

Wellness Policy

2017-2018

Greenburgh-Graham UFSD School Wellness Policy

The Greenburgh-Graham Union Free School District supports an understanding of wellness that emphasizes connections among diet, physical activity, health, environment and academic achievement. It recognizes that the development of life-long habits that foster student wellness is a result of the balanced interplay of these relationships and that schools can nurture student wellness by strengthening this pattern of connection throughout the learning environment.

Purpose and Goals

The School Wellness Policy addresses the whole child, recognizing that a healthy diet is connected to a student's overall capacity to learn effectively and achieve high standards in the food served in the school and at school sponsored events, physical activity and environmental education and that wellness is affected by all of these factors.

Nutrition Education and Wellness Promotion

The Greenburgh-Graham UFSD is committed to creating a healthy school environment that models comprehensive health promotion through nutritional education, physical education, physical activity and nutrition guidelines.

The District shall involve parents, students and representatives of the school food authority, the School Board, school administrators and the public in the development of the school wellness policy. The Wellness Committee should be diverse and inclusive. All stakeholders, school administrators, educators, food service personnel and parents shall be concerned with student health and academic performance and help make a positive impact.

Nutritional Education

Part of the educational mission of the Greenburgh Graham UFSD is to improve the health of the entire community by teaching students ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through nutrition education, physical education, core academic content in the classroom and the food served in the schools.

- The school will develop, publicize and deliver educational materials about establishing positive eating behaviors and the importance of a diet composed of a variety of healthy food choices to improve health, achieve healthy weight and reduce the risk of hypertension and obesity. The district will use the website, mailings, parent conference, emails, etc. to circulate the information.
- The school community will be encouraged to practice environmental project-based learning, involving students in local projects that are meaningful and make real contributions to their school community (i.e. A Reduce, Reuse, Recycle program, organic vegetable garden, community outreach food collections).
- The school staff will combine academics with wellness by integrating physical activity and nutrition to other topics in the classroom at all grade levels, for example, through the Kid Nutrition Survey. This is also an excellent way to nurture and preserve various cultural food

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traditions through storytelling, recipe swapping, cooking classes, garden-based learning experiences, food served in the cafeteria and connections to the core curriculums of science, math, language arts, history, geography and social studies.

School Based Learning Experiences

To help ensure the health and well-being of each student attending the Greenburgh Graham School District and to provide guidance to school personnel in the area of nutrition, health, physical activity and food service, the teachers, principals, support staff and nutrition service employees will recognize the lunch period as an integral part of the educational program of the district, and will work to implement the goals of the policy. The district will ensure that:

- No student in the Greenburgh Graham UFSD goes hungry during the school day.
- An economically sustainable meal program makes available a healthy and nutritious breakfast and lunch to every student in the district.
- School counselors, school health services staff, and other school staff shall consistently promote healthy eating habits to students and staff. These professionals shall be prepared to recognize conditions such as eating disorders, obesity and other nutrition related health problems and be able to refer them to the appropriate services.
- The schools will offer peer-led initiatives to encourage nutritional behavior change among adolescents. Students will be involved in the development of Wellness Policies and participate on the standing Wellness Committee that oversees implementation (Shared Decision-Making Plan). Students will conduct and participate in taste tests and opinion surveys to determine how the school meal programs measure up.
- Students bring home, to their guardians, information such as the School Nutrition Association's "*Partners in Nutrition: Back to schoolbooks, backpack and more*" parent brochures.
- Eating experiences and nutritional education are integrated into the core academic curriculum at all grade levels.
- Schools shall promote food-centered activities that are healthful, enjoyable, developmentally appropriate, culturally relevant and participatory such as contests, promotions, taste-tests school gardens and kitchen classrooms.
- Students will not be involved in the sale of candy, sodas, cookies and sweets at any school sponsored event for any fundraising activity.

Physical Education

The District recognizes the positive benefits of physical activity for student health and academic achievement. The District will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional and social well-being. Physical education should also teach students how to cooperate in the achievement of common goals.

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- The District will ensure that physical education instruction is provided by a certified physical education teacher and that said instruction is consistent with New York State Commissioner's Regulation 135.4, to the extent possible. PE graduation requirements, required minutes, and class components are listed in the Board approved PE Plan.
- Components of physical education shall include a variety of kinesthetic activities, including team, individual and cooperative sports and physical activities as well as movement forms such as dance, yoga or martial arts.
- Students shall be engaged in moderate to vigorous activity for at least 50 percent of physical education class time.
- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health.
- The District shall enhance the quality of physical education curricula and increase the training of physical education teachers through site-based and district-wide staff development annually.
- Physical education staff shall appropriately limit the amount or type of physical exercise required of student during air pollution episodes, excessively hot weather or inclement conditions.

Physical Activity

- All Students shall be given opportunities for physical activity through a range of before, during and/or after-school activities (i.e walking club).
- No teacher, administrator or employee of the District shall use physical activity (i.e. running laps, push-ups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.
- When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students breaks during which they are encouraged to stand and be moderately active.
- All elementary students shall have daily recess.

Nutritional Standards

Meals served by the Child Nutrition Program will adhere to National School Lunch and Breakfast standards and not be less restrictive. Qualified nutritional professional will administer the school meals program. Professional development will be provided annually to all food service staff.

School Meals

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- Nutritional value of the food served will significantly improve based on the USDA Dietary Guidelines through provision of nutritious, tasty, fresh food that reflects community and cultural diversity (attached is the updated meal pattern requirements).
- Exposure of children to potentially harmful residues of toxic chemical such as pesticides, fertilizers will be reduced or eliminated. Foods exposed to potentially harmful food additives and processes such as high fructose corn syrup, hydrogenated oils or preservatives shall be reduced or eliminated.
- Schools shall offer a variety of fresh fruits and vegetables, at least two non-fried vegetables and two fruit choices each day and five different fruits and five different vegetables over the course of a week.
- Foods of Minimal Nutrition Value will not be displayed or advertised on school grounds.
- Only fat free or 1% milk and nutritionally equivalent non-dairy alternatives will be sold.
- Ensure that at least half of served grains are whole grains.
- Lunch periods shall be scheduled so that students do not have to eat lunch unusually early or late and, ideally, so that they come after periods of exercise or recess.
- All school eating areas in the school will contain free, safe, drinking water sources and facilities for washing hands.
- Meals will be attractively presented and served in a pleasant environment with at least 30 minutes to eat lunch and 10 minutes to eat breakfast.

Foods and Beverages Sold Individually During the School Day (Competitive Foods)

The district will monitor all foods and beverages served or sold to students including those available outside the federally regulated child nutrition programs (i.e. a la carte, vending machines, school stores, rewards, fundraising, etc.). A comprehensive list of recommended and prohibited unhealthy foods (e.g. baked goods, sweetened beverages, candy) is attached.

- Healthy, fresh, and natural foods items will be promoted

Elementary School: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Junior High and High School: In junior high and high school all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric

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sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Wellness Policy Exemptions

The following are exemptions to this policy:

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(1) School Nurses - This policy does not apply to school nurses during the course of providing health care to individual students.

(2) Accommodating Students with Special Needs - Special Needs Students whose plan indicates the use of individualized health care or reinforcers for behavior modification (or other suitable need)

(3) School Events - Students may be given restricted foods during the school day for behavior and other special celebrations. The exempted events must be approved by a school official.

(4) Test Days - Schools and parents may provide snacks for students taking State tests. The snack is recommended to comply with fat and sugar limits.

(5) Instructional Use of Food in Classroom - For instructional purposes, teachers may use foods as long as the food items are for instruction and/or for students on a specific behavior program or with similar needs. Students may consume food prepared in class for instructional purposes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy.

(6) Athletic Other Competitions - This policy does not apply to students who leave campus to travel to athletic or other competitions. School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy.

(7) In-classroom celebrations.

- i. Parents, teachers or guardians of a student may bring food items that may be otherwise restricted by this policy for an in classroom birthday party or class celebration rewards
- ii. Parents, teachers, and/or guardians may bring restricted food items for children at a school designated function. However, the function must be one of the school's fund raisers.

(9) This subchapter does not restrict what parents may provide for their own child's lunch or snacks.

(10) If the student is ill or injured and a modified program to meet his/her needs cannot be provided.

(11) For students who Individual Education Plans contain provisions for severe behavioral issues, those requirements will be followed.

Monitoring and Policy Review

The District shall establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

The District shall establish a standing Wellness Committee to remain actively engaged in monitoring the implementation the Wellness Policy, in measuring the effectiveness of the policy, and presenting recommendations to the board. This will be conducted by:

- Review of the nutritional content of foods sold in the cafeteria and sold outside of school meals.

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- Review recommendations for improving the delivery of food service and cost effectiveness of food services.
- Recommend strategies to eliminate potentially harmful food additives.
- Establish rules for decision-making.
- Solicit student preferences through taste tests, surveys, interviews and through student participation on the district Wellness Committee.

The wellness policy shall be revised as necessary to ensure it has a positive effect on increasing student wellness.