

RUSH-HENRIETTA CENTRAL SCHOOL DISTRICT
REGULATION 5405-R

STUDENT WELLNESS

Proper nutrition and physical activity are essential to promoting educational success, health, and wellness.

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 for Sale to Students During the Day

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 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.

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

School Meals – The district shall:

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
4. Consider serving produce and food from local farms and suppliers.
5. Make free drinking water available at locations where meals are served.

Meal Scheduling – The district shall:

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours.

Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) – 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.
3. Work with existing vendors or locate new vendors that will comply with nutrition standards.

Fundraising Activities – The district shall:

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the nutrition standards set in federal regulations.
2. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.

Celebrations – The district shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.
2. Promote the use of food items which meet the standards for competitive foods and beverages, and promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
3. Model the healthy use of food as a natural part of celebrations.

II. Nutrition Promotion and Education

Nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches 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.

Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's health education program shall incorporate the New York State Learning Standards.

The district shall:

1. Include nutrition education as part of health education classes as well as classroom instruction in other subject areas (e.g., family and consumer science).
2. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
3. Emphasize caloric balance between food intake and energy expenditure.
4. Teach media literacy with an emphasis on food marketing.

Other school-based activities

The district shall encourage other appropriate programs that present consistent wellness messages to students and are conducive to healthful 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 programs, and restrictions on food marketing and advertising in schools.

III. Physical Activity

Every student shall be encouraged to develop the knowledge, skills, and attitudes 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 members of the 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.

Physical Education

1. Students shall engage in physical education for at least the minimum number of hours or days per week under State requirements.
2. Physical education classes shall incorporate the appropriate NYS Learning Standards.
3. The physical education program shall promote, teach, and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.
4. The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

1. The district shall provide daily recess time for elementary schools.
2. Recess shall not be provided or withdrawn as a reward or punishment.

Extracurricular Opportunities for Physical Activity

1. The district shall promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking, and climbing).

IV. Implementation

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

V. Policy Monitoring and Review

The District Health and Wellness Committee, under the leadership of the district wellness coordinator, 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.

Cross-ref: 8500, Food Service Management
 8520, Free and Reduced Price Food Services
 8540, Sanitation and Safety

Ref: Child Nutrition Act and WIC Reauthorization Act of 2004, Public Law 108-265
 § 204
 Richard B. Russell National School Lunch Act, 42 U.S.C. 1751-1760 Child
 Nutrition Act of 1996, 42 U.S.C. 1771 et seq.
 The Healthy, Hunger-Free Kids Act of 2010
 7 Code of Federal Regulations (CFR) § 210

Adoption date: September 13, 2016