

5405 STUDENT WELLNESS

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, as well as safe food preparation methods.

Additionally, the district shall make available free drinking water at locations where meals are 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. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life. The district's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

III. Nutrition Education and Promotion

The Board believes that nutrition education and promotion is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education and promotion that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education and promotion information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education and promotion shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

IV. Other School-Based

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 activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the district's adult education program.

Implementation

The Board shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district.

Monitoring and Review

The District Wellness Coordinator shall report annually to the Board on the implementation and effectiveness of this policy. Every two years, the District Wellness Coordinator, 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.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators and the school board shall participate in the development, implementation and periodic review and update of this wellness policy.

The district shall provide information to the public (including parents, students and others in the community) about the content and implementation of this wellness policy.

Ref:

[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)

[8 NYCRR Part 135](#) (Health and Physical Education curricular requirements); [§114.1](#) (School Breakfast Program Requirements)

Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

Adoption date: November 5, 2012

Copenhagen Central School District
