

5405 STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Byram Hills School District supports a coordinated wellness program to provide students with a school environment that promotes student health and wellness.

The coordinated approach shall incorporate the following components:

1. A school environment that promotes health enhancing behaviors;
2. A food services program that serves appealing choices of nutritious food;
3. A sequential physical education curriculum;
4. A sequential health education curriculum;
5. A school health services program that is designed to facilitate access and referral to primary health care services, foster appropriate use of health care services and provide initial assessment and first aid for illness or injury; and
6. A counseling program that is designed to support access to referrals, assessments, interventions and other services for students' mental, emotional and social health.

For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

I. Foods and Beverages Available To Students on the Byram Hills School District Campuses During the School Day:

The District recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. The District shall ensure that all foods and beverages available for sale to students on the school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations.

A. School Meals

All beverages and packaged snacks sold in the District will adhere to the standards of state and federal law, and conform to generally accepted health standards for public schools.

The District shall:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
3. Make free drinking water available at locations where meals are served.

B. Meal Scheduling

The District shall schedule lunchtime between the hours of 10 a.m. - 2 p.m. and provide adequate time for students to eat lunch.

C. Food and Beverages Sold Individually (e.g. a la carte, vending machines, school stores)

The District recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness.

The District shall:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.

D. Fund-Raising Activities

The District shall ensure that all fundraisers selling food or beverages to students on school campus during the

school day meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine. The District encourages participation in other fund-raising methods, such as selling non-food items or providing activities (physical or otherwise).

E. School and Class Parties, Celebrations, and Events where food and beverages are provided, but not sold

This section applies to food that is provided, but not sold, such as school and classroom parties, snacks which have been brought in for the class or school, and celebrations. The principal of each school, in consultation with the Superintendent, shall set guidelines for the frequency and content of classroom and school-wide celebrations where food and beverages are provided. While food provided at such events is not required to follow federal regulations, to the extent possible, school personnel will model the healthy use of food as a natural part of celebrations.

F. Marketing of Foods and Beverages

1. 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.
2. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
3. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
4. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
5. This restriction applies to all purchases and contracts made after the effective date of this provision.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The District 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. The District's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards. The District curriculum maps outline the goals of the Physical Education Curriculum.

III. Nutrition Promotion and Education

The District believes that nutrition promotion and education are key components of introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teach the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. The District's broader Health Education program shall incorporate the appropriate New York State Learning Standards. The District's curriculum maps note the goals of the Health Curriculum.

IV. Other School-Based Activities

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, reviewing food marketing and advertising in school, hosting or promoting community-wide events, and offering wellness-related courses in the District's in-service program. Additional activities may arise from the school health services program and the counseling program to support health and wellness.

V. Implementation, Monitoring and Review

The Superintendent shall designate the Director of Health Education, Physical Education and Athletics as District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the District.

The District Wellness Coordinator shall report to the Board and the public on the implementation and effectiveness of this policy every three years. The District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the District's wellness activities to determine the extent that schools are complying with this policy, how this policy compares to model wellness policies, the progress made toward attaining the goals of this policy, and 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. Any recommended changes will be included in the three-year assessment report to the Board of Education.

The District will establish a Health and Wellness Advisory Committee, chaired by the District Wellness Coordinator, to

participate in the implementation and periodic review of this wellness policy. The committee will consist of administrators, teachers, parents, students, community members, and other health and wellness professionals who can provide knowledge and expertise. Participation will be solicited via school newsletters and/or the District website, and the committee will meet at least two times per year.

The District shall inform the public about the content and implementation of this policy through the District website and/or through school newsletters.

Ref:

Section 204 of [Public Law 108-265](#) Child Nutrition and WIC Reauthorization Act of 2004.

[P.L. 111-296](#) (The Healthy, Hunger-Free Kids Act of 2010), §204 amending [42 USC §1758b](#)

[42 USC §1779](#) (Child Nutrition Act)

[7 CFR §§210.10; 210.11; 210.12; 210.15; 210.18; 210.30](#) (National School Lunch Program participation requirements - nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy)

[7 CFR §§220.8; 220.12](#) (School Breakfast Program participation requirements - nutrition standards for meals and competitive foods)

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

Cross Ref:

5420 Student Health Services

4600 Guidance Programs

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Revised and Adopted: 4-8-14

Revised and Adopted: 3-6-18

Byram Hills School District
