

SUBJECT: WELLNESS POLICY

The South Huntington School District believes that all students need to be healthy in order to learn effectively. To accomplish this, the district will provide an appropriate nutrition and health curriculum, a balanced meal program, a school program rich in physical activity, and an environment appropriate to these goals.

A Wellness Committee made up of district administration, school principals, food service personnel, health and physical education teachers, parents and students has developed the following wellness policy.

Nutrition Education

The district believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. The curriculum promotes well-balanced nutrition practices and physical activity. The curriculum shall include an understanding of the relationship between healthful food, healthful activities, and healthy minds and bodies.

Physical Activity

The goal of physical activity as it is incorporated into the school program is to promote a healthy lifestyle, provide outlet and stimulation on a daily basis and develop lifelong knowledge of the benefits of regular physical activity.

All students will be given opportunities for physical activities as the school program permits. Physical Education requirements for all students will be compliant with New York State Education Department requirements.

- Students will be given opportunities for before- or after-school programs such as intramurals, interscholastic athletics and physical activities clubs.
- Parents should be encouraged to support their child's participation in physical activities.
- Teachers and other school staff will promote enjoyable, lifelong physical activity among students.

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- The district's elementary and secondary physical education curriculum shall be in compliance with the New York State Learning Standards and the recommendations of the New York State Association for Health, Physical Education, Recreation and Dance.
- The district shall offer interscholastic athletics for students with equal opportunities for males and females.

Nutritional Guidelines

The district recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. All foods and beverages available in school promote good nutrition. The district shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

- Foods and beverages sold or served during the school day will, at a minimum, meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- School lunches will be provided that promote fresh fruits, vegetables, salads, whole grain and low fat items.
- Families will be made aware of the availability of the reduced- and free-lunch program on a yearly basis.
- The school lunch program is encouraged to provide items low in fat, sodium and sugar content.
- All school vendors will be required to adhere to this policy and the standards set herein.
- The school lunch program shall meet or exceed state and federal regulations in an effort to insure the foods served are healthy and nutritious.
- Appropriate health certification is encouraged for all food preparation employees.
- Staff is encouraged to continue their base of knowledge regarding healthy food preparation and nutrition guidelines.
- School groups, clubs and PTA's are encouraged to utilize alternate fund-raising activities using healthy foods or non-foods whenever possible.
- All beverages served in school and school functions should conform to healthful and nutritious guidelines.

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Healthy Snack Suggestions

Snack and beverage choices meeting the following nutritional guidelines are appropriate choices for students:

Total Fat < 7 grams;
Saturated Fat < 2 grams;
Sodium < 360 grams;
Sugar < 15 grams

Choose whole grain and zero trans fat products whenever possible.

Recommended Snacks:

*Cut-up Fresh Fruit**
*Cut-up Fresh Vegetables**
*Individual Fruit Cups**
*Applesauce, unsweetened**
*Whole Grain bread or crackers**
*Yogurt, low-fat, plain**
*String cheese, low-fat**
Animal Crackers
Baked Doritos, all flavors
Baked Potato Chips, all flavors
Cereal Bars, w/out peanuts or nuts
Cereal, dry
Cheese & Cracker packs, low-fat
Cheese Nips, low-fat
Fruit & Oatmeal Bars & Bites
Fruit & Yogurt Bars, low-fat
Goldfish Crackers
Graham Crackers and Sticks
Pirates Booty, all flavors
Popcorn, low-fat
Pretzels, low sodium, whole wheat
Pudding, low-fat
Rice Cakes
Soy Cakes

Recommended Beverages:

*Bottled Water**
*Plain milk, low-fat or non-fat**
100% Fruit Juice

Snacks & Beverages to Avoid Sending to School:

Cookies/candies with more than 15 grams of sugar
Chips with more than 7 grams of fat
Cakes/cupcakes with more than 15 grams of sugar and/or 7 grams of fat
Foods containing trans fat or hydrogenated oils
Soda
Sports Drinks
Juices with less than 100% fruit
Beverages with caffeine

**Highly recommended for
nutritional value.*

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The district shall adhere to all applicable federal, state and county health code standards and regulations.

- In compliance with Suffolk County Sanitary Code, food brought from home will not be stored, refrigerated or heated in the school cafeteria facilities.

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 are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness, limiting the use of food as a reward, and food marketing and advertising in school.

Assurances

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidelines apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the district's wellness policy must be established by July 1, 2006; and the district will ensure school and community awareness of this policy through various means such as publication in district newsletters and/or the district calendar. Professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the district's wellness program.

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The district shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate the Assistant Superintendent for Student Services and an assistant principal from each school to have appropriate operational responsibility for ensuring that the district meets the goals and mandates of its local wellness policy.

The Superintendent shall also appoint a district committee, chaired by the Assistant Superintendent for Student Services, and comprised of the following personnel:

- a) an assistant principal representing the elementary schools;
- b) an assistant principal representing the secondary schools;
- c) school health personnel including the school nurse and health and/or physical education teacher;
- d) the School Lunch Director;
- e) PTA and/or community volunteers;
- f) a student representing Walt Whitman High School;
- g) such other and further individuals as the Superintendent may deem necessary and/or advisable.

This committee shall annually report to the Superintendent on the district's compliance with the wellness policy and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a report on the district's compliance with the wellness policy based on input from the schools and the committee. The report shall be made available to the community upon request.

These designated school officials may also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Assessments of the wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no less than every three years to help review policy compliance, assess progress, and determine areas in need of improvement. To the extent practicable, student and parents shall be involved

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in the development of strategies designed to meet the goals of the wellness policy. The district will share information about nutritional content of meals with students and parents in a variety of ways such as menus, the district website, or other point-of-purchase materials.

P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
42 USC §1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
42 USC §1779 (Child Nutrition Act)
7 CFR §210.10; 210.11 (National School Lunch Program Participation Requirements—Standards for Lunches, Snacks and Competitive Foods)
7 CFR §220.8 (School Breakfast Program Participation Requirements—Nutrition Standards)
Article 13 Suffolk County Sanitary Code

Adopted: 6/21/06
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