

STUDENT WELLNESS

The North Bellmore 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 North Bellmore School District that;

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-6 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans.
- Students will have clean, safe, pleasant settings and adequate time to eat.
- To the maximum extent possible, all schools in the district will participate in the National School Lunch Program.

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

I. Foods and Beverages Available in School

The Board recognizes that a nutritious, well balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverages available in school promote good nutrition, balance and reasonable portion sizes. The district shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at district schools following state and federal nutrition guidelines.

School Meals

- Make efforts to ensure that families are aware of need-based programs for free or reduced price meals and encourage eligible families to apply.
- Offer a variety of fruits and vegetables
- Offer salads daily as an alternative lunch
- Support the use of whole grains (bread & pizza)
- Make available low-fat (1%) and fat free milk;

- Offer pasteurized fruit juices.

Breakfast

- To encourage children to eat breakfast at home, in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible, educate parents on the importance of providing a healthy breakfast for their children through newsletter articles, take home materials, on school calendars, menus, at PTA meetings or other means.

Sharing of Foods and Beverages

- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Meal Scheduling

- Provide adequate time to eat.
- Schedule lunch at appropriate times. (10:55AM to 1:30PM)
- Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless children may eat during such activities.

Food and Beverage Sold Individually

- Promote items that are healthy, fresh, natural and less processed.
- Discourage items high in sugar, fat, and that are highly processed.
- Work with existing vendors or locate new vendors who will comply with the district's objectives.

Fund Raising Activities

- Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do.
- Discourage sales of candy and other "junk food."

Celebrations

- Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle.

Physical Education

- The goal of the district physical education program is to promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking).
- The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

- Maintain daily allotment of recess time for elementary school.
- Shall not routinely use participation in recess for punishment or reward.

Physical Activity in the Classroom

- Promote the integration of physical activity in the classroom.

III. Nutrition Education

The Board 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 instructional program.

- Nutrition education will promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods and health enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure.
- Teach media literacy with emphasis on food marketing.

Implementation

The Board shall designate a **District Wellness Coordinator(s)** to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

- The **District Wellness Coordinator(s)** shall report annually to the Board on the implementation of this policy. Every two years, the **District Wellness Coordinator(s)**, 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, the policy, and the specific objectives set to meet its goals, may be revised as needed.

The district shall monitor and review the implementation and effectiveness of this policy by conducting:

- Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.

- Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods
- Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.

- Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- Periodic review of data currently collected by the district, including:
 - attendance data, particularly absences due to illness;
 - test scores;
 - rates of suspension, discipline, and violent incidents
 - physical education scores on flexibility, endurance, and strength;
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

Ref: P.L.108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
42 USC Sect. 1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
42 USC Sect. 1779 (Child Nutrition Act)
7 CFR Sect.210.10; 210.11 (national School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)

Adoption date: February 10, 2011

Wellness Internet Resources

General Wellness

Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/policy_options.html

NYSED Child Nutrition Services February 2005 memo to districts

http://portal.nysed.gov/pls/pref/docs/page/cnkc/reauthorization/final_local_wellness_policies_required_reauth.htm

Nutrition Education

American Dietetic Association

www.eatright.org

USDA Food and Nutrition Services

www.fns.usda.gov

Team Nutrition – USDA

www.fns.usda.gov/tn

School Nutrition Association

www.schoolnutrition.org

A La Carte and Vending Machine Food Nutrition

Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf

www.cspinet.org/nutritionpolicy/policy_options_revenueresources.html

No Junk Food – parent organization

www.nojunkfood.org/vendors/healthy_snack_list.html

Health Food and Non-Food Alternatives for Fund-Raising

No Junk Food – parent organization

www.nojunkfood.org/fundraising/todo.html

www.nojunkfood.org/fundraising/tosell.html

Alternatives to Food Rewards

Michigan State University Extension

www.tn.fcs.msue.msu.edu/foodrewards.pdf

Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Physical Education/Physical Activity

Centers for Disease Control

– Healthy Youth

www.cdc.gov/HealthyYouth/PhysicalActivity

– Division of Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa

– VERB – activities for children ages 9-13

www.cdc.gov/youthcampaign

www.verbnow.com (site for kids that includes a game generator)

www.verbparents.com

PE Central – Information clearinghouse for physical education teachers

www.pecentral.org

NASPE – National Association for Sport and Physical Education

www.aahperd.org/naspe

Physical Activity in the Classroom

Michigan Department of Education

Brain Breaks: www.emc.cmich.edu/BrainBreaks

Energizers: www.ncpe4me.com/energizers.html

Take Ten: www.take10.net

Research on the link between Wellness and Academic Achievement

Evidence Based Physical Activity for School-age Youth, Strong, Malina, et al., Journal of Pediatrics, Vol. 146, Issue 6, pp. 732-737 (June 2005)

www.jpeds.com/article/PIIS0022347605001009/fulltext

Nutrition, Learning and Behavior in Children: A Resource List for Professionals, Food and Nutrition Information Center, National Agricultural Library/USDA

www.nal.usda.gov/fnic/service/learnpub.html

Clinical Measures of Weight and Obesity

CDC – Body Mass Index home (BMI calculator for Children and Teens)

www.cdc.gov/nccdphp/dnpa/bmi/index.htm

CDC – About Body Mass Index for Children and Teens

www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm

CDC - Clinical Growth Charts - National Center for Health Statistics

www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinical_charts.htm