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Non-Instructional/Business Operations

SUBJECT: DISTRICT WELLNESS POLICY

Given the documented connection between proper nutrition, adequate physical activity and academic success, the Levittown School District is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating and physical activity before, during and after the school day.

Pursuant to P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) and PL 111-296 (Healthy Hunger-Free Kids Act (HHFKA) of 2010), the district establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

I. District Wellness Committee

The District has established a wellness committee that will assess current wellness activities, programs and policies; identify specific areas of need; provide resources and mechanisms for communication, implementation, evaluation, revision and updating of such policy and make recommendations for review and adoption by administration and the Board of Education.

- Members of the committee will represent all school levels and will include but not be limited to representation from Levittown School District Board of Education, central office administration, building administrators, teachers, food service personnel, students, health professionals (nurses, dentists, physicians, allied health professionals, dieticians) parents and caregivers, PTA/PTSA members and members of the general public including community based organizations.
- The Wellness committee will meet at least 4 times per year and will be overseen by the superintendent's designee, the Director of Physical Education, Health and Athletics.

II. Nutrition Education

Nutrition education is defined as any combination of educational strategies and learning experiences designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conducive to health and well-being; It is delivered through multiple venues and involves activities at the individual, institutional, community, and policy levels.

The District aims to teach, model, encourage and support healthy eating by students. Therefore the District adopts the following nutrition education guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

All students in grades K-12 shall receive nutrition education as part of a comprehensive health education curriculum;



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Nutrition education will be part of a sequential, standards based health education curriculum that meets state and national standards;

- Nutrition education will be interactive and teach the knowledge and skills necessary to adopt healthy eating behaviors;
- Nutrition education will be behavior focused and teach skills such as planning a healthy meal, evaluating nutrient information, calculating caloric intake, and reading a nutrition facts label;
- Efforts will be made to integrate nutrition education into the core curricula as appropriate; ● All district organizations will be encouraged to promote healthy choices that support district nutritional guidelines when fundraising. A list of healthy fundraising alternatives will be available on the district website. Students shall have access to a variety of affordable, nutritious and appealing food choices. All school lunches and vending machines will meet nutritional guidelines and accommodate the diversity of the student body;
- All staff members who provide nutrition education shall have appropriate training and will participate in annual professional development activities so that they keep abreast of current health and wellness trends and standards;
- Nutrition education K-5 shall be taught by the classroom teacher who has received proper training in this curriculum area and/or certified health and physical educators;
- Nutrition education shall be linked with the school cafeteria, school gardens, farm to school programs, and other nutrition related activities and programs as well as in the classroom, with coordination between food service staff and teachers.

III. Physical Education and Physical Activity:

The primary goal for the District's physical activity component is to develop physical literacy amongst students. Students who are physically literate move with competence and confidence in a wide variety of physical activities that benefit the healthy development of the whole person.

Physical Education as part of a Comprehensive School Physical Activity Program (CSPAP) provides opportunities for every student to develop the knowledge and skills necessary to establish and maintain physical fitness, regularly participate in physical activity and maintain personal health while understanding the short and long term benefits of a physically active and healthy lifestyle.

To this end the District adopts the following physical activity guidelines:



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- Students shall be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and through the integration of physical activity breaks in the academic curriculum wherever possible at the primary and secondary level;
- Students shall be given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramural, interscholastic athletics and wellness clubs as well as afternoon and morning programs (Levittown AM Program (LAMP) and Levittown Afterschool Program (LAP));
- Schools shall explore working with the community to create ways for students to promote active transport such as walking or biking safely to and from school;
- The District shall plan activities that engage families and community members that support their children's participation in physical activity, to be physically active role models and to include physical activity in family events such as the Levittown Education Against Destructive Decisions (LEADD) events and the designated ACES Day (All Children Exercise Simultaneously);
- Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;
- Schools will provide opportunities for all students to participate in before or after school programs geared to a less structured physical environment but promote physical activity and a healthy lifestyle, such as a development of an intramural program for elementary school students; • Teachers will not use physical activity as a disciplinary measure. Recess will not be withheld as a discipline measure unless the offense for which discipline is being applied occurred at recess. After a conversation with parents, the school may provide extra help/homework help during the recess period.

To this end the District adopts the following physical education guidelines:

- The District will have a Board of Education approved physical education plan on file with NYSED. The Physical Education Plan will be updated in the 2019-2020 school year and every six years thereafter;
- Levittown physical education curriculum is a comprehensive, standards based curriculum that follows a scope and sequence of progression of skill development in grades K-12;
- The K-12 Physical Education curriculum aligns with state and national standards in physical education;



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Students will spend a minimum of 50% of physical education class time participating in moderate to vigorous physical activity and/or time on task;

All students in K thru 12 shall receive physical education for the entire school year taught by a certified physical education teacher;

- Teachers responsible for physical education shall participate in annual professional development in physical education;
- Every effort will be made to not pull students out of physical education for other content area instruction or for disciplinary purposes;
- The District will not allow exemptions, substitutions or waivers for physical education;
- Physical education class size will be consistent with best practice;
- Adequate space and equipment will be provided to ensure safe and effective instruction; ● The District will strive to meet physical education requirements for required instruction time, as put forth by the NYSED Regulations of the Commissioner, Section 135.4
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/CR135.pdf>

IV. Wellness Promotion and Marketing

It shall be the District's goal to create a school environment that provides consistent wellness messaging that is conducive to healthy eating and being physically active.

In accordance with this goal, the district adopts the following guidelines:

- The district, working in conjunction with food service staff, shall provide a consistent message throughout the school community that promotes wellness and nutrition education as well as healthy eating habits;
- The District will provide positive, motivating messages (i.e. posters, announcements, social media, newsletters, etc.) about healthy lifestyle practices throughout the school setting. School personnel will reinforce these positive messages;
- Display and advertising of unhealthful foods is strongly discouraged on school grounds; ● There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods with their friends;



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- When possible recess will be scheduled before lunch;
- Every effort will be made to provide enough space and serving area to ensure all students have access to school meals with minimum wait time;
- Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day;
- Potable water will be available where all meals are served;
- All students are encouraged to participate in school meals programs and the identity of students who eat free and reduced price meals will be protected through a point of sale system;
- Students shall be encouraged to start each day with a healthy breakfast;
- A breakfast program, subject to sufficient participation, will be made available to students at the middle and high school level. Breakfast survey is administered every year to assess need; • Nutritional values of all foods prepared/sold through the school lunch program will be made available for review in all school lunchrooms;
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the District and this policy;
- Efforts will be made to keep school or district-owned physical activity facilities open for use by students outside regular school hours;
- Schools will explore joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members;
- District staff will be encouraged to model healthy eating, drinking and physical activity; • School personnel will not withhold food as a punishment and will strive to not use food as a reward. Staff will be provided with a list of alternate ways to reward students by the District Wellness Committee and through professional development opportunities when available; • Teachers may use non-food alternatives as rewards.



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V. Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The District establishes the following program requirements and nutrition standards to address all foods and beverages sold or served to students:

- Students will not share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets;

Classroom snacks shall feature healthy choices and a list of such healthy choices shall be disseminated to teachers and parents by the District Wellness Committee;

Nonfood celebrations will be encouraged. Celebrations that involve food during the school day shall be limited, when possible. The district shall strive to use foods in celebrations that meet the Smart Snacks in Schools regulations;

- A list of healthy celebratory foods ideas including nonfood celebration ideas shall be disseminated to parents and teachers by the District Wellness Committee. Additional resources can be found online from the USDA, <https://www.nutrition.gov/>, Alliance for Healthier Generation, <https://www.healthiergeneration.org/>, and/or Action for Healthy Kids, <https://www.actionforhealthykids.org/>;
- Fundraising Activities-The district will strive to have all food and beverages sold outside of the school meals programs, on the school campus, at any time during the school day, (midnight the night before until 30 minutes after the bell at the official end of the school day) meet the Smart Snacks in School guidelines;
- The District shall encourage that all fundraising efforts and school events such as field trips, dances and assemblies in the schools that happen after the school day (30 minutes after the bell until midnight) are supportive of healthy eating, healthy food choices and physical activity;
- Teachers, students and school officials shall be provided an opportunity to be involved in selecting food choices for their school meal program through tastes tests and surveys in order to identify new, healthy, culturally diverse and appealing food selections;
- The food service committee in collaboration with the food service company, PTA and District will consist of student reps from ten buildings in the Levittown School District. The committee will evaluate menu food items, administer surveys, evaluate food waste, and make recommendations to the meal program;



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- The District shall make decisions on these guidelines based on nutrition goals, not on profit.

VI. School Meals

Our District is committed to serving healthy meals to children with plenty of fruits, vegetables, and whole grain products, low-fat dairy products; that are moderate in sodium, low in saturated fats and have zero grams of trans fat per serving. Healthy food preparation methods and health enhancing nutrition practices shall be promoted.

- All schools within the District will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP); • Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size;
- Applications for free and reduced priced meals will be sent home to all families at the beginning of the school year and the application is also available year round on the District website;
- The district's guidelines for reimbursable school meals shall meet or exceed applicable federal regulations and guidelines of Child Nutrition programs;
- Nutritional values of all foods prepared/sold will be made available for review on the school nutrition website. In addition, schools will share information about the nutritional content of meals at points-of-purchase;
- Food service providers shall offer a variety of healthy food and beverage selections for elementary schools, middle schools and high schools;
- All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for School Nutrition Standards website, <https://www.fns.usda.gov/school-meals/professional-standards>;
- All foods made available shall adhere to food safety and security guidelines.



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VII. Nutritional Standards for Food and Beverages Sold Individually

This includes but is not limited to foods sold outside of reimbursable school meals, during the school day such as through vending machines, a la cart cafeteria (snack) lines, fundraisers, and school stores

The school food service program will approve and provide all food and beverage sales to students in elementary schools. In the elementary, middle and high schools, all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte snack lines and vending machines) during the school day will meet the Smart Snacks in Schools guidelines following nutrition and portion size standards.

Section 10 of the Child Nutrition Act of 1966, 42 USC 1779, as amended by the HHFKA of 2010, requires that all food and beverages sold outside of the school meals programs, (a la cart, vending and school stores) on the school campus at any time during the school day, (midnight the night before until 30 minutes after the official end of the school day) must meet the nutrition standards set forth in the final rule titled, "National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as required by the HHFKA of 2010." This final rule, also known as "Smart Snacks in School," was published on June 28, 2013 and finalized on July 21, 2016 and includes the following information:

1. Any food sold in schools during the school day must:
 - a. Be a "whole grain-rich" grain product; or
 - b. Have as the first ingredient: a fruit, vegetable, dairy product, or protein food; or
 - c. Be a combination food that contains at least ¼ cup of fruit and/or vegetable;
2. Foods must also meet several nutrient requirements and are limited to:
 - a. Calorie Limits
 - i. Snack items: ≤ 200 calories
 - ii. Entrée items: ≤ 350 calories
 - b. Sodium Limits
 - i. Sodium limits for Snack items: ≤ 200 mg sodium
 - ii. Sodium limits for Entrée items: ≤ 480 mg sodium
 - c. Fat Limits
 - i. Total fat $\leq 35\%$ of calories
 - ii. Saturated Fat $< 10\%$ of calories
 - iii. Trans fat: zero grams
 - d. Sugar Limits



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- i. Sugar \leq 35 % of weight from total sugar in foods

Nutrition Standards for Beverages:

All schools may sell

- a. Plain water (with or without carbonation)
- b. Unflavored low fat milk
- c. Unflavored or flavored fat free, low fat milk and milk alternatives permitted by NSLP/SBP
- d. 100% fruit or vegetable juice and
- e. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- f. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- g. In High School, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students as well as caffeine.
 - i. No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - ii. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

4. Portion Sizes Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit;
- One ounce to one and one half ounce serving for cookies;
- Two ounces for cereal bars, granola bars, pastries;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt and 100 % juice smoothies;

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.



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VII. Implementation, Evaluation and Communication

The district shall designate the Director of Health, Physical Education and Athletics to be charged with the responsibility of ensuring that the District meets the goals of this policy.

- This policy will be evaluated and monitored bi-annually by the District Wellness Committee;
- In each school, the principal or designee will ensure compliance with the policy in his/her building and will assess and report annually on the school's compliance to the Director of Health, Physical Education and Athletics and the District Wellness Committee;
- Upon the results of the above assessment, the District Wellness Committee will support principals in developing work plans to facilitate its implementation;
- School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director of Health, Physical Education and Athletics and the wellness committee;
- Every year the designee and District Wellness Committee will develop a summary report on District-wide compliance and implementation with the District's Wellness policy and share with the Board Of Education;
- The public will be made aware of their ability to participate in the development, review update and implementation of the policy through the District website;
- A link to the wellness policy will be available on the district website under School Food Service and Athletics;
- In addition, a copy of the most recent assessment and/or summary report will also be available on the website;

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Ref: P.L. 111-296 (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)

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 – standards for lunches, competitive foods, community involvement, record keeping, 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)

Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843)

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934)

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