

**STUDENT WELLNESS**

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and authorizes the following actions to provide district students with a school environment that promotes student health and wellness and reduces

Meal Scheduling – the district shall:

1. Provide adequate time to eat.

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,

2. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed

in accordance with federal regulations, or exempt from the nutrition standards.

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**

- of hours or days per week under State requirements.
- 2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
- 3. ~~Teachers shall provide opportunities to practice activities that students~~

1. Include nutrition education as part of not only health education classes but

also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.

2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

3. Promote fruits, vegetables, whole grain products, low fat dairy products, seafood

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board shall participate in the development, implementation and periodic

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

The district shall monitor and review the implementation and effectiveness

Ref: P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010)  
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)

7 CFR §210.10; 210.11; 210.11a (National School Lunch Program participation requirements - standards for lunches snacks and

competitive foods)

7 CFR §200.9 (School Breakfast Program participation requirements