

SUBJECT: DISTRICT WELLNESS POLICY

The Malverne Union Free School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Children need access to an environment that encourages the intake of healthful foods and participation in lifelong physical activity in order to grow, learn and thrive. Healthy eating and adequate physical activity and good health foster student attendance and education.

Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

The Malverne Union Free School District will provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home.

Therefore, it is the policy of the Malverne Union Free School District that:

- a. The School District will 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. The Wellness Committee is established to represent the local community's perspective in developing the Wellness Policy for the Malverne Union Free School District.
- b. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- c. Foods and beverages sold or served at school must conform to the current Dietary Guidelines for Americans, including the Final Rule Nutrition Standards in the National School Lunch and Breakfast Programs, All Foods Sold in Schools, and any USDA, NYSED or OGS required nutrition requirements.
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- d. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- e. To the maximum extent practicable, all schools in our District will participate in available Federal school meal programs.
- f. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

(Cont'd.)

SUBJECT: DISTRICT WELLNESS POLICY

- g. During the school day, food sold or provided by the Malverne Union Free School District will be served in a clean, safe and pleasant setting and will meet or exceed nutritional requirements established by local, State, and Federal statutes and regulations, including the current Dietary Guidelines for Americans.
- h. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals and conducting physical activity.
- i. Denial or restriction of physical activity shall not be used as a punishment or behavior modification device, with the exception of addressing health and safety concerns of students.
- j. Students will be reminded and encouraged to clean their hands before eating.
- k. Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets.
- l. All foods sold by student organizations on school property during the school day for fundraisers must meet the nutrition recommendations of the Dietary Guidelines for Americans and the All Foods Sold In Schools regulations. Items must be commercially prepared. These items must be in the original sealed package with labeling of ingredients and nutritional content.
- m. Food brought in by faculty and staff should be limited to faculty rooms, departmental and team offices and other spaces restricted to school personnel.

Nutritional Quality of Foods and Beverages Sold and Served on Campus**School Meals**

Meals served through the National School Lunch and School Breakfast Programs will:

- a) Be appealing and attractive to children;
- b) Be served in clean and pleasant settings.

The contracted food service management company will:

- a) Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;

(Cont'd.)

SUBJECT: DISTRICT WELLNESS POLICY

- b) Promote fresh fruits, vegetables, salads, whole grains, and low fat items;
- c) Encourage students to try new or unfamiliar items;
- d) Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- e) Ensure that the amount of whole grains required by the NSLP and SBP to be served is compliant.
- f) Foods and beverages sold on campus during the school day will offer a variety of age-appropriate, healthy choices and should include selections that fall under the Dietary Guidelines for Americans and the All Foods Sold in Schools regulations.
- g) Food and Nutrition Services will take all reasonable measures to ensure that the foods and beverages they offer meet the nutrition requirements established by local, State and Federal regulations/guidelines.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should make available information about the nutritional content of meals to parents and students. Such information will be kept on file at the School District and furnished upon request.

a) Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All schools within the Malverne Union Free School District will operate the School Breakfast Program.
2. Schools will notify parents and students of the availability of the School Breakfast Program.
3. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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SUBJECT: DISTRICT WELLNESS POLICY**b) Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

c) Meal Times and Scheduling. Schools:

1. Will provide students with adequate time to eat after sitting down for breakfast and lunch;
2. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m.;
3. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
4. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

d) Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, the District will provide continuing professional development for all District nutrition professionals in schools. Staff development programs (provided by the food service management company and/or District) should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

e) Sharing of Foods and Beverages

Schools will prohibit students from sharing/trading their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

(i.e., foods sold outside of reimbursable school meals, such as through vending machines [which are not in operation for students during school days], cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

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SUBJECT: DISTRICT WELLNESS POLICY**a) Elementary Schools**

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 fresh vegetables, and must meet the current All Foods Sold in Schools regulations or current Institute of Medicine regulations on nutrition and portion size standards.

b) Middle School and High Schools

In the middle school 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, or student stores) during the school day, must meet the current All Foods Sold in Schools regulations and current Institute of Medicine regulations on nutrition and portion size standards.

<https://www.fns.usda.gov/cn/nutrition-standards-all-foods-sold-school-summary-chart>

c) Fundraising Activities

To support children's health and school nutrition-education efforts, the Malverne Union Free School District will encourage fundraising activities that promote physical and intellectual activities.

There are alternate fund raising activity suggestions available for review which have been deemed appropriate for school settings that promote healthy diet and physical activity. Please see website for alternate fund raising activity suggestions.

Fund raising activities which involve the sale of food and/or beverages to students during the school day shall be limited to healthful snacks that comply with the All Foods Sold in Schools regulations and current Institute of Medicine regulations. Items must be commercially prepared. These items must be in the original sealed package with labeling of ingredients and nutritional content

Fund raising activities which occur at alternate times (i.e., outside of the regular school day hours, such as evening school concerts and weekend sporting events) should promote the philosophy of this policy. The activities should emphasize healthy dietary practices and promote exercise, as they contribute to health promotion and confirm the spirit and intent of this policy.

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SUBJECT: DISTRICT WELLNESS POLICY**d) 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, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

e) Rewards.

Food shall not be used as a reward for academic performance or good behavior unless determined necessary to implement a specific educational objective or program for an individual student.

f) Celebrations**1) Birthday Celebrations in the Classroom:**

The district recognizes that birthday celebrations can be an important part of a child's primary and elementary school experience.

For children who choose to celebrate their birthdays in school, non-food celebrations, such as songs, games, book sharing and/or physical activity deemed appropriate by the classroom teacher are strongly encouraged. Alternative party activities which are appropriate for school settings are listed in the website.

Food may be used in connection with a birthday celebration **only once a month**, subject to the following provisions:

- a) Birthday celebrations are limited to once per month for all students with a birthday in the subject month.
- b) All once a month birthday celebrations should be coordinated with the classroom teacher.
- c) All once a month birthday celebrations should occur after lunch whenever possible. Parents are encouraged to provide healthy food options or non-food items for birthday celebrations.

(Cont'd.)

SUBJECT: DISTRICT WELLNESS POLICY

- d) Priority should be given to healthy choices consistent with the standards set forth in this policy.
- e) Items must be commercially prepared.
- f) Prior to the birthday celebration, a notice will send notice home with a brief description of what is planned and what type of food, if any is planned.
- g) Parents are to advise the classroom teacher if they do not wish for their child to take part in either the celebration or food items
- h) Any food brought in by parents/students **MUST** have a list of all ingredients. Any food supplied which does not have the listed ingredients **WILL NOT** be distributed to the students and will be returned to the parent.
- i) The important part of birthday celebrations is the special recognition of the children.
- j) Any "goodie bag" provided by the parents shall not contain any food item. Any "goodie bag" containing food items will be returned to the parent and not distributed to the students.
- k) Any acceptable "goodie bag" provided by the parents for the class will be distributed at dismissal.

2) Celebrations for Instructional Purposes

The district recognizes that there are certain times when the use of food will enhance a lesson plan or enrich the curriculum. Foods used for instructional purposes should be directly related to the curriculum or enrichment of the study of other cultures.

To promote nutritional wellbeing and re-enforce the teaching of nutrition, **Celebrations for instructional purposes** are subject to the following provisions:

- a. Food used for **instructional purposes** should be directly related to the curriculum or enrichment of the study of other cultures.
- b. Priority should be given to healthy choices consistent with the standards set forth in this policy.
- c. Teachers will notify their building principal of any proposed use of food for instructional purposes.
- d. Prior to an event or lesson where food will be generally distributed to students during the day, the classroom teacher (or designee) will send notice home with a brief description of what is planned.

SUBJECT: DISTRICT WELLNESS POLICY

- e. In grades K-6, every effort should be made to serve food after the students have eaten lunch. If food will be served in place of lunch, the teacher must notify the Building Principal and Food Service Department of the event at least one week in advance so that adjustments in food preparation can be made.
- f. Any food brought in by parents/students MUST have a list of all ingredients. Any food supplied which does not have the listed ingredients WILL NOT be distributed to the students and will be returned to the parent.
- g. Any food which requires refrigeration will not be accepted by the school more than one hour before the food is to be distributed. Parents must advise whether the food requires refrigeration.
- h. Where possible, parents should provide as many healthy options as possible.
- i. Food distributed to the students will be monitored for portion control by the individual serving the food.
- j. All foods prepared as part of classroom instruction shall follow appropriate food handling standards.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals for foods and beverages sold individually. Any food offered or sold must have a list of all ingredients. Any commercially prepared item must be in the original sealed package with labeling of ingredients and nutritional content.

Nutrition and Physical Activity Promotion and Food Marketing**Nutrition Education and Promotion**

The Malverne Union Free School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a) 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;

SUBJECT: DISTRICT WELLNESS POLICY

- b) 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;
- c) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise) ;
- f) Links with school meal programs, other school foods, and nutrition-related community services.

Physical Activity

For students to receive an adequate amount of daily physical activity and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Classroom health education should reinforce 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.

Communications with Parents

The Malverne Union Free School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District may send home nutrition information, and post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks. The District may provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the District/school may provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school may provide information about physical education 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 physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

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SUBJECT: DISTRICT WELLNESS POLICY**Physical Activity Opportunities and Physical Education**Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will participate in physical education for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) is a healthy enhancement to the physical education requirement, and should be encouraged.

Daily Recess

All elementary school students shall have at least 20 minutes a day of supervised recess, outdoors weather permitting, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

The elementary, middle and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students.

Physical Activity and Punishment

Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

EXEMPTIONS TO POLICY:

School nurse: The policy does not apply to school nurses using foods of minimal nutritional values or candy during the course of providing health care to individual students.

Monitoring and Policy ReviewMonitoring

The Superintendent or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in the school.

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SUBJECT: DISTRICT WELLNESS POLICY

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent by June 30th of each school year. If the District has not received a review from the state agency within the past five years, the District will request from the state agency that a review be scheduled as soon as possible.

Policy Review

To help with the initial development of the District's wellness policies, each school building leader in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the District level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the School District will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, advise the Board of Education of any recommended revisions to the wellness policies and develop work plans to facilitate their implementation.

NOTE: Refer also to Policy #5660 – SCHOOL FOOD SERVICE PROGRAM (LUNCH AND BREAKFAST)

Adopted: 2/14/12

Revised: