

## **WELLNESS POLICY ON NUTRITION AND PHYSICAL EDUCATION**

The well-being and support we can provide our students in maintaining a healthy lifestyle is the goal of our local wellness policy. Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL 108-265) requires all school districts to establish a local wellness policy.

### Statement of Commitment

The Bethlehem Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by providing comprehensive curricula and experiences in Health and Physical Education that support healthy eating and physical activity. Therefore, it is the policy of the Bethlehem Central School District that:

- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or provided by schools will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program.
- Snacks and beverages sold in vending machines or provided in the cafeteria by the school ala carte shall contain no more than 35% of total calories from fat and sugars and trans-fats.
- The School Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students.
- To the maximum extent practical, all schools in the school district will participate in available Federal Meals Programs including the School Breakfast Program and National School Lunch Program.
- Schools will provide education to foster lifelong habits of healthful eating and physical activity.
- The school district is committed to providing an environment in all of our schools where students will be supported by mental health services to ensure their achievement and success.
- The Bethlehem Central School District will encourage, and support healthy eating by students.

- The Bethlehem Central School District will encourage staff to be role models for healthy behaviors.

#### To Achieve These Goals

The school district will follow the CDC's Coordinated School Health Model. The Coordinated School Health Team will consist of parents/community members, school administration, representatives from health and physical education, counseling, psychological and social services, health services, the Childhood Nutrition Director, and teachers and chaired by the Superintendent of Schools or his/her designee, to educate, involve and advocate for the school community in the importance of comprehensive health and wellness. The wellness policy will be reviewed annually by the team and a report made to the Board of Education.

ADOPTED: June 20, 2007

REVISED: September 19, 2007

REVISED: January 4, 2012

## **WELLNESS POLICY ON NUTRITION AND PHYSICAL EDUCATION REGULATIONS**

The District will create an environment that supports healthy eating habits, good nutrition, physical education, and a supportive mental health program by:

### Nutrition Services

- 1) Improving the nutritional quality of all foods served to District students – in the cafeteria and vending machines – by considering the following actions:
  - a) Increasing whole foods (whole grains and fresh, locally grown and/or organic fruits and vegetables) and reducing refined carbohydrates (at least half of the grains served will be whole grains);
  - b) Reducing processed and pre-packaged foods;
  - c) Increasing foods from local farms;
  - d) Using only healthy fats/oils, eliminating trans fats;
  - e) Increasing hormone-free food products;
  - f) Offering vegetarian options;
  - g) Following standard serving portions recommended by the USDA;
  - h) Ensuring all K-8 students have adequate time to eat and encouraging all high school students to have a designated lunch period;
  - i) Exploring the use of food containers and packaging products emphasizing the reduction of solid waste; and
  - j) Ensuring schools will only serve low-fat milk and offer non-dairy alternatives.
  - k) The district will follow the Institute of Medicine’s recommendation for beverage serving size.
- 2) The using of food and candy as a classroom reward is prohibited.
- 3) Promoting and increasing the accessibility of the Breakfast Program offered at all schools, recognizing that a whole breakfast is important to a student’s ability to learn.
- 4) Integrating nutrition in all schools by establishing nutrition education in the school curriculum at each grade level, developing innovative, hands-on programs.
- 5) Providing students, staff members, and parents with health and wellness information on the district website, monthly newsletter articles and wellness events.
- 6) Encouraging all district children to eat a healthy breakfast, including offering nutritious breakfast choices for those who may not have eaten at home.

- a) School/bus schedules will not prohibit a child from participating in the breakfast program.
- 7) Providing professional development for the Childhood Nutrition Director and on-site cooks.
- 8) Providing students with a pleasant environment in which to eat.
- 9) Sharing and publicizing information about the nutritional content of meals with students and parents.
- 10) Ensuring that snack food items sold individually contains no more than the federal guidelines for fat, sugar, and sodium.
- 11) Allowing drinking water to be available for students and staff.

### Physical Education

- 1) Students developing the knowledge & skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the benefits of physical activity and value and enjoy physical activity as an ongoing part of a healthful lifestyle.
  - a) Physical Education
    - i) Physical Education will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
    - ii) Physical Education will be incorporated into students' schedules. The district will strive to meet requirements for Physical Education as outlined by the State Education Department.
    - iii) The District has a written physical education curriculum for each grade level.
    - iv) The Physical Education program shall be provided adequate space and equipment and conform to all the applicable safety standards.
    - v) Physical Education will be taught by a certified instructor.
    - vi) Physical teachers will be provided professional development comparable to other teachers in the District.
    - vii) Sports may not take the place of Physical Education.
  - b) Recess/ Intramurals/ at the Elementary level
    - i) Provide a daily-supervised recess period, preferably outdoors during which schools should encourage moderate to vigorous physical activity.
    - ii) Where age appropriate, extracurricular activities such as physical activity clubs, and intramurals will be provided and open to all students.
    - iii) Physical activity opportunities shall be offered daily during the school day.
    - iv) Staff members shall not deny participation in recess or other physical activities as a form of discipline for punishment unless the safety of students is in question.

- c) The District facilities will be made available outside of school hours for physical activity programs offered by community-based organizations.

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