

5470 WELLNESS

The Lynbrook 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 and physical activity. Pursuant to Section 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;

- 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;
- To the extent possible, nutrition education shall be offered in the school cafeteria, as well as in the classroom, with coordination between food service staff and teachers;
- To the extent possible, students shall receive consistent 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;
- Students shall have access to a variety of affordable, nutritious and appealing food choices that meet their health and nutrition needs and which accommodate the religious, ethnic and cultural diversity of the student body;
- Students shall be encouraged to start each day with a healthy breakfast;
- Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted;
- Caloric balance between food intake and energy expenditure (physical activity/exercise) shall be emphasized;
- 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 healthy lifestyle. The District adopts the following physical activity guidelines:

- Students shall be given opportunities for physical activity during the school day through physical education class, daily 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 through a range of before and/or after school programs including, but not limited to, intramural, interscholastic athletics and physical clubs;
- Schools shall work with the community to create ways for students to walk or bike safely to and from school;
- 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;
- School shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;
- 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 during the school day.

Other School Based Activities Goals

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

- There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods with their friends;
- There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time;
- Lunch time shall be scheduled as near the middle of the school day as possible;
- Every effort shall be made to schedule recess for elementary students before lunch so that children will come to lunch less distracted and ready to eat;
- Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day;
- All students are encouraged to participate in school meal 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;

- The District shall ensure that all school sponsored fundraising efforts and school sponsored events such as field trips, dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity;
- Efforts will be made to keep school or district-owned physical activity facilities open for use by students outside school hours.

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 sold or served to students:

Snacks

Whenever possible, all snacks should meet the following criteria:

- Total fat equal to or less than 7 grams of fat per serving;
- Saturated fat equal to or less than 2 grams per serving;
- Sodium equal to or less than 360 milligrams per serving;
- Sugar equal to or less than 15 grams per serving;
- Free of artificial sweeteners;
- Free of trans fatty acids;
- All snacks must be provided in single serving packages;
- Classroom snacks shall feature healthy choices and a list of such healthy choices shall be disseminated to teachers and parents;
- Note: To the maximum extent practicable, be free of preservatives or artificial colorings including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils.

Meals

- All foods made available shall adhere to food safety and security guidelines;
- Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with the U.S. Dietary Guidelines;
- All meals served to students during regular school hours meet standards of a reimbursable meal.

Use of Food in the Classroom

- Unless otherwise stated in a behavior plan, staff shall not use foods or beverages as rewards for academic performance or good behavior and shall not withhold food or beverages as a punishment;

- 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;
- A District Food Committee shall be involved in selecting food selections for their schools in order to identify new, healthful and appealing food choices;
- The District shall make decisions on these guidelines based on nutrition goals, not on profit.

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LYNBROOK UNION FREE SCHOOL DISTRICT