

Subject: Wellness

It is the Policy of the Laurens Central School Board of Education, pursuant to the National School Lunch Act and the Child Nutrition Act of 1966 that physical activity and nutrition education shall be integrated into the districts physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education, thus, the Laurens Central 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.

Therefore, it is the policy of the Laurens Central School District that:

I. Goals

The School will –

- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutritional and physical activity policies.
- Meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans when food and beverages are sold or served at school.
- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establish connections between health education and school meal programs and with related community services.
- Plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle.
- Emphasize physical fitness as a way of life in grades K-12.
- Introduce lifetime physical activities to promote physical fitness.
- Provide opportunities for students to take part in physical activity outside of their regular physical education classes in grades 7-12.
- Operate a School Breakfast, Lunch and Snack Program.

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- Notify parents and students of the availability of the School Breakfast Program.
- Consider alternate scheduling opportunities for lunch and recess periods.
- Ensure all vending sales in cafeteria are under control of the Child Nutrition Program. Under Chapter 647 of New York State law, the sale of candy or soda of any type cannot be sold to students anywhere in the school building from the beginning to the end of the school day.
- Ensure that no food is sold in the school building during the breakfast or lunch periods in competition with the National School Breakfast/Lunch Program.

II. Nutritional Quality of Foods and Beverages Sold and Served on the Laurens Central School District Campus

A. School Meals

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Offer reduced-fat and fat free milk and where necessary, equivalent alternatives.

B. Foods and Beverages Sold Outside of Reimbursable School Meals

Foods should be sold as balanced meals. Foods and beverages sold individually should meet the NYS School Food Service Association Choose Sensibly guidelines, whenever possible.

- C. **Portions** – Portion sizes should meet Choose Sensible Program Guidelines for single servings for food, and whenever possible for beverages.
- D. **Fundraising Activities** – The school will encourage the selection of healthy choices for fundraising.
- E. **Rewards** – The school will limit the use of foods or beverages as rewards for academic performance or good behavior, especially those that do not meet the nutrition standards for foods sold individually and will not withhold food or beverages as a punishment.

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- F. **Celebrations** – The Committee will develop a list of healthy party ideas for faculty members and parents. The district will assist in sharing this information.
- G. **Concessions** – Foods and beverages sold at school-sponsored functions/events will include healthy options. The Committee will compile and distribute a list of healthy food options to choose from to be included at concessions.

III. The District will provide food to students in accordance with State and Federal guidelines and include:

1. A food-service program that employs knowledgeable staff who serve appealing choices of nutritious foods.
2. Opportunities for staff to model healthy eating habits.
3. A clean, safe, enjoyable meal environment for students.

The School District guideline for reimbursable school meals shall not be less Restrictive than regulations and guidance issued by the Secretary of Agriculture.

IV. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Laurens Central School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- 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.
- Is offered not only in Health and Family and Consumer Science classes, but also classroom instruction in subjects such as math, science, language arts, and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits and school health fairs;
- Promotes fruits, vegetables, whole-grain products, reduced-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.

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- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods and nutrition related community services;
- Teaches media literacy with an emphasis on food labeling; and
- Includes training for teachers and other staff.

V. Physical Activity

The District will provide physical activity opportunities as follows:

1. Time in the elementary school day for supervised recess and additional physical activity whenever possible.
2. Physical education classes for all students in accordance with State Education Department guidelines and curriculum offerings.
3. Opportunities and encouragement for students to participate in after school activities, such as interscholastic sports; intramurals, athletics and other related programs.

VI. Monitoring and Policy Review

The Superintendent or designee will ensure compliance and establish district wide nutrition and physical activity wellness policies.

This policy shall be reviewed by the Shared Decision Making Committee and representatives of the school food authority as needed.

Adopted: 7/26/2006