

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, as well as safe food preparation methods.

School Meals

1. *Promote fresh fruits, vegetables, salads, whole grains, and low fat items.*
2. *Encourage students to try new or unfamiliar items.*
3. *Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.*
4. *Consider serving produce and food from local farms and suppliers.*

Meal Scheduling

1. *Provide adequate time to eat.*
2. *Schedule lunchtime for elementary schools will be between ~~between normal lunch hours~~ (11 a.m. - 1 p.m.), Jr/Sr High School during designated lunch periods.*

Foods and Beverages Sold Individually (a la carte and vending machines)

1. *Promote items that are healthy, fresh, natural and less processed.*
2. *Discourage items high in sugar, fat, and that are highly processed.*
3. *Work with existing vendors or locate new vendors that will comply with the district's objectives.*

Fund Raising Activities

1. *Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do.*
2. *Discourage sales of candy and other "junk food."*

Celebrations

1. *Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.*
2. *Increase healthy food items or non-food activities, and reduce “junk food” and/or less-healthy food, at celebrations.*
3. *Model the healthy use of food as a natural part of celebrations.*

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. The district’s Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

Physical Education

1. *Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements.*
2. *Physical Education classes shall incorporate the appropriate NYS Learning Standards.*
3. *Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).*
4. *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.*
2. *Recess shall not be used for punishment or reward.*
4. *If the district is under severe time or space constraints, consider combining recess and Physical Education, though such activity must comply with the requirements for Physical Education under Commissioner’s Regulations section 135.4.*
4. *Recess will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal*

Physical Activity in the Classroom

1. *Promote the integration of physical activity in the classroom*
2. *If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.*

Extracurricular Opportunities for Physical Activity

1. *Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing).*

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. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

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, vegetables, whole grain products, low fat dairy products, safe and 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.*

IV. Other School-Based Activities

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

Implementation

The Board shall designate the Director of Physical Education & Athletics and the Director of Food Services to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Review

The Superintendent's Annual Report to the Board shall include information about the district's wellness activities and food service program. ~~Every two years, the [District Wellness~~

~~Coordinator], in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to 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 gathering information, such as:

- 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 checks of student mastery of the nutrition education curriculum.*
- 7. Periodic completion of relevant portions of the CDC School Health Index.*
- 8. 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;*
 - c. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);*
 - d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and*
 - e. revenues generated from vending machines and a la carte food items.*
- 9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.*
- 10. Periodic review of professional staff development offered which focuses on student wellness.*

Ref: P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
42 USC §1779 (Child Nutrition Act)
7 CFR §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)
8 NYCRR Part 135 (Health and Physical Education curricular requirements); §114.1 (School Breakfast Program Requirements)
Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)
Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

Adoption date: July 5, 201

Cold Spring Harbor Central School District
Administrative Regulations – Student Wellness Program

The Cold Spring Harbor Student Nutrition Program (the “Program”) will strive to provide students, faculty and staff with healthy, nutritious, and good tasting food choices each day. Although the primary purpose of the Program is the provision of student meals, an additional goal of the Program is to complement nutritional education and establish lifelong healthy eating habits. The Program will provide healthy choices and good tasting meals and snacks that meet or exceed local, state and federal guidelines. The Food Service Director will:

- Ensure that the Staff is adequately trained to prepare and serve nutritious food in a fresh and appealing manner and that food preparation and service is consistent among the schools.
- Be a member of the district’s Nutrition & Wellness Committee (~~ref. policy #1930~~) and make recommendations regarding implementation and monitoring of the Nutrition and Wellness Policies.
- Check with the Building Principals for dates of field trips and other events that would impact the Program.
- Create monthly menus for each school and post on the district’s website as a link on each school page. Prices for complete meals and a la cart items, along with nutritional information, will be provided.
- Meet periodically in each school with parents, students and building personnel to discuss issues related to the Food Service Program.
- Consult the district Nutrition & Wellness Committee and submit a written report to the Superintendent by March 1st of each year to highlight progress of the Program and plans for the upcoming year.

I.Nutrient Standards and Guidelines for the Student Nutrition Program (K-12)

A. Meals:

The cafeteria and workstations will meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines. Water fountains will be clean and operable.

During the school day all food sold or provided by the Cold Spring Harbor School District will be served in a clean, safe and pleasant setting and will meet or exceed nutritional requirements established by local, State, and Federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans.

The district will offer a variety of food choices and abide by the following guidelines:

- Minimally processed meats and poultry will be used
- Whenever possible foods will be prepared with fresh ingredients
- Only fresh fruit or canned packed in its own juices will be served
- Fresh or frozen vegetables will be served in preference to canned
- Every effort should be made to offer at least one vegetable and one fruit option daily
- Salads should include a majority of dark, leafy greens (e.g., preference for Romaine vs. Iceberg)
- A vegetarian option should always be available
- Water, 100% fruit and/or vegetable juices, low-fat (1%) and fat-free milk will be available with meals

- Organic milk and yogurt will be available at each school for purchase a la carte whenever possible
- A minimum of 50% of the grains served will be whole grains
- When baked goods are provided they will be either fresh or meet the snack requirements set forth below
- Food will be prepared using methods that reduce the fat content: no fryers shall be used
- Food will be free of trans fatty acids
- To the maximum extent practicable, foods low in sodium, and free of preservatives, artificial colorings, nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils will be used.

B. Snacks:

All packaged snacks and vending items provided by the district should be in single serving packages and meet the following criteria:

- Total fat equal to or less than 7 grams of fat per serving
- Saturated fat equal to or less than 2 grams per serving
- Sodium equal to or less than 360 milligrams per serving
- Sugar equal to or less than 15 grams per serving
- Contain no trans fatty acids
- To the maximum extent practicable, be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils.

C. Beverages:

Water (other than bottled) will be available free of charge during meals. Beverages sold by the Program shall meet the following criteria:

- Plain or chocolate flavored milk in no more than 8 ounce containers
- Sweetened beverages (except for 100% fruit juices) must have:
 - Sugar equal to or less than 23 grams per 8 ounce serving
 - Container size less than or equal to 12 ounces
- Total fat equal to or less than 3 grams per 8 ounce serving
- Sodium equal to or less than 200 milligrams per 8 ounce serving
- Caffeine less than or equal to 10 milligrams per 8 ounce serving
- No artificial sweeteners, high fructose corn syrup, or artificial colors

D. Vending Machines:

- All vending Machine contracts for any machine on district property or in any school building must be approved and administered by the District's Superintendent for Business.
- All monies will be deposited into a "Revenue Vending Account" in the cafeteria fund.
- Proceeds from non-cafeteria machines can be used to enhance the food service program and/or fund other projects and/or events relating to nutrition and wellness education.
- All expenditures must be approved by the Assistant Superintendent of Business and reported to the Board of Education.
- All vending machine products sold before and during the school day in conjunction with the school lunch program must meet or exceed the snack and beverage criteria set forth in this policy.

- All vending machine products in machines not affiliated with the school lunch program should strive to meet or exceed the snack and beverage criteria set forth in the policy.
- With the exception of vending machines in the faculty lounges, all vending machines not affiliated with the school lunch program will be inoperable before and during the school day.

II. Use of food in the Classroom K-12

A . Individual Snacks:

The district recognizes that students of all ages may need to eat in between meals to maintain focus and proper nutrition.

- Schools will encourage snacks that make a positive contribution to a child’s diet and health.
- Snacks brought from home should be for individual consumption by students. Sharing of food and beverages is discouraged given concerns about allergies and other restrictions on some children’s diets.

B. Food for General Distribution:

Food brought to the classroom for general distribution must comply with the following:

- Candy, soda, caffeinated beverages and artificial sweeteners are not permitted
- Foods with high fructose corn syrup, trans fatty acids, or artificial colors are strongly discouraged
- In compliance with the Suffolk County Sanitary Code, food brought from home or other outside establishments will not be stored, refrigerated or heated in the school cafeteria facilities.
- To promote nutritional understanding and safeguard the wellbeing of students with food allergies and sensitivities, food brought from home for general distribution to students must clearly label all ingredients.

1. Instructional Uses:

The district recognizes that there are certain times when the use of food will enhance a lesson plan or enrich the curriculum. In addition to the restrictions set forth above in section II. B of this policy titled “Food for General Distribution”, and to promote nutritional wellbeing and re-enforce the teaching of nutrition:

- Food used for instructional purposes should be directly related to the curriculum or enrichment of the study of other cultures.
- Priority should always be given to healthy choices consistent with the standards set forth in this policy.
- Teachers will notify their building principal of any proposed use of food for instructional purposes.
- Prior to an event or lesson where food will be generally distributed to students during the day, the classroom teacher (or designee) will send notice home with a brief description of what is planned.
- In grades K-6, every effort should be made to serve food after the students have eaten lunch. If food will be served in place of lunch, the teacher must notify the Building Principal and Food Service Department of the event at least one week in advance so that adjustments in food preparation can be made.

2. Birthday Celebrations in the Classroom K-6:

The district recognizes that birthday celebrations can be an important part of a child's primary and elementary school experience.

For children who choose to celebrate their birthdays in school, non-food celebrations, such as songs, games, book sharing and/or physical activity deemed appropriate by the class room teacher are strongly encouraged.

At the discretion of the building principal, food may be used in connection with a birthday celebration subject to the provisions set forth above in section II. B of these regulations titled "Food for General Distribution" and in addition:

- The celebration must take place after the class has had lunch and as close to dismissal as possible.
- A healthy choice, such as fresh fruit or cut vegetables, is strongly encouraged

III. Fundraising during the School Day (K-12)

- Schools will encourage fundraising activities that promote intellectual and physical activity.
- There will be no fundraising activities involving the sale of food or candy to students prior to school or during the school day.
- In compliance with the Suffolk County Sanitary Code, food brought from home or other outside establishments will not be stored, refrigerated or heated in the school cafeteria facilities.
- To promote nutritional understanding and safeguard the wellbeing of students with food allergies and sensitivities, any food sold on school property, must:
 1. If baked from a home kitchen, state that food is baked from home and prepared in a kitchen not governed by county regulations and,
 2. Clearly label the ingredients (whether fresh baked or store bought)

IV. Reward and Discipline

Food

- Food shall not be used as an incentive or reward for academic performance or good behavior for either an individual student or class (except when approved by District Office Administration).
- Food and beverages shall not be withheld as punishment.

Recess

- A. School Personnel will not withhold recess without first consulting the principal.
- B. If a student is denied recess the classroom teacher or principal shall notify the parent.
- C. School personnel in grades K-6 will strive to provide a minimum of 20 minutes each day of supervised recess, preferably outdoor.

V. Nutrition and Wellness Committee

At the annual Board of Education Reorganizational Meeting ~~By the end of May~~, the Chair of the Nutrition and Wellness Committee for the following school year will be selected and shall be responsible for scheduling **no fewer than 2** meeting dates for the following year ~~on the District Calendar~~.

Adopted: August 26, 2008

Amended: November 10, 2009
Amended date: January 8, 2013