

STUDENT WELLNESS

The Board of Education recognizes that overall wellness and good health are instrumental components of academic, social, and emotional success and is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To positively affect our students' health and education, the Board of Education in consultation with parents, students, health, physical education, and general education teachers, Child Nutrition Services personnel, administrators and Wellness Committee members, adopts this Wellness Policy.

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide District students with a school environment that promotes student health and wellness and reduces childhood obesity.

For purposes of this policy, "school campus" means all areas of District property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

The Board recognizes that a nutritious, well-balanced, ~~reasonably-portioned~~ diet is **one** essential **component** for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District will ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The District will ensure that all foods and beverages available for sale to students on the school campus during the school day 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.

A. School Meals – the District will:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
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.
5. Make free drinking water available at locations where meals are served.

B. Meal Scheduling – the District will:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours to the extent possible

C. Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) – the District will:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans-fats, sugar, sodium, and caffeine.
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

D. Fundraising Activities – the District will:

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the competitive foods nutrition standards set in federal regulations set by the USDA Dietary Guidelines for Americans as it refers to ~~for~~ whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
3. Student groups conducting fundraisers which take place off the school campus or outside the school day must obey this policy.
4. Outside organizations (e.g., Parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

E. Celebrations, and Events the District will:

1. This section applies to all school and classroom parties, snacks which have been brought in for the class or school, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold.
2. Schools will set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided.
3. Promote the use of food and beverage items which meet the standards for competitive foods and beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
4. Model the healthy use of food as a natural part of celebrations.
5. Allow cultural foods as part of celebrations of ethnic diversity.

F. Marketing of Foods and Beverages

1. Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items.
2. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
3. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.

4. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
5. This restriction applies to all purchases and contracts made after the effective date of this provision.

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 will adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

A. Physical Education

1. Physical Education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skill and confidence necessary for an active lifestyle.
2. Students will engage in physical education for at least the minimum number of minutes/hours or days per week under NYS State requirements, with a certified NYS physical education teacher.
3. Physical Education classes will incorporate the appropriate NYS Learning Standards.
4. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).
5. The performance or withholding of physical activity will not be used as a form of discipline or punishment.

B. Recess

1. Maintain daily allotment of recess time for elementary school.
2. Recess will not be used for punishment or reward.
3. Permit scheduling recess before lunch.
4. Recess will be held outdoors whenever possible, and indoors during the most inclement weather, at the discretion of the Building Principal.

C. Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).
2. If the District is under severe time or space constraints, or in an emergency situation, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.

D. Extracurricular Opportunities for Physical Activity and Wellness.

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking, kayaking, paddle boarding, biking and climbing, snowshoeing), including before and after school activities.
2. Promote students walking/biking to school (with proper storage of bicycles), safe routes to school, and “walking” school buses.
3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

III. Nutrition Promotion, Wellness, and Health Education

The Board believes that nutrition promotion, wellness and health education ~~is~~ **are** a key components in introducing and reinforcing healthy behaviors in students. Nutrition promotion, wellness and health education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors, **goal setting, decision making, stress management, understanding health risks and disease knowledge**, will be integrated into the curriculum. Nutrition promotion, wellness and health education information will be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education will be appropriately certified and trained. The District’s broader Health Education and Family and Consumer Science programs will incorporate the appropriate New York State Learning Standards.

The Board’s goals for nutrition promotion, wellness, and health education include that the District will:

1. Include by not be limited to well-designed life skill lessons that address nutrition promotion, wellness and health education that teaches **but not limited to** the knowledge, skills, and values needed to adopt healthy eating behaviors, **personal goal setting, decision making, mental health awareness, healthy communication skills, stress management, valid resources, understanding health risks and disease knowledge**
2. 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.
3. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
4. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
5. Emphasize caloric balance between food intake and energy expenditure.
6. 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, **health promotion**, 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. The District's Wellness Webpage is a resource available to all.

V. Implementation

The Board will designate the Direct of Child Nutrition and the Executive Director of Health, Physical Education, Recreation, and Athletics, as District Wellness Co-Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the District. The Board may also designate one person in each building as School Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

VI. Monitoring and Review

The Direct of Child Nutrition and the Executive Direct of Health, Physical Education, Recreation, and Athletics, as District Wellness Co-Coordinator, will report every three years to the Board and the public on the implementation and effectiveness of this policy. Every three years, the District Wellness Coordinators, in consultation with appropriate personnel and advisory committees, will monitor and review the District's wellness activities to determine the extent that District schools are complying with this policy, how this policy compares to model wellness policies, and the progress made toward attaining the goals of this policy and 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.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board will be provided with the opportunity to participate in the development, implementation and periodic review and update of this wellness policy and will do this in the periodic meetings of the District's Wellness Committee.

The District will inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy by posting this policy (and any updates) on the District website and in various school and District publications via established communication channels.

The District will monitor and review the implementation and effectiveness of this policy by conducting:

1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to assess 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, may include:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
 - e. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - f. 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.
11. NYSSBA's Student Wellness Assessment Checklist every three years to review the effectiveness of this policy. See Exhibit 5405-E.

VII. Recordkeeping

The District will keep records as required by federal regulations, including documentation of the following: this policy; the District's community involvement activities described above; that the policy is made available to the public; the assessments done every three years; how the public is informed of the assessment results; and when and how the policy is reviewed and updated.

The policy does not apply to:

- a. school nurses or other medical personnel when providing health care to individual students.
- b. students who require special nutrition or physical services through an Individualized Education or 504 plan.

Ref:

P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b
 P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204
 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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)

7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods)

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) (physical education requirements)

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934) (physical education requirements)

Adoption date:

June 27, 2006

Revised: September 23, 2008

April 22, 2015

June XX, 2021

WELLNESS REGULATIONS ON NUTRITION AND PHYSICAL ACTIVITY

The Three Village Central School District is committed to providing school environments that promote and protect children's health, well-being, and **their** ability to learn by supporting and promoting healthy lifestyles, eating and physical activity.

The District will engage students, parents, teachers, food service professionals, health professionals, **district administration, BOE members** and other interested District personnel and community members in developing, implementing, monitoring, and reviewing District-wide nutrition, **health** and physical activity policies.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold at schools during the school day and 30 minutes after the end of the official school day will meet or exceed nutrient standards established by the wellness committee and reviewed on a regular basis; these standards will be consistent with the U.S. Dietary Guidelines and the Healthy, Hunger-Free Kids Act of 2010.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students and will provide a clean, safe, and pleasant setting.

Staff will be instructed on the Wellness Policy within 2 weeks of school opening.

I. Nutrient Standards

All food sold to, or provided to, children within Three Village Central School District during the school day and 30 minutes after the end of the official school day will meet the following nutrient standards from the Healthy, Hunger-Free Kids Act of 2010 and the USDA Smart Snacks in School guidelines for snacks and beverages

- ~~A.~~ Any food sold in school outside of the school meal program **during the school day** must:
 - ~~1.~~ Be a "whole grain-rich" grain product; or
 - 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - ~~3.~~ Be a combination food that contains at least ¼ cup of fruit and /or vegetable; ~~or~~
 - ~~4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*~~
- B. Foods must also meet several nutrient requirements:
 - 1. Calorie limits:
 - Snack items: less than/equal to 200 calories

- Entrée items: less than/equal to 350 calories
- 2. Sodium Limits:
 - Snack items: less than/equal to ~~230 mg~~ **** 200mg**
 - Entrée items: less than/equal to 480 mg
- 3. Fat Limits:
 - Total fat: less than/equal to 35% of calories
 - Saturated fat: less than 10% of calories
 - -Trans fat: zero grams
- 4. Sugar limits:
 - Less than/equal to 35% of weight from total sugars in foods

C. Drinks

~~*On July 1, 2016, foods may not qualify using the 10% DV criteria~~

~~** On July 1, 2016, snack items must contain less than/equal to 200 mg sodium per item~~

	Elementary	Jr HS	HS
1	Plain water - any size	Plain water - any size	Plain water - any size
2	Carbonated water, no flavoring, any size	Carbonated water, no flavoring, any size	Carbonated water, no flavoring, any size
3	Milk 8 oz. Fat Free or Low Fat Plain or Flavored	Milk up to 12oz Fat Free or Low Fat Plain or Flavored	Milk up to 12 oz. Fat Free or Low Fat Plain or Flavored
4	100% juice, fruit or Veg, up to 8 oz (Healthy challenge 6 oz) With or without carbonation	100% juice, fruit or Veg, up to 12 oz With or without carbonation	100% juice, fruit or Veg, up to 12 oz With or without carbonation
5	100% Juice diluted with water, can be carbonated but NO added sweeteners up to 8 oz	100% Juice diluted with water, can be carbonated but NO added sweeteners up to 12 oz	100% Juice diluted with water, can be carbonated but NO added sweeteners up to 12oz
6			flavored water, calorie free, can be carbonated, up to 20 oz
7			Beverages up to 20 oz, plain or carbonated, < 5 calories per 8 oz or ≤ 10 calories per 20 oz
8			Beverages up to 12 oz container with: ≤40 calories per 8 oz or ≤ 60 cal per 12 oz.

D. Meals

Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with US Dietary Guidelines, **National School Breakfast and Lunch Program or SSO/SFSP regulations** and New York State regulations.

1. If breakfast, lunch, or dinner served to students is obtained outside the cafeteria, it should be consistent with the US Dietary Guidelines and the Healthy, Hunger-Free Kids Act of 2010.

II. Use of Food in the Classroom

The celebration of birthdays, seasons, and holidays with special privileges, songs, games etc., without food is strongly encouraged as an alternative to food based celebrations. **If it is decided that food will be used in a celebration, the foods must adhere to Smart Snacks in School guidelines.**

It is the policy of the Three Village Central School District that food shall be used at the teacher's discretion, for instructional purposes, with nutritional guidelines considered. ~~A snack should be sent in by the parent for his/her own child only. Teachers may use discretion to provide a child with a snack. A list of recommended snacks will be provided to parents, teachers, and administrators by the Director of the District's Child Nutrition Program.~~

III. Cultural Celebrations/Events

It is the policy of the Three Village Central School District to allow cultural foods as part of a celebration of ethnic diversity. These celebrations may occur in the classroom or school venues.

IV. PHYSICAL EDUCATION

Physical Education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle. **The A activities that student will learn will be appealing and will focus on a wide variety of lifelong activities. Comply with the state regulations and standards for Physical Education, which will focus on a wide variety of lifelong activities.**

A. Minimum Requirements for Physical Education:

1. All students in grades K-12 shall receive physical education
2. All students, including students with disabilities and/or special care needs, will receive physical education instruction as designated.
3. All physical education classes will be taught by a certified physical education teacher.
4. Teachers and other school personnel are to encourage positive physical activity and not use physical activity as a form of discipline or punishment.

B. Sequential Physical Education Curriculum

Instruction in physical education should be based on the National and New York State Standards of Physical Education and should address the key learning objectives identified by those standards.

1. Full inclusion of all students.
2. Well-designed lessons that facilitate student learning.
3. Sequential physical education means a curriculum that builds on concepts taught in preceding years.
4. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child.
5. Incorporate Fitness Education that includes assessment to help students understand, improve, and/or maintain their physical well-being.
6. At least 50% of instructional time in physical education will be spent in moderate to vigorous physical activity with maximum participation and opportunity for practice.
7. Elementary physical education course content will include, but is not limited to, each of the following areas: **Competency in a variety of motor skill and movement patterns**; Skill Themes (sport skills); Fitness Education; **Personal and social behavior that respects self and others. DELETE [Recognizes the value of physical activity for overall wellness, enjoyment, challenge and/or self-expression]**; and Adventure Education (cooperative games and initiatives)

Secondary physical education course content may ~~should~~ include each of the following ~~areas~~ **activity units**: Team Passing Sports, Net & Wall Sports, Striking and Fielding, Personal Fitness Activities, Dance, Lifetime Activities, Target Sports, Outdoor Activities, and Aquatics.

V. Assessment of Student Learning

1. All Physical Education teachers will administer the Fitness Test annually to all students in Grades 3-12.
2. Assessment of student learning and reporting student progress shall be an ongoing process of physical education.
3. Learning objectives (such as psychomotor, cognitive, and affective) will be assessed and reported using a grading system that reflects the progress of students.

VI. Professional Development

Physical Education teachers should receive specific professional development related to curriculum, instruction, and assessment in the physical education content area.

VII. Facilities for Physical Education Instruction.

Ensure that school personnel minimize the use of physical education facilities for other activities during the school day.

VIII. PHYSICAL ACTIVITY

Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine.

A. Daily Recess

1. Teachers and other school personnel will not use physical activity (i.e. running laps, push-ups) as punishment.
2. Teachers and other school personnel will not withhold opportunities for physical activity (i.e. recess) except in instances of health and safety, or where alternative disciplinary measures have been exhausted.
3. All elementary school students should have daily recess, preferably outdoors, during which staff should encourage moderate to vigorous physical activity, including the provision of space and equipment.
4. Provide all relevant teaching staff with training on conflict resolution, and issues (behaviors) related to recess and physical activity. Consistent rules and consequences will be adhered to.
5. Offer developmentally appropriate games and activities to encourage social interaction and purposeful play (i.e. markings on the blacktop: hopscotch, words, alphabet, and number games).
6. Develop and adhere to District guidelines on modified weather alerts (heat, cold) during physical education classes and recess.

B. Physical Activity Before and After School

1. After school childcare and after school enrichment programs should encourage daily periods of moderate to vigorous physical activity for all.
2. Offer additional morning, afternoon, and evening physical activity sessions for students K-12 through intramurals, community based programs, interscholastic sports, and (adult/children) directed programs, where and when possible.
3. Promote physical education programs through activities to share with parents and the school community.
4. Develop District guidelines on intramurals and related activities. All schools in the District shall seek programs for elementary, middle school and high school students. A wide variety of activities will be available for student participation

C. Student Safety during Physical Education and Physical Activity

1. Establish rules and procedures concerning safety for staff and students.
2. Facilities and equipment used for physical education and physical activity should be properly monitored and maintained to ensure participants' safety.
3. District Physical Education and Health staff should receive First Aid, CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training, in accordance with the American Red Cross guidelines. These trainings should be considered as part of the school district's professional development courses.
4. The school district should ensure that students and staff have access to appropriate hydration (i.e. water).
5. All bleachers in the physical education teaching spaces shall be maintained and repaired to ensure the safety of spectators and participants.

IX. Physical Activity for School Staff

The school district will promote physical activity among staff and seek to provide them with opportunities to engage in regular physical activity.

X Health Education:

Instruction in health education should be based on the state standards for Health Education and should address the key learning objectives identified by those standards.

1. Sequential health education means a curriculum that builds on concepts taught in preceding years, which would take into consideration age appropriate material.
2. Age and grade appropriate units should include, but will not be limited to: health behaviors, goal setting and decision making, stress management, health risks and diseases, physical activity and nutrition, chemical substances, mental health, HIV/AIDS, family life and sexual health, abuse and violence prevention, Erin's law, stop the bleed and Hands only CPR.

Review of Policy

This policy will be reviewed annually or when deemed necessary.

Adopted: January 22, 2008

Revised: April 22, 2015

June XX, 2021