

NON-INSTRUCTIONAL/BUSINESS OPERATIONS**SUBJECT: DISTRICT WELLNESS POLICY**

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. Pursuant to Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, the district establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

The members of this committee were chosen based on the shared decision making process followed by the district and recommendations of representation provided in Sec. 204 of the child Nutrition and WIC Reauthorization Act of 2004.

Members of the committee consist of representation from Levittown School District Board of Education, Central Office Administration, Elementary and Secondary Building Administrators, Health and Physical Education Teachers, Food Service Personnel, Elementary and Secondary Students, School Nurse, Parents of Elementary and Secondary Students and PTA Council.

Nutrition Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other related behaviors conducive to health and well being." The District adopts the following nutrition guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

- All students in grades K – 12 will receive nutrition education in their health and physical education classes. Such education will be aligned with New York State and Local Curricula;
- Working in conjunction with food service staff, the district shall provide a consistent message throughout the school community that promotes wellness and nutrition education as well as healthy eating habits. A "Healthy Habits" link to the district web-site will be established and will provide updated information regarding student health and nutrition education;
- 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; A yearly nutrition and wellness related workshop will be offered to community members and will have, as part of its focus, nutritional information for student athletes; All staff members who provide nutrition education shall have appropriate training and will participate in regular professional development activities so that they keep abreast of current health and wellness trends and standards; 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; Students shall be encouraged to start each day with a healthy breakfast. A breakfast program, subject to sufficient participation, may be made available to students at Division Avenue High School and General Douglas MacArthur High School; Nutritional values of all foods prepared/sold through the school lunch program will be made available for review in all school lunchrooms;
- The district's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle. 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, eight minutes of physical activity integrated into the elementary curriculum and through the integration of physical activity in the academic curriculum wherever possible at the 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;
- Schools shall work with the community to create ways for students to walk or bike safely to and from school. Students will be encouraged to participate in ACES, the ALL Children Exercise Simultaneously Day.
- Schools shall encourage parents to 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 annual LEADD Walk.
- Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students. Physical Education teachers will incorporate lesson plans that include lifelong sports like golf, tennis, badminton, ping pong, hiking, biking, fishing etc.
- 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, nor will they withhold opportunities for physical activity (e.g., recess, physical education class) as punishment.

Other School Based Activity Goals

It shall be the District's goal to create a school environment that provides consistent wellness messages and that is conducive to healthy eating and being physically active. In accordance with this goal, the district adopts the following guidelines:

- There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods with their friends;
- 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;
- 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;
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the District.

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- The District shall encourage that all fundraising efforts and school events such as field trips, dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity;
- Efforts will be made to keep school or district-owned physical activity facilities open for use by students outside regular school hours.

Establishing 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:

- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size;
- Foods and beverages made available during the school day (including vending machines, a la carte, fundraising, , and student stores shall be consistent with the current USDA Dietary Guidelines.
- Whenever food and beverages are offered through fundraising, concession stands, and school parties/celebrations, the district will encourage participants to include healthy choices. Lists containing healthy choices will be disseminated to teachers and parents whenever possible.
- Foods and beverages that are made available by the district during the school day shall adhere to food safety and security guidelines;
- Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets;
- Teachers, students and school officials shall be involved in selecting food choices for their schools in order to identify new, healthy and appealing food selections;
- The District shall make decisions on these guidelines based on nutrition goals, not on profit.

Food and Beverages Sold Individually

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

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables, with the exception of French fries served at the secondary schools 3x per week. In the 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, vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day, will meet the following nutrition and portion size standards:

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Beverages

- **Allowed:** water without caloric sweeteners; fruit and vegetable juices (100%) and do not contain additional caloric sweeteners (with the exception of Snapple); unflavored or flavored low-fat or fat-free milk;
- **Not Allowed:** soft drinks containing caloric sweeteners and caffeine (in all schools), sports drinks and iced tea (except high schools), with the exception of Snapple; beverages containing caffeine; (excluding low-fat or fat-free chocolate milk which contains minimal amounts of caffeine).

Foods

Items sold individually will adhere to the following Fat, Sugar and Sodium limits:

- Fat limits – Total fat: $\leq 35\%$ of total calories

Exemptions: reduced fat cheese (including part skim mozzarella, nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

- Saturated fat: 10% of total calories

Exemptions: reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

- Trans fat: zero grams (,0.5g)

- Sugar limits - Total sugar: $\leq 35\%$ of weight from total sugars

Exemptions: Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and /or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

- Sodium limits

Entrée items: ≤ 480 mg

Snack/side items: ≤ 230 mg**

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice, and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

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;

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- 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
- Twelve fluid ounces for beverages excluding water, Gatorade and iced tea in vending machines.

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.

Goals for Measurement and Evaluation

This policy will be evaluated and monitored on a quarterly basis. The district shall designate J. Keith Snyder, Director of Health, Physical Education and Athletics, who shall be charged with the responsibility of ensuring that the District meets the goals of this policy and that the individuals shall report on the school district's compliance to the Superintendent of Schools.

The Superintendent or designee will develop a summary report every year on District -wide compliance with the District's Wellness policy.

Re-Adopted: July 11, 2012

Revised: January 13, 2016