

## **Harpursville Central School District's Wellness Policy on Physical Activity and Nutrition**

### **Adapted from National Alliance for Nutrition and Activity**

#### **(NANA) The Board of Education recognizes that:**

1. Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;
2. Good health fosters student attendance and education;
3. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
4. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
5. Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
6. Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
7. School districts around the country are facing significant fiscal and scheduling constraints; and
8. Community participation is essential to the development and implementation of successful school wellness policies;
9. The district shall monitor and review the implementation and effectiveness of this policy by conducting informal surveys of staff and students on their progress of wellness activities and their efforts; periodic checks of the nutritional content in cafeteria meals à la carte items, and food offered in vending machines; the amount of time students spend in Physical Education classes and extracurricular activities; students' understanding of the nutrition education curriculum; triennial reviews of the School Health Index; surveys of student/parent opinions of overall wellness offerings; and reviews of staff development with a focus on wellness.

Harpursville Central School District (HCSD) is committed to providing school environments that promote and protect children's health, wellbeing, and ability to learn by supporting healthy eating and physical activity. Therefore, as of June 30, 2006 it is the policy of the HCSD that:

- Efforts will be made to engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- We will actively work towards ensuring that all foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- We will provide a school environment where qualified professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; we will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and we will provide clean, safe, and pleasant settings and adequate time for students to eat.
- We will promote participation in federal school meal programs (including the School Breakfast Program) by:
  1. Consideration of flavor/taste of meals served
  2. Attention to food presentation and dining environment
  3. Limiting the availability within the school of competitive foods with lesser nutritional value
  4. Elimination of perceived and actual barriers to student's enrollment in food subsidy programs (free and reduced)
- We will work towards providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will work towards establishing linkages between health education and school meal programs with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Councils**

HCSD will create work within the existing school health and wellness council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource for implementing those policies.

(A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers and physical education staff, school health professionals, and members of the public.)

### **II. Nutritional Quality of Foods and Beverages Sold and Served on**

#### **Campus School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- Offer a variety of fruits and vegetables;<sup>1</sup>
- Serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.<sup>3</sup>

HCSD Foodservice should select foods that are appealing to students that will be sold through the schools meal programs. HCSD meals should have healthy and nutritional choices. HCSD will have available nutritional information about daily menus. Information should be made available on the schools website.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- HCSD will, to the extent possible, operate the School Breakfast Program.
- HCSD will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, “grab-and-go” breakfast.
- HCSD will notify parents and students of the availability of the School Breakfast Program.
- HCSD will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
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**Free and Reduced-priced Meals.** HCSD 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<sup>3</sup>. Toward this end, HCSD will utilize an identification and payment systems where only the cashier is aware of the student pricing; provide meals to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” breakfast.

**Community Eligibility Program (CEP) Meal Program:** Recently, HCSD has recently made the switch to CEP in both the W.A. Olmsted Elementary and Junior/Senior High School. Within this program, all students are entitled to a free breakfast and lunch regardless of their individual free and reduced meal status. To qualify for this program a given district must have at least 40% of “identified students” who receive free or reduced meal status. Families of students are still encouraged to file their eligibility for free and reduced meals through the food service department. All meals served must uphold nutritional and meal quality consistent with the overall school lunch program.

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<sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>2</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

**Meal Times and Scheduling.** HCSD:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified professionals will administer the school meal programs. As part of the HCSD responsibility to operate a food service program, we will provide continuing professional development for all qualified professionals. Staff development programs will include appropriate certification and/or training programs for school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>4</sup>

**Sharing of Foods and Beverages.** HCSD should discourage students from sharing their foods or beverages with one another during meal or snack times, and maintain an updated reference list of food allergies provided by the school nurse's office.

**Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

**Elementary Schools.** 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 Smart Snack guideline**

**Junior and Senior High Schools.** In junior/senior high schools, all foods 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 work towards meeting the Smart Snack guidelines. In addition, competitive foods sold outside of the school meals program should strive to meet the guidelines set forth in this policy.

## **New Smart Snack Standards, July 1, 2014, USDA**

All Food Sold in Schools:

- **Be a “whole grain-rich” grain product; or**
- **Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or**
- **Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or**
- **Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\***

**Foods must also meet several nutrient requirements:**

### **Calorie limits:**

- **Snack items: ≤ 200 calories**
- **Entrée items: ≤ 350**

### **Sodium limits:**

- **Snack items: ≤ 200 mg\*\***
- **Entrée items: ≤ 480**
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### **Fat limits:**

- **◦ Total fat: ≤35% of calories**
- **◦ Saturated fat: < 10% of calories**
- **◦ Trans fat: zero**

### **Sugar limi. gramst:**

- **◦ ≤ 35% of weight from total sugars in foods**

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<sup>3</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

<sup>4</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

### National Standards for Beverages:

- All schools may sell:
  - o Plain water (carbonated or non-carbonated), no portion limit
  - o Unflavored or flavored fat-free or low fat milk alternatives (soy milk, lactose-free milk)
  - o 100% fruit or vegetable juice and
  - o 100% fruit or vegetable juice diluted with water (carbonated or non-carbonated), with no added sweeteners.
- Portion Controls:
  - o Elementary school may sell up to 8 ounce portion
  - o Middle and High school may sell up to 12 ounces of milk and juice
  - o High Schools may sell additional “no calorie” and “lower calorie” beverage options, including caffeinated beverages. Offerings may include no more than 20 ounce portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces. High schools may also offer no more than 12 ounce portions of beverages with  $\leq 40$  calories per 8 ounces, or  $\leq 60$  calories per 12 ounces.

We must remember that foods and beverages brought from home or sold during non-school hours, weekends or at off-campus events such as concession during sports events and school plays do not have to comply with these guidelines.

### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion.** HCSD aims to teach, encourage, and support healthy eating by students. HCSD will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health in grades K -6. (Growing Healthy)
- Is part of Health, Family and Consumer Sciences, and Physical Education classes in grades 7-12.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff upon request.
- Events outside school hours are to be considered exempt from marketing and this plan.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the New York State recommended amount of daily physical activity (*i.e.*, at least 120 minutes per weeks) 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 complement physical education by reinforcing the knowledge and self- management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, using a computer, and participating in video games;
- Opportunities for physical activity will be incorporated into other subject lessons when appropriate;
- Classroom teachers are encouraged to access the following web sites that address the challenge of incorporating physical activity into curriculum:

**Communications with Parents.** HCSD will support parents' efforts to provide a healthy diet and daily physical activity for their children. Upon request, HCSD will send home nutrition information and provide nutrient analyses of school menus. HCSD will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities as part of classroom handouts.

HCSD will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, HCSD will encourage the promotion and marketing of foods and beverages to foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>5</sup> is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

Marketing activities that promote healthful behaviors and are allowable include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers.

Fundraising efforts of school organizations will coordinate with associated food marketing structure and not compete with the school lunch program.

**Staff Wellness.** HCSD highly values the health and wellbeing of every staff member and will support personal efforts by staff to maintain a healthy lifestyle. HCSD has established and will maintain a wellness committee. The committee will work towards strategies to promote staff health and wellness. The wellness committee will be allowed scheduled meeting time during the school once every quarter. The committee will use the time to review and monitor compliance with the overall District Wide Wellness Policy.

<sup>5</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

#### IV. Physical Activity Opportunities and Physical Education

**Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education on a weekly basis (or its equivalent of 120 minutes/week for elementary school students and 120 minutes/week for middle and high school students) for the entire school year. A certified physical education teacher will teach all physical education. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors (weather permitting), during which HCSD will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

HCSD will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, HCSD will give students periodic breaks during which they are encouraged to stand and be moderately active, these periods of activity will be consistent with the guidelines of the testing for purposes of testing validity and security.

**Physical Activity Opportunities Before and After School.** HCSD will offer extracurricular physical activity programs where possible. Elementary students will be provided activity as well through civic leagues in various sports as well as participation in afterschool programming. HCSD will promote participation in all interscholastic sports programs. HCSD will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Discipline.** Teachers and other school and community personnel will be discouraged from using physical activity as a form of discipline instead using it as a motivational technique. Faculty members will also be discouraged from withholding students from physical education classes as well as recess.

**Sun Safety (Skin Cancer Prevention) while pursuing physical activity.** July 31, 2012 NYSED memo: Updated Information Regarding the Use of Sunscreen.

**“Effective immediately, schools are no longer required to obtain a medical provider to allow a student to carry and use sunscreen in school if: (1) the sunscreen is used for the purpose of avoiding overexposure to the sun and not for medical treatment of an injury or illness; (2) the sunscreen is approved by the FDA for over-the-counter use; and (3) the student’s parent or guardian provides written permission for the student to carry and use sunscreen. A student who is unable to physically apply sunscreen may be assisted by unlicensed personnel when directed to do so by the student, if permitted by a parent or guardian and authorized by the school”**

#### **BUCS Harpursville Policy**

Rationale: Skin cancer is the most common cancer in the United States. Exposure to ultraviolet (UV) radiation in sunlight causes nearly all skin cancer cases. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Harpursville, a Binghamton University Community School, is committed to promoting sun safe practices to visitors and staff and will implement the following sun safety policy.

Policy: 1) Binghamton University Community Schools at Harpursville Central School District’s Summer Zone

(SZ) will promote basic personal strategies for preventing skin cancer for staff and campers: a. Wear full-body coverage clothing when outside in sunlight including brimmed hats, long-sleeved shirts and full-length pants (when weather permits) b. Wear sunglasses that state 100% UVA and UVB protection. For prescription sunglasses, the UV-protective coating can be applied. c. Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or greater) to exposed skin at least 30 minutes prior to going outside in the sun. d. Reduce exposure to sunlight between the hours of 10am and 2:30pm (if possible) e. Play in shaded areas (when possible) f. Seek shade when outside in the sun

2) If appropriate, SZ staff will make sun protective items such as hats, protective clothing, umbrellas, alternative locations (i.e., indoors or shaded areas) and sunscreen available to our campers and staff and encourage sun safety while participating in outdoor recreation activities.

3) If appropriate, SZ staff will consider the availability of shade for campers and staff when planning outdoor activities such as community events and field trips.

4) SZ will make shade available for campers and staff in high-use recreation areas.

5) SZ staff or other appointed group following an established timetable will develop and implement a plan to assess existing shade to determine if and where additional shade is needed; such as placing canopies in various locations to provide protection from the sun.

6) When possible, outdoor activities will be scheduled before 10am. If the camp is outdoors between 10am and 2:30pm, the sun protection resources will be available to all visitors, campers and staff.

7) Sun safety instruction will be taught to all campers and staff.

8) Letters regarding sun protection and this policy statement will be sent home to all campers and staff.

Please note the following permission will be added to permissions for camps and summer activities:

By signing your full name below, you are allowing your child to carry and use sunscreen at school that is for the purpose of avoiding sun overexposure and is FDA approved for over-the-counter use. Additionally, you agree to allow non-licensed personnel to help your child apply their OWN sunscreen if they are unable to do it on their own. The school does NOT supply sunscreen. As such, parent should consider having student apply it before coming to school in the morning.

Signature and Date: \_\_\_\_\_

**Safe Routes to School.** HCSD will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

**Use of School Facilities Outside of School Hours.** School spaces and facilities may be made available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities may also be available to community agencies and organizations offering physical activity and nutrition programs. For example, the following facilities are often available when not in use for school related purposes; tennis courts, basketball courts, track athletic fields, ropes course, playground, sidewalks and parking lots (for walking). These facilities are available upon request and approval by school officials; HS hallways and stairs (for early morning walking), elementary and HS gymnasiums (for various activities) and the weight training room. School policies concerning safety will apply at all times.

1. USDA'S Team Nutrition-this website has many ideas for incorporating nutrition education throughout the school day. The website also has links to other, non-USDA curricula. <http://www.fns.usda.gov/tn/library.html>
2. Farm-to-School - Farm to school programs offer curricula to help students understand where their food comes from. [http://schoolmeals.nal.usda.gov/Resource/farmtoschool\\_class.htm](http://schoolmeals.nal.usda.gov/Resource/farmtoschool_class.htm)
3. Brain Breaks-a free resource with ideas on how to incorporate physical activity in to the

- classroom. <http://www.emc.cmich.edu/BrainBreaks/default.htm>
4. *Promoting Better Health for Young People through Physical Activity and Sports: A Report to the President*  
[http://www.cdc.gov/HealthyYouth/physicalactivity/promoting\\_health/index.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm)
  5. 5 A Day for Better Health-This website has nutrition lesson plans regarding fruits and vegetables. [http://www.5aday.com/html/educators/educators\\_home.php](http://www.5aday.com/html/educators/educators_home.php)
  6. USDA's Team Nutrition website contains resources on how to incorporate physical activity and physical education into schools.  
[http://www.fns.usda.gov/tn/Healthy/wellnesspolicygoals\\_physicalactivity.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicygoals_physicalactivity.html)
  7. Smart Snacks in School, School Nutrition Association – 2014 publication of Smart Snack Guidelines for schools.  
[https://schoolnutrition.org/uploadedFiles/About\\_School\\_Meals/What\\_We\\_Do/Competitive-Foods-Fact-Sheet.pdf](https://schoolnutrition.org/uploadedFiles/About_School_Meals/What_We_Do/Competitive-Foods-Fact-Sheet.pdf)
  8. NYSED memo: Updated Information Regarding the Use of Sunscreen, July 31, 2012
  9. CEP Basics: Hunger Solutions New York. <https://hungersolutionsny.org/school-meals-hub-ny-0/community-eligibility-provision/cep-basics/>

First Reading: April 24, 2006

Second Reading and Adoption: May 8, 2006

Amendment-First Reading: 6/24/2020

Second Reading & Adoption: