

ADMINISTRATION #1

RESOLUTION

Whereas, the Wyandanch Union Free School District recognizes its responsibility for the health and physical well-being of the students enrolled in the District and,

Whereas, the Wellness Policies on Physical Activity and Nutrition has been developed for adoption by the Board of Education

Therefore be it resolved, that the First Reading of the Policy as incorporated herein, be adopted by the Board of Education.

POLICY

#7590 WUFSD Wellness Policies on Physical Activity and Nutrition

SECOND READING

3rd READING – SEPTEMBER 21, 2016

**SUBJECT: WUFSD WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION –
POLICY #7590**

Preamble

Wyandanch Union Free School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{i,ii,iii,iv,v,vi,vii} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{viii,ix,x} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{xi,xii,xiii,xiv}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
 - Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
 - Students have opportunities to be physically active before, during, and after school;
 - Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
 - School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives; and

- The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate;
 - NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.
- This policy applies to all students, staff, and schools in the District.

School Wellness Committee

The District will convene a representative district wellness committee (hereto referred to as the DWC) that is comprised of students, parents, teachers, food service professionals, health professionals, administration, school lunch manager, PE administrator, nurses, outside agencies (WSBOCES, Cornell Cooperative Extension) and other interested community members. The DWC will meet at least three times during the year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy"). A letter will be sent to the school community via email and will be posted in a central area in all school buildings inviting members of the community to join the DWC. Teachers, students, parents, administrators and allied health professionals are encouraged to attend.

Qualifications of School Food Service Staff – Qualified nutrition professionals will administer the school meal programs. The District will provide opportunities for continuing professional development for all nutrition professionals in schools. Staff development programs will include certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, as appropriate.

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.

Meal Times and Scheduling –

Schools, to the extent possible:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Will encourage students to wash or sanitize hands before eating;
- Will sell or serve food and beverages at school that meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans;
- Will not serve fruit juice at lunch in place of fresh or canned fruit;
- Will protect the privacy of students who would otherwise be eligible for free or reduced priced meals. The district has implemented the Community Eligibility Provision (CEP) which entitles all children to free breakfast and lunch.
- Will have qualified child nutrition professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs;
- Will provide students with clean, safe, and pleasant settings and adequate time to eat;
- Will provide breakfast through the USDA School Breakfast Program;
- Will allow the opportunity to provide input on local, cultural, and ethnic favorite foods by participating in the school wellness team;
- Will provide students and staff with access to free, safe, and fresh drinking water throughout the school day as per the USDA mandate that students have access to potable drinking water during meal times;
- Will strive to manage the high school lunch period schedule in a way that ensures adequate space and time for all students to eat.

Smart Snacks in School consist of Competitive Foods and Beverages sold outside of the reimbursable National Schools Lunch Program (NSLP) or School Breakfast Program (SBP) on campus from midnight until 30 minutes after the end of the school day, such as through vending machines, a la carte in the cafeteria, school stores and snack bars. Smart Snacks ensure that all snack foods and beverages available for sale to students during the school day are tasty and nutritious. Foods and beverages sold during the extended school day meet Smart Snacks nutrition standards.

To be allowable, a competitive food item **MUST**: meet all of the competitive food nutrient standards AND include one of the following:

- Be a “whole grain-rich” product (contain 100 percent whole grains by weight or have the first ingredient a whole grain);
OR
- Have as the first ingredient a fruit, vegetable, dairy, a dairy product, or a protein food;
OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Foods must also meet several nutrient requirements: <http://www.fns.usda.gov/>

Calorie limits:

- Snack items/Side dishes (non-NSLP/SBP): ≤ 200 calories per portion as packaged or served (including any added accompaniments such as butter, cream cheese, salad dressing etc.)

Sodium limits per portion as packaged or served for non-NSLP/SBP items:

- Snack items/Side dishes: ≤ 200 mg

Fat limits:

- Total fat: ≤ 35% of total calories from fat per portion as packaged or served.
Exemptions include:
Reduced fat cheese, including part-skim mozzarella;
Nuts, seeds and nut/seed butters;
Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat;
Seafood with no added fat.
- Saturated fat: ≤ 10% of total calories per portion as packaged or served.
Exemptions include:
Reduced fat cheese, including part-skim mozzarella
Nuts, seeds and nut/seed butters
Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
- Trans fat: zero grams of trans fat per portion as packaged or served

Sugar limits:

- ≤ 35% of weight from total sugars in foods
Exemptions include:
Dried whole fruits or vegetables
Dried whole fruit or vegetable pieces
Dehydrated fruits or vegetables with no added nutritive sweeteners
Dried fruits with nutritive sweeteners (required for processing or palatability)

Fruits/Vegetables/Yogurt:

- Fresh, frozen and canned fruits with no added ingredients except water
- Fruits packed in 100% fruit juice or extra light, or light syrup
- Fresh, frozen and canned vegetables with no added ingredients except water
- Canned vegetables that contain a small amount of sugar for processing
- Low fat/nonfat yogurt with less than 30 grams of sugar per 8 ounces

Accompaniments:

- Must be pre-portioned and included in nutrient profile as a part of item served and meet all proposed standards
- Examples include:
Dressings with salads
Butter or jelly on muffins
Cream cheese on bagels
Garnishes, etc.

Nutrition Standards for Beverages:

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- Elementary school serving size for allowable beverages except for water is ≤ 8 ounces
- Middle and High school serving size for allowable beverages except for water is ≤ 12 ounces
- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. will be sold to students during the school day
- Flavored, carbonated water available only in the Middle and High schools.

Caffeine Restrictions:

- Elementary and Middle schools - Beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances
- Cold beverages with caffeine, such as iced tea, will be available to HS students
- Beverages containing caffeine will be available to faculty and staff

Snacks – Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, emphasizing fruits, vegetables and water.

Rewards – School will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a punishment. Food rewards or incentives should not be used in classrooms to encourage student achievement or desirable behaviors.

Celebrations – District encourages healthy snacks at parties.

The District shall provide parents with a list of allowable party foods that meet the Smart Snack standards and will encourage celebrations to focus on activities, rather than food.

Due to food allergies and sanitation issues, it is recommended that parents, teachers and students do not bring home made food into school for other students unless there is a school district-wide cultural learning event involving food.

The District offers a Celebration Day Basket that can include fresh fruit/vegetables and healthy snacks, such as popcorn pretzels, trail mix and juice for as little as \$.75 per child. An order form can be obtained in the child nutrition office.

Fundraising Activities – To support children's health and school nutrition-education efforts, the District will discourage fundraising activities outside of the school day that sell foods and will encourage the use of foods that meet the above nutrition and portion size standards for foods and beverages sold individually (Smart Snacks). The District will encourage fundraising activities that promote physical activity.

School-sponsored events – (such as, but not limited to, athletic events, dances, or performances). The District will encourage that foods and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals or for foods and beverages sold individually (Smart Snacks).

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education –The District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes nutrition topics integrated within the comprehensive health education curriculum and taught at every grade level (K-12);
- Is aligned with state and federal learning objectives and standards; and
- Includes training for teachers, coaches and other staff.

Nutrition Education –

- Is integrated into the curriculum and the health education program;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects; includes enjoyable, developmentally-appropriate activities, such as contests, promotions, taste testing, farm visits and school gardens;
- Incorporates lessons helping children acquire skills for reading food labels;
- Includes working with the cafeteria as a learning lab and visiting the MLO MS garden;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity);
- Teaches media literacy, including food marketing; and
- Discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies, other restrictions on some children's diets and transmitting illness.

Integrating Physical Activity into the Classroom Setting – For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement 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;
- Classroom teachers, to the extent possible, will provide short physical activity breaks between lessons or classes using such tools as Activity Works and Go Noodle, as appropriate;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Communications with Parents – The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will offer health seminars for parents, send home nutrition information, and provide nutrient analyses of menus on the school website. Schools will encourage parents to pack healthy lunches/snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District will provide parents a list of foods that meet the District's Smart Snack standards and ideas for healthy celebrations/parties, rewards, and fundraising.

The District will provide information about PE and other school-based physical activity opportunities before, during, and after the school day, and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support may include sharing information about physical activity and education through the District's website, a newsletter, take home materials, special events, etc. Nutrition education, particularly as it relates to the new nutrition standards, will be provided to parents in the form of handouts, the District website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles and other ways to reach, engage parents and solicit their input.

All schools will begin the process of developing comprehensive school physical activity programs (CSPAP) that address family and community engagement in physical activity. When programs like Hoops for Hearts are conducted in schools, parents should be invited to participate.

Staff Wellness –The District will promote the health and well-being of every staff member and will encourage staff to model healthy eating and physical activity as a valuable part of daily life. For example, teachers are provided water bottles and encouraged to drink water in the classroom. Principals should request that their staff refrain from eating and drinking in the classroom. Teachers model physical activity by exercising during the school day in the weight room or walking with others in the staff walking clubs, during the breast cancer awareness walk and on National Walking Day. Staff initiated ventures that encourage healthy eating, physical activity and other elements of a healthy lifestyle will be supported and guided by the DWC. Each school should develop a CSPAP plan that allows staff to participate in or lead physical activity opportunities throughout the school day. Efforts to provide staff with information, tools and resources regarding physical activity and nutritional foods will be made through the DWC, and will be a prime focus of the committee with a particular effort during wellness week. All staff should be provided with opportunities for professional development about physical activity.

Food Marketing in Schools – School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (as defined above). The advertising of foods and beverages that are not available for sale in district schools will not be displayed on any school property, including the exteriors of equipment such as vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. Promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Schools shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions include a monthly Wyandanch Healthy Eating Day, when new, healthy foods will be promoted and introduced during school meals. Posters, signage, and morning announcements should be utilized to highlight healthy items on the menu.

Food marketing which is discouraged include: logos and brand names on vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products; in-school television; free samples or coupons; and food sales through fundraising activities. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods. Allowable marketing activities that promote healthy behaviors that are being considered include: vending machines promoting water; sales of fruit for fundraisers; and coupons for physical activity opportunities.

Schools will attempt to limit advertising of unhealthy products in school publications.

Physical Activity Opportunities and Physical Education

Physical Education (PE) – The District's comprehensive, standards-based PE curriculum, aligned with state PE standards, identifies the progression of skill development in grades K-12. PE curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily PE (120 minutes/week for elementary school students and 90 minutes/week for middle and high school students) for the entire school year. All PE will be taught by a certified PE teacher. Students will spend at least 50 percent of PE class time participating in moderate to vigorous physical activity.

On days when PE is not offered, student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the PE requirement, but will be included for meeting the physical activity requirement. Schools will not allow students to be exempted from required PE. Schools may not allow students to substitute other school or community activities for required PE class time or credit.

Comprehensive School Physical Activity Program (CSPAP) – Schools should develop a plan that provides physical activity throughout the day.

Daily Recess - All Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The Middle and High school students have a minimum of 20 minutes of active recess available to them. Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-side testing make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active. High school students are encouraged to incorporate small bouts of activity into their daily schedules such as walking and bicycling to school and taking the stairs.

Physical Activity Opportunities Before and After School – All Elementary, Middle and High schools will promote extracurricular physical activities and as funds are available, will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, and students with special health-care needs. Schools will attempt to provide physical activity opportunities for all students before and after school in Elementary, Middle and High schools.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment–Physical Activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students. Teachers are discouraged from assigning physical activity as student punishment.

Professional Development – The District ensures that PE staff will receive professional development on a yearly basis by attending the Suffolk Zone Conference or another approved PD provider (i.e. WSBOCES).

Use of School Facilities Outside of School Hours – School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. All schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members. School policies concerning safety will apply at all times.

Implementation, Monitoring and Policy Review

Monitoring – At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include a description of the progress made in attaining the goals of the District's wellness policy.

The DWC will update or modify the wellness policy based on the results of the annual reports and triennial assessments, and/or as District priorities change, community needs change, wellness goals are met, new health science, information and technology emerges, and/or new Federal or state guidance or standards are issued.

A formal assessment will be conducted every three years by the DWC to review policy compliance, assess progress, determine areas for improvements, and address necessary policy revisions. Every three years the DWC will undertake an evaluation of policy implementation and will report on outcomes that may be influenced by the policy (i.e. student fitness tests, meal participation rates). The DWC has the option of utilizing the WellSAT 2.0, the School Health Index (SHI) or some other useful assessment tool. The results will be compiled at the district level to identify and prioritize needs. The District and schools will, as necessary, develop work plans to address needs and facilitate implementation.

Every three years, the DWC will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the District's established nutrition and physical activity wellness policies, based on the DWC's formal assessment. The summary report will be provided to the District Board of Education and will be distributed to all school parent/teacher organizations, school principals, staff, and school health services personnel in the district via the District website, emails, and announcements at BOE and PTA meetings.

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. Each building principal or designee will define roles and identify individuals (wellness champions) to ensure compliance with those policies (i.e. principal and/or food service director will ensure that competitive foods sold during the school day are in compliance with the Healthy Hunger-Free Kids Act). The wellness champions will report on school's compliance to the building wellness team, the DWC and the school district Superintendent or designee. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter and the most recent USDA School Meals regulations.

The building wellness team will prepare an informal annual report to the DWC and the Superintendent on implementation of nutrition, physical activity and PE policies based on observation and/or assessment tools.

Wellness policy updates and progress reports will be presented annually to the Board of Education.

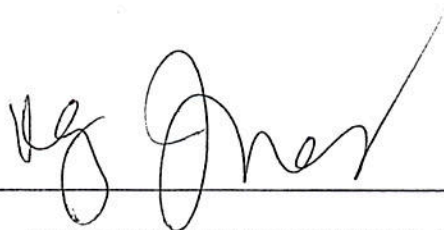
The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of appropriate means. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum and will ensure that communications are culturally and linguistically appropriate to the community.

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Healthy Hunger Free Kids Act, Child Nutrition and WIC Reauthorization Act of 2010, P.L. 111-296

Date of Adoption –

Superintendent or Designee



DISPOSITION BY THE BOARD

FIRST _____

SECONDED _____

Those in Favor 6 **Those Opposed** 0 **Those Abstaining** _____

Comments _____