

WELLNESS POLICY

The Massapequa School District is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating habits and physical activity. Pursuant to §204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, the District establishes the following goals and authorizes the following actions to promote student health and wellness.

For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day, and "school day" means the period from the midnight before to 30 minutes after the end of the official school day.

Nutrition Promotion and Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well being." The District adopts the following nutrition guiding principles in its schools, with the goal of promoting student health and reducing childhood obesity:

- Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors and provide them with the knowledge and skills to promote and protect their health;
- Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and teachers;
- Students shall receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community and media and school based marketing will be consistent with nutrition education and health promotion;
- The school district shall provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals;
- District health education curriculum standards and guidelines shall include both nutrition and physical education;
- Nutrition educational activities shall be integrated into the health education or core curricula;
- Staff who provides nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle. The District adopts the following physical activity guiding principles:

- Students shall be given opportunities for physical activity during the school day through physical education, recess periods for elementary school students and through the integration of physical activity into the academic curriculum;
- Students shall be given opportunities for physical activity in the classroom and through a range of before and/or after school programs including, but not limited to, intramural, interscholastic athletics, and physical clubs;
- Schools shall encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events. Community agencies and organizations will also be encouraged to provide ample opportunities for activities beyond the school day and school year;
- Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;
- The district will promote collaboration of the physical education, health education and classroom teachers who can have a positive impact on the health of their students;
- The school district shall plan, establish and implement activities to promote physical activity among staff and provide opportunities for staff to conveniently engage in regular physical activity, thus becoming healthy role models;
- The school district will utilize all available information resources to promote and inform the community of activities available.

Other School Based Activities Goals

It shall be the District's goal to create a school environment that provides consistent wellness messages and that is conducive to healthy eating and being physically active. In accordance with this goal, the District adopts the following guiding principles:

- All students are encouraged to participate in school meals programs and the identity of students who eat free and reduced price meals will be protected;
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the District.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The District establishes the following program requirements and nutrition standards to address all foods and beverages sold or served to students:

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children. Schools will strive to increase participation in the available federal Child Nutrition Programs;
- 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-priced school meals;
- All foods made available shall adhere to food safety and security guidelines established by New York State;
- 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;
- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size;
- Food providers shall offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools;
- The District shall encourage any school events to include healthy food choices and appropriate physical activity;

Additionally, School/Community organizations, staff and parents will be encouraged to serve healthy snacks at celebrations, and other school functions where food is provided (but not sold) to positively reinforce healthy eating habits. As such, the following standards shall apply to all school and classroom parties, snacks which have been brought in for the class or school, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold:

- Schools shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided;
- The district shall promote the use of food and beverage items which meet the standards for competitive foods and beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations; and
- Model the healthy use of food as a natural part of celebrations.

Marketing of Foods and Beverages

- Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items.

- Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
- This restriction does not apply to personal opinions or expression, or items used for educational purposes.

Nutrition Advisory Committee

A Nutrition Advisory Committee shall be established consisting, to the extent practicable, of a representative from:

- the School Board
- the food preparation staff
- the physical education and health departments
- the school nurse or health staff
- a registered dietician (if available)
- the district faculty
- the parent teacher association
- enrolled students
- parents and guardians of enrolled students

The Nutritional Advisory Committee shall meet at least quarterly and is charged with the study and regular examination of the District's nutritional practices and procedures, as well as best practices in this regard. Responsibilities of the committee and areas for study and examination include:

- goals of the District in promoting health and proper nutrition;
- menu criteria;
- review of curricula regarding nutrition;
- educational information provided to parents regarding proper health and nutrition;
- monitoring and measuring the implementation of this policy;
- serving as a District resource for the examination of issues surrounding proper health and nutrition;
- Reporting their findings and initiatives to the Board of Education, administration, and other entities

The existence of this committee and information as to how parents or guardians may serve on the committee will be posted on the District website.

Implementation

The Board shall designate one person, the Director of Health, Physical Education and Athletics, or his/her designee to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Review

The Director of Health, Physical Education, and Athletics or his/her designee shall report every three years to the Board and the public on the implementation and effectiveness of this policy. Every three years, the Director of Health, Physical Education, and Athletics, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The district shall inform and update the public about the content and implementation of this wellness policy.

Recordkeeping

The district shall keep records as required by federal regulation.

Note: Policy added 8/10/06; Revised 8/2/18