

## Wellness Policy

The Bethpage Union Free School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of the Bethpage Union Free School District that:

- The school district will engage parents, administrators, teachers, foodservice professionals, health professionals, and other interested community members in developing, and reviewing the District's Wellness Policy.
- Students in grades K-12 will be provided with opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served by the District will strive to meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- The District's guidelines for reimbursable school meals shall not be less restrictive than applicable Federal Regulations and Guidelines of the Child Nutrition Act and the National School Lunch Act as those regulations and guidance apply to schools.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **GOALS:**

#### **Nutrition Education Goals:**

- Students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered throughout the school day.
- Students receive consistent nutrition messages throughout schools, classrooms and cafeterias.
- Nutrition is integrated into the curriculum
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.
- Students will be encouraged to start each day with a healthy breakfast.

#### **Physical Education/Activity Goals:**

- Students are given opportunities for physical activity during the school day through measures such as, but not limited to, physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

## Wellness Policy

- Schools work with the community and government to create ways for students to walk or bike safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Physical education will include the instruction of individual as well as team sports to encourage life-long physical activity.
- After-school programs will encourage physical activity and healthy habit formation.
- Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
- Physical education should provide safe and satisfying physical activity for all students, including those with special needs.

### **Other District Goals:**

- District curriculum, including health education curriculum standards and guidelines include both nutrition and physical education.
- Increase awareness in each school through means such as, but not limited to curriculum initiatives, assembly programs or collaborations with outside agencies.

### **Nutrition Guidelines**

- All foods served in the student cafeterias will comply with the current *USDA Dietary Guidelines for Americans*.
- Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle school and high school.
- Classroom celebrations should encourage healthy choices and portion control. Schools should assist parents with guidance on foods that are appropriate for such celebrations.
- Alternatives to food rewards should always be considered.
- Classroom snacks should reinforce the importance of healthy choices.
- Carbonated beverages should not be available to students during the instructional portion of the day.
- Bottled water and juices should always be available to students during lunch.
- Drinking water and hand washing facilities should be conveniently available for students at all times.

### Wellness Policy

- The school district in conjunction with the food management service will make available details to parents requesting information regarding ingredients in the preparation of food. In addition, parents may request detailed information on the food purchases of their child.
- The school district will provide opportunities for on-going professional training and development in the areas of nutrition and physical education.

#### **Monitoring and Implementation**

- The School Food Service Administrator will review compliance with nutrition policies within school foodservice areas and will report on this matter to the Superintendent.
- The Food Service Administrator and the District Nutrition Committee comprised of parents, teachers, and administrators representing each school as well as a Board of Education presentation will meet periodically, but no less than annually, to review the implementation of the district Wellness Policy.
- The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also made available to all school nutrition committees, parent/teacher organizations, school principals, and school health services personnel in the district.

The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Adopted: 9/27/06