

ROSLYN PUBLIC SCHOOLS
Roslyn, New York

POLICY #5405

STUDENT WELLNESS

Pursuant to Section 204 of the Child Nutrition and Women, Infants and Children's Reauthorization Act of 2004, the Roslyn School District hereby establishes the following Wellness Policy. With the encouragement of the New York State Education Department, and the USDA, our school district is committed to providing an environment that promotes and protects children's health, well being, and ability to learn. The wellness policy will support healthy eating and physical activity.

Nutritional Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition relating behaviors conducive to health and well being." The Roslyn School District will develop nutritional guidelines that influence students to make positive choices, 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.
- The food service staff will assist in offering education, which complies with federal, state and local requirements.
- Food and beverage (sold or provided) will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program.
- The health and physical education staff, as well as, core teachers, shall integrate nutrition education and healthy physical activity into the curriculum.

- Staff, which provides nutrition education, shall have appropriate training and staff development to effectively deliver a nutrition education program.
- Our food service program will provide access to affordable, nutritious, and appealing food choices for students and staff.
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

The Roslyn School District shall provide a physical education program which offers opportunities for every student to develop the knowledge and skills necessary to maintain a healthy, active, lifestyle.

- Students shall be given opportunities for physical activities during the school day through physical education classes, recess periods for elementary students, and integration of these activities into the academic curriculum.
- Where appropriate, opportunities for physical activities shall be provided before or after school through intramural and interscholastic athletics.
- Parents will be encouraged to support their children's participation in physical activity.

Other School Based Activity Goals

It shall be the Roslyn School District policy to create a school environment that provides consistent wellness messages conducive to healthy eating and appropriate physical activity.

- There shall be a clean, safe, enjoyable environment for all students, adequate time to enjoy eating healthy foods with friends, and an appropriate space, such ensures student access to school meals.
- Drinking water shall be available to all schools through 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 beverages marketing activities will be consistent with and reinforce the objectives of the goals of our district.

Establishing Nutrition Standards

The Roslyn School District will help students possess the knowledge and skills necessary to make nutritious food choices. We will establish the following program requirements and nutrition standards to address all food and beverages, which are served.

- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size.
- All food and beverages made available during the school day shall be consistent, at the minimum, with current USDA Dietary Guidelines.
- Nutrition information shall be readily available.
- A list of healthy choices shall be disseminated to teachers and parents, as a suggestion, for classroom snacks and celebrations.
- Students are discouraged from sharing food or beverages with one another, given concerns about allergies and other restrictions on children's diets.

Food and Beverages Sold Individually

- Promote items that are healthy, fresh, natural and less processed.
- Discourage items high in sugar, fat and that are highly processed.
- Request vendors to comply with the district's objectives.

Policy Review

In accordance with the law, the Wellness Policy shall be reviewed annually, or more frequently if deemed necessary, to ensure that the Roslyn School District Goals are being met. The district will utilize the District-wide Nutrition Committee and the District-wide Health & Safety Committee to involve parents, students, faculty, school food service staff, school board, school administration and the public in the process.

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Adopted: August, 2006

Revised: December, 2006