

GREENBURGH ELEVEN

POLICY #5405

STUDENT WELLNESS

The Greenburgh Eleven Union Free 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 healthful eating and physical activity. Pursuant to §204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, the District establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

Nutrition 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 guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

1. Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthful eating behaviors necessary to promote and protect their health;
2. Students shall receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community and media;
3. The school district shall provide families with information that encourages them to provide nutritious meals and to teach their children about health and nutrition;
4. District health education curriculum standards and guidelines shall include both nutritional and physical education;
5. Nutrition educational activities shall be integrated into the Home Economics and Health Education or core curricula through activities which stress healthful foods. Students will learn how to become smart consumers with classroom instruction which emphasizes techniques and analyses that promote healthful choices. The curriculum will help children to differentiate between healthful and unhealthful foods. Portions of the curriculum will be based on the revised food pyramid guidelines, the nutritional value of the five main food groups and understanding food labels. Courses will include media literacy with an emphasis on food marketing.
6. Staff who provide nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;

7. Students shall have access to a variety of nutritious food choices that meet their health and nutrition needs and which accommodate the religious, ethnic and cultural diversity of the student body;
8. Students shall be encouraged to start each day with a healthful breakfast;
9. Fruits, vegetables, whole grain products, low-fat dairy products, healthful food preparation methods and health enhancing nutrition practices shall be promoted;
10. Caloric balance between food intake and energy expenditure (physical activity/exercise) shall be emphasized;
11. The District's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

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 healthful lifestyle. The District adopts the following physical activity guidelines:

1. Students shall be given opportunities for physical activity during the school day through physical education classes and through the integration of physical activity into the academic curriculum according to State regulations.
2. Schools shall work with the Children's Village community to create ways for students to walk safely to and from school;
3. Schools shall encourage parents and parent representatives to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events;
4. All physical education staff will emphasize the importance of enjoyable lifelong physical activity among students;
5. Teachers and other school staff may not use physical activity (e.g., running laps or pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Other School-Based Activities Goals

It shall be the District's goal to create a school environment that provides consistent wellness messages that encourage healthful eating and physical activity. In accordance with this goal, the District adopts the following guidelines:

1. There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthful foods with their friends;

2. There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time;
3. Lunch time shall be scheduled as near the middle of the school day as possible;
4. Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day;
5. 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;
6. The District shall ensure that all school events such as field trips, dances and assemblies in the schools are supportive of healthful eating, healthful food choices and physical activity.

Establishing Nutrition Standards

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 served to students:

1. All Home and Careers and Food Services classes shall offer healthful food choices in their cooking programs;
2. Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size;
3. Food providers shall offer a variety of age appropriate healthful food and beverage selections for elementary schools, middle schools and high schools;
4. All foods made available shall adhere to food safety and security guidelines;
5. Classroom snacks shall feature healthful choices, and a list of such healthful choices shall be disseminated to teachers and parents;
6. 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.

Goals for Measurement and Evaluation

The Superintendent shall monitor the implementation of this policy on an annual basis. The Building Principals, or their designee(s), shall have primary responsibility for meeting the goals of this policy for their respective student populations and shall report to the Superintendent annually on the progress towards achievement of these goals.

Ref.:

Child Nutrition and WIC Reauthorization Act of 2004; Public Law Section 108-265, §204;
Richard B. Russell National School Lunch Act, 42 USC §1751 et seq.; Child Nutrition Act of
1966, 42 USC § 1771 et seq.; 7 CFR §210.10

Adopted: June 15, 2006.
Adopted: March 11, 2015
Readopted: July 9, 2015
Readopted: July 11, 2016
Readopted: July 13, 2017
Readopted: July 11, 2018