubs.
- c) The school district shall work with the community to create ways for students to walk or bike safely to and from school.
- d) The school district shall encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.

- e) Teachers and other school staff shall not use physical activity (e.g., running laps or pushups) as a punishment and shall encourage as much physical activity as possible.

Other School Based Activities Goals

It shall be the district's goal to create a school environment that provides consistent wellness messages and that is conducive to healthy eating and being physically active. In accordance with this goal, the district adopts the following guidelines:

- a) There shall be a clean, safe, enjoyable meal environment for all students providing adequate time for lunch (at least 20 minutes) to enjoy eating healthy foods with their friends.
- b) There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- c) Lunch time shall be scheduled as near the middle of the school day as possible.
- d) Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day.
- e) Students are encouraged to participate in school meals programs and the identity of students who eat free and reduced-price meals will be protected. Students will be encouraged to use the school meals program through school to home communication and through the efforts of the food service company.
- f) Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the district.
- g) Marketing of foods and beverages that are not allowed will be restricted.
- h) The district shall encourage all stakeholders that all fundraising efforts and school events such as field trips, dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity.
- i) Efforts will be made to keep school or district-owned physical activity facilities open for use by students outside school hours.

Establishing Nutrition Standards

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The district establishes the following program requirements and nutrition standards to address all foods and beverages sold or served to students:

- a) Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size.
- b) All foods and beverages made available (including vending machines, a la carte, fundraising, concession stands, student stores and school parties/celebration) during the school day are encouraged to be consistent with the current USDA Dietary Guidelines for Americans and are encouraged to exceed minimum standards.
- c) Food providers shall offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- d) All foods made available shall adhere to food safety and security guidelines.
- e) The food service company will advertise and/or make available nutrition information for products offered in snack bars, a la carte, vending, and school stores shall be readily available near the point of purchase; nutritional content for school meal program will be shared with and publicized to students and parents.
- f) Celebrations that involve food during the school day are encouraged to be healthy food choices.
- g) Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets.
- h) The food service company will allow families, teachers, students and school officials shall be involved in selecting food selections for their schools in order to identify new, healthful and appealing food choices.
- i) Professional development in the area of food and nutrition is provided for food service managers and staff.
- j) The district shall make decisions on these guidelines based on nutrition goals, not on profit.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria [snack] lines, fundraisers, school stores, etc.)*

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and nonfat milk, fruits, and non-fried vegetables. In

middle schools and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Foods

A food item sold individually:

- a) Will have no more than thirty-five percent (35%) of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and ten percent (10%) of its calories from saturated and trans fat combined;
- b) Will have no more than thirty-five percent (35%) of its weight from added sugars;
- c) Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes;
- d) Such as snack items shall not exceed 240 calories per package;
- e) At least half of the grains served shall be whole grain-rich.

A choice of at least two (2) fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent (100%) fruit or vegetable juice; fruit-based drinks that are at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).**

Beverages

Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than fifty percent (50%) real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- a) One and one-quarter (1 1/4) ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- b) One (1) ounce for cookies;
- c) Two (2) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- d) Four (4) fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- e) Eight (8) ounces for non-frozen yogurt;
- f) Twelve (12) fluid ounces for beverages, excluding water; district schools will follow the Institute of Medicine's recommendations for beverage serving sizes;
- g) Juice serving size for elementary school students shall be limited to 6-ounce containers;
- h) The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

****This section regarding the standards for individual food and beverage sale may or may not be included in the policy.***

*****Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurt and other perishable items.***

Goals for Measurement and Evaluation

This policy shall be evaluated and monitored on an annual basis to ensure that the school district is in compliance with changing NSLP meal requirements. The district shall designate the Director of Health, Physical Education, and Athletics, who shall be charged with the responsibility of ensuring that the district meets the goals of this policy. An annual report will be prepared for the Superintendent evaluating policy and regulation implementation and will include any recommendations for change. The review will include any evidence of student health impact and effective program and program elements.

The Superintendent or designee will develop a summary report every three (3) years on district-wide compliance with the district's Wellness Policy.

Healthy Hunger Free Kids Act, Child Nutrition and WIC Reauthorization Act of 2010, Public Law 111-296
Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204
Richard B. Russell National School Lunch Act , 42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.
7 Code of Federal Regulations (CFR) Section 210.10

Adopted: 02/27/13

Revised: 06/20/17