

- Required
 Local
 Notice

STUDENT WELLNESS

Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal:

All students in the Millbrook Central School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Millbrook Central School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Millbrook Central School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

The Millbrook Central School District will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards and Board of Education Policy.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- Follow federal regulations on competitive foods and extra food sales.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing 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 Millbrook Central School District will:

- Provide adequate time for students to eat and enjoy school meals [a minimum 18-25 minutes at lunch].
- Encourage students to make food choices based on the 2005 2015-2020 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried) foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.

Where applicable, establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model

proper conduct and voice level; and with adults who model healthy habits by eating with the students.

- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- Schools shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided. The district shall 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.
- Eliminate use of foods as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems).
- All fundraisers are encouraged to use services, contests, and non-food items instead of food.
- All fundraisers selling food or beverages to students on school campus during the school day must meet the nutrition standards set in federal regulations for "competitive" foods. Student groups conducting fundraisers which take place off the school campus or outside the school day must also obey this policy.
- 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.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Commitment to Physical Activity

The Millbrook Central School District will:

- Provide physical education for all students
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.

The Millbrook Central School District will:

- Participate in a yearly fitness test for students (e.g., Fitness Gram, Presidential Youth Fitness Program, etc.).
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times. Incorporate opportunity for movement throughout the day and integrated into classroom activities when possible.
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school, and by installing bike racks at school buildings, if needed.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create additional opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Comprehensive Health, Nutrition, Fitness Education

The Millbrook Central School District will:

- Offer comprehensive New York State nutrition health education in grades K-8 and 9-12.
- Implement the nutrition strand of 2006 New York State Comprehensive Health Framework.
- Emphasize the disease and prevention strand in the 2006 New York State Comprehensive Health Framework.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities

will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.

Commitment to Marketing a Healthy School Environment

The Millbrook Central School District will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- 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.

Commitment to Implementation

The Millbrook Central School District will:

- Maintain a Wellness Committee that addresses all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a review minimally every three years of the progress toward school wellness policy goals, as needed, to identify areas for improvement.
- Prepare and submit a report, as required by federal regulations or as may be requested by the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
- Establish a plan for implementation of the school wellness policy.
- Empower Building Principals to ensure that the school wellness policy is implemented as written.

- Inform and update the public about the content and implementation of this wellness policy by posting this policy (and any updates) on the district website and in each school lunch area, referencing the policy and its availability on school publications and notices, and providing information about new and ongoing wellness policy activities and recommendations to parents, staff and students via established communication channels.

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010)
 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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunches, snacks, and competitive foods; community involvement; recordkeeping; state review; local wellness policy)
 7 CFR §§220.8; 220.12 (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:

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