

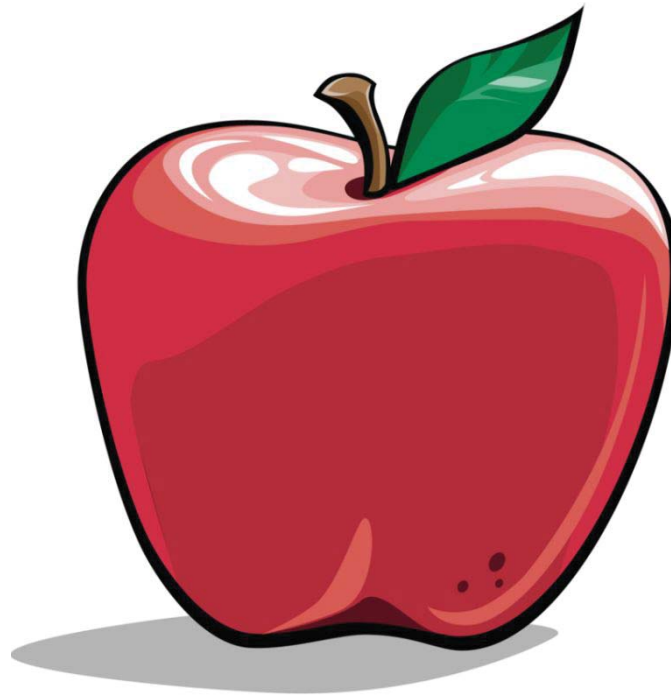
# RyeNeck Schools

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## **WELLNESS POLICY**



Revised March, 2017

Triennial Review - December 2021

# RYE NECK SCHOOL DISTRICT WELLNESS POLICY

The Rye Neck School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Rye Neck School District that:

- The school district shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district shall participate in available federal school meal programs and Fruit Vegetable snack Program.
- Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

## **STUDENT WELLNESS**

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorized the following 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

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

#### Meal Scheduling

- Provide adequate time to eat.
- Schedule lunchtime between normal lunch hours (11 a.m. – 1:30 pm).

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

- Promote items that are healthy, fresh, natural and less processed.
- Discourage items high in sugar, fat, and that are highly processed.
- Work with existing vendors or locate new vendors that will comply with the district's objectives.
- Need to comply with USDA Smart Snacks in Schools Standards.
- Marketing and advertising of only those foods and beverages that meets Smart Snacks in School Standards is permissible.

- Current Smart Snacks in School nutrition standards are followed:  
[http://www.pewtrusts.org/~media/assets/2015/01/state-fact-sheets/kshf\\_appendix\\_newyork\\_v4.pdf?la=en](http://www.pewtrusts.org/~media/assets/2015/01/state-fact-sheets/kshf_appendix_newyork_v4.pdf?la=en)

### Fund Raising Activities

- All fundraising activities need to comply with USDA Smart Snacks in Schools Standards.

### Celebrations

- Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.
- Increase healthy food items or non-food activities, and reduce “junk food” and/or less-healthy food, at celebrations.
- 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

District will strive to engage Students in physical education for at least the minimum number of hours or days per week under State requirements. All students in grades K-12, will receive physical education (80 minutes/week for elementary school students and approximately 105 minutes/week for middle and high school students) for the entire school year. All physical education will be under the guidance of a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic sports will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- Physical Education classes shall incorporate the appropriate NYS Learning Standards.
- PE classes will promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).

- The performance of physical activity shall not be used as a form of discipline or punishment.

#### Recess

- Maintain daily allotment of recess time for elementary school.
- Recess shall not be used for punishment or reward.

#### Physical Activity in the Classroom

- Promote the integration of physical activity in the classroom when appropriate.

#### Extracurricular Opportunities for Physical Activity

- 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 Promotion and Education**

The Board believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

- Integrate nutrition education as part of not only health education classes, but also classroom instruction.
- Include enjoyable, developmentally appropriate, culturally relevant. Participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods and health enhancing nutrition practices.

### **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 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.

Monitoring and Review:

The District Health and Wellness Coordinator shall report triennially to the Board and public on the implementation and effectiveness of this policy. Every three years, the District Health and 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. The HS Student Senate has appointed a student Dining Hall Committee which meets with the Food Service manager several times per year concerning food service matters. These meetings are initiated by the Senate and information gathered relative to the School Wellness policy is shared with the faculty and student body via Student Senate minutes. 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 and the school board shall participate in the development, implementation and periodic review and update of this wellness policy. The district shall provide information to the public (including parents, students and others in the community) about the content and implementation of this wellness policy. The district shall monitor and review the implementation and effectiveness of this policy by conducting a variety of surveys. Data collections, etc. which might include several of the following:

- Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their efforts.
- 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.
- Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
- Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- Period checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
- Periodic checks of student mastery of the nutrition education curriculum.
- Period review of data currently collected by the district, including:
  - attendance data, particularly absences due to illness;
  - physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
  - student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts;
  - revenues generated from vending machines and a la carte food items.
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

- Periodic review of professional staff development offered which focuses on student wellness.
- Use of NYSSBA's Student Wellness Assessment Checklist every two years to review the effectiveness of this policy (attached).