

ST. FRANCIS de SALES SCHOOL FOR THE DEAF IN BROOKLYN

WELLNESS POLICY

Revised July 2017

WELLNESS POLICY

Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

- A. The Director will recognize that nutrition, education and physical education are essential components of the educational process and that good health fosters students' attendance and education.
- B. The school environment should promote and protect students' health, well being and ability to learn by encouraging healthy eating and physical activity.
- C. The Director will encourage the involvement of students, parents, teachers and food and nutrition service staff in implementing, monitoring and reviewing the school's nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive and to achieve academic success.
- E. All students in Pre-School to 8th Grade will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition service personnel will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic and cultural diversity of the student body in meal planning and will provide clean, safe and pleasant settings.

GUIDELINES

- A. **Foods and Beverages Served During the School Day**
 - 1. All foods and beverages made available in school will be consistent with the current USDA Dietary Guidelines for Americans.

- a. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
- b. Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students and served at the proper temperatures.
- c. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.

Beverages

Allowed: Water, white milk (1% or skim), chocolate milk (1%)

Allowed on a limited bases: Carbonated beverages, sports drinks, 100% fruit juice.

Foods

- Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
- A choice of at least two fruits and/or non-fried vegetables will be offered where meals and food is served. Such items will include, but not limited to fresh fruits and vegetables: 100% fruit and vegetable juice: cooked, dried or canned fruits (canned in fruit juice or light syrup): and cooked, frozen and canned vegetables.

Portion Sizes

Food and beverages will be offered in modest portion sizes age-appropriate for elementary school students, respectively.

2. Food and nutrition service personnel will take every measure to ensure that student access to foods and beverages meet and exceed all federal, state and local laws and guidelines.
3. Food and nutrition service personnel shall adhere to all federal, state and local food safety and security guidelines.
4. The Director will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price school meals.
5. The Director will provide student access to hand washing or hand sanitizing before they eat meals or snacks.

6. The Director will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. The Director will discourage tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities.
8. Students should be discouraged from sharing their food or beverage with one another during meals and snack times given concerns about allergies and other restrictions on some children's diets.
9. Snacks served during the school day will make a positive contribution to children's diets and health and will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items.
10. Foods or beverages will not be used as rewards for academic Performance or good behavior and will not be withheld as a punishment. Reward and incentives will be used that do not undermine the health of students for reinforcements of unhealthy eating habits. Non-food rewards and incentives will be used as the first choice to encourage positive behavior.
11. Classroom celebrations, especially in elementary school, should encourage healthy choices and portion control. The celebration should be scheduled so it will not interfere with school meals.
12. The Director will encourage fundraising that promotes the sale of non-food and nutritious food items, being mindful of food safety and will encourage fundraising activities that promote physical activity.

B. School Food Service Program/Personnel

1. The Director will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and regulations.
2. As part of the school's responsibility to operate a food service program, the Director will offer continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The Director will encourage and support healthy eating by the students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide

- students with the knowledge and skills necessary to promote and protect their health.
- b. in health education classes as well as classroom instruction in subjects such as mathematics, science, language arts, social sciences and elective subjects where appropriate.
 - c. enjoyable, developmentally appropriate, culturally relevant and includes participatory activities such as contests, promotions, taste testing and field trips.
2. The Director will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold at fundraising events.
 3. The school will not use foods or beverages as rewards for academic performance or good behavior (unless the practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishments.

D. Physical Activity

1. **Physical Education (P.E.) Pre-K to 8th Grade:** All students in grades Pre K to 8th, including students with disabilities or special health-care needs will receive regular physical education (Pre K to 6th grades will have at least 25 minutes a day for the entire year, grades 7th and 8th will have 50 minutes per day for one semester. The physical education curriculum should be coordinated with the health education curriculum. Physical education course will be in the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Students involvement in other activities involving physical activity (i.e. extracurricular programs) will not be substituted for meeting the physical education requirements. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

2. **Integrating Physical Activity into the Classroom:** For students to receive The nationally recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television:
- Opportunities for physical activity will be incorporated into other subject

lessons (such as science, mathematics and social studies) where appropriate: and

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

3. **Daily Recess:** All elementary school students will have at least 20 minutes a day of supervised recess, preferable outdoors, during which the school should encourage moderate to vigorous physical activity verbally and through the provisions of space and equipment. The school will discourage extended periods of inactivity.

4. **Physical Activity Opportunities After School:** All students in grades 7th and 8th will be offered extracurricular physical activity programs after school. After school enrichment programs will provide and encourage-verbally and through the provision of space, equipment and activities – 2-3 periods a week of moderate to vigorous physical activity for all participants.

5. **Physical Activity and Punishment:** Teachers and other school personnel will not use physical activity (i.e. running laps, pushups) or without opportunities for physical activity as punishment. The director will discourage tutoring, organizational meetings or activities during recess or physical education class times.

E. Communications with Parents

1. The Director recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The Director will support parents'/guardians' efforts to provide a healthy diet and daily physical activity for their children.
3. The Director will provide parents/guardians information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

IMPLEMENTATION AND MONITORING

- A. After approval by the Board of Directors, The Wellness Policy will be implemented throughout the school.
- B. School food service staff, at the school, will ensure compliance within the school's food service areas.
- C. The food service program staff will provide an annual report to the Director

setting forth the nutrition guidelines and procedures for selection of all foods made available in the school.

- D. The Director will ensure compliance with the Wellness Policy and will provide an annual report to the Board of Directors the school's compliance with the policy in the school.