

Wellness Policy

The Remsenburg-Speonk 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. The link between nutrition, physical activity, and learning is well documented. Healthy eating patterns and physical activities are essential for students to achieve their full academic potential and to maintain a healthy weight, thereby reducing childhood obesity and the risk of many chronic diseases. Wellness shall be an integral part of a healthy school environment.

Policy Goals

All students in the Remsenburg-Speonk School District shall be instructed in the information and skills necessary to make nutritious food choices and enjoyable physical fitness choices for a lifetime.

Nutrition

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the students' health and nutrition needs; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings.
- The school district will make available general nutrition information and resources for parents to assist them in selecting nutritious food to serve at home.
- Physical Activity
- The school district will provide opportunities for every student to develop the knowledge and skills of specific physical activities to maintain physical fitness, to regularly participate in fitness activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.
- All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.

To Achieve These Policy Goals Commitment to Nutrition

- The school district shall operate all Child Nutrition Programs with food service staff who are properly qualified according to current professional standards.
- Child Nutrition Programs shall be accessible to all children and shall comply with federal, state, and local requirements.
- Make the meals attractive and appealing to children;
- Offer a variety of fruits and vegetables;
- Offer low-fat and non-fat milk, and other nutritionally equivalent beverages as defined by the USDA; and
- Offer foods that are high in fiber, low in added fats, sugar and sodium; and

- Provide portion sizes consistent with USDA standards.
- The students shall be provided with adequate time to eat and enjoy school meals (20minutes).
- The school district shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced priced school meals.
- The school district shall encourage parents to provide healthy meals and snacks for their children through newsletter articles, take home materials, or other means.
- Sharing of food and beverages between students will be discouraged due to concerns regarding allergies and other restrictions on children's diets.
- Cafeteria monitors shall be trained to respond quickly and effectively to food related emergencies in the cafeteria. Ex., choking, allergic reaction.
- Commitment to Physical Activity
- Physical Education classes shall be provided to all students consistent with New York State Education Department.
- A state-certified physical education teacher shall teach physical education classes.
- Time allotted for physical activities shall be consistent with research, national, and state standards.
- A daily recess period shall be provided.
- A recess before lunch shall be considered and implemented when possible as research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity shall be encouraged outside of physical education classes. For example, a walking club during recess could be structured to meet personal fitness goals.
- Students shall be provided with various opportunities for enjoyment, challenge, self-expression, and social interaction that will lead to a physically active lifestyle.
- Physical Education shall include instruction in individual activities as well as competitive and noncompetitive team sports. To encourage life-long fitness.
- Students shall be encouraged and assisted in setting personal goals.
- Recess or intramurals before the school day begins shall be provided.
- Students shall be made aware of community physical activity programs and community resources that support extracurricular physical activity programs.

Commitment to Nutrition/Health Education

- Nutrition education will be taught by a certified Health teacher to grades K-6.
- Nutrition professionals will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition program.
- Students will be instructed in proper hand sanitizing techniques and given opportunities to do so prior to eating meals.
- Efforts will be made to involve students in planning a healthy school environment through meal suggestions that comply with USDA guidelines.
- Students will be instructed in analyzing cultural influences and television, identifying and

resisting negative pressure, and developing social support for healthy eating.

- Information concerning appropriate services for counseling or medical treatment for nutrition related health problems would be made available to students and staff.

Monitoring

- The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policy. School food service staff will ensure compliance and report directly to the superintendent.

Policy Review

- The policy will be assessed every three years by the wellness committee to review policy compliance, assess progress, and determine areas in need of improvement.

Adopted: September 11, 2006