

## Wellness Policy

Preamble:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education; ([www.fns.usda.org](http://www.fns.usda.org))

Whereas, 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; ([www.cdc.gov](http://www.cdc.gov))

Whereas, 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; ([www.cdc.gov](http://www.cdc.gov))

Whereas, eating disorders have reached epidemic proportions, with 86 percent of reported cases having onset by age 20; ([www.anad.org](http://www.anad.org))

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Islip 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. Therefore, it is the policy of the Islip School District that:

- The School District will engage students, parents, teachers, administrators, 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.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Islip Wellness Policy.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will provide clean, safe and pleasant settings and adequate time for students to eat; and will comply with federal, state and local child nutrition program requirements.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services.
- All school-based activities are consistent with local wellness policy goals.

## **Wellness Initiative 1 - Nutrition Education**

The goal of nutrition education is to positively influence students' eating behaviors.

The Islip Wellness Committee established the following criteria to meet the nutrition education goal:

- Students in grades K-12 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. State and district health education curriculum standards and guidelines include both nutrition and physical education. The Islip School District will further expand the Health Smart Curriculum.
- Students will receive consistent nutrition messages throughout the school, classroom and cafeteria.
- Wellness information will be provided to the community through a variety of sources (e.g., website, newsletter).
- Nutrition will be integrated into the core curricula (e.g., math, science, language arts).
- Staff members who provide nutrition education will have appropriate training.
- Schools will link nutrition education activities with the coordinated school health program, as well as the school meals program.

## **Wellness Initiative 2 – Physical Activity**

The primary goal for a school's physical activity initiative is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activities and understand the short-and long-term benefits of a physically active and healthful lifestyle.

The Islip Wellness Committee established the following criteria to meet the physical activity promotion goal:

- At a minimum, students will have 120 minutes/week of physical activity for elementary students and 3 periods/week for middle and high school students. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity
- Students should be given opportunities for physical activity during the school day through daily recess periods, physical education (PE) classes, walking programs and the integration of physical activity into the academic curriculum, when appropriate.
- Islip Schools will work with the community to create an environment that is safe and supportive of encouraging students to have a physically active commute to and from school. A walk/bicycle to school program will be explored.
- Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, physical activity clubs and the establishment and use of an Islip School District fitness trail.

### **Wellness Initiative 3 - Nutritional Standards for all Foods Available on the Islip Public Schools Campus**

The goal of Initiative 3 is to positively influence the students' lifelong eating habits by providing the types of foods that enhance student wellness.

The Islip Wellness Committee established the following criteria to meet the nutritional standards for all foods available on campus:

- All school meals will meet, at a minimum, program requirements and nutritional standards set forth by federal regulations under 7 CFR Part 210 (National School Lunch Program) and Part 220 (National School Breakfast Program).
- A la carte foods sold will include items higher in nutrient density, lower in fat and added sugars and moderate in portion sizes. The Islip School District will provide "Choose Sensibly" snacks to its students.
- The presence of non-nutritious foods will be reduced and the presence of healthy/Choose Sensibly snacks will be increased among the foods and beverages sold in vending machines, snack bars, school stores and concession stands and during fund raising activities on school campuses.
- Refreshments served at classroom parties, celebrations and meetings during the school day will adhere to the above guidelines.

### **Wellness Initiative 4 - School-Based Activities Designed to Promote Student Wellness**

The goal of Initiative 4 is to create a school environment which provides consistent wellness messages and is conducive for promoting students' healthy eating habits and physically active lifestyles.

The Islip Wellness Committee established the following criteria to meet the goals of Initiative 4:

- The Islip School District will provide adequate time for students to enjoy a healthy meal, scheduled as near the middle of the school day as possible.
- The District will provide on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- Recess for elementary grades will be scheduled before lunch, when possible, so that children will come to lunch less distracted and ready to eat.
- Parents, teachers, school administrators, students, food service professionals and community members will serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Parents will be provided with resources in the area of nutrition/wellness education and will be encouraged to send healthy/Choose Sensibly snacks with their child to school.
- The Islip School District will promote its Annual Great Buccaneer 5K Fun Run/Walk/Health Fair.
- The Islip School District will aid in promoting various health fairs throughout the District, on an annual basis.

- Teachers will be encouraged to share wellness information with the students.

## **Wellness Initiative 5 - Monitoring and Policy Review**

### **Monitoring**

- The Superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policy. In each school, the principal or designee will ensure compliance with the policy in his/her school and will report on the school's compliance to the school district Superintendent or designee.
- School food service staff, at the school or district level, will ensure compliance with the nutrition policy within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal).
- The Superintendent or designee will develop a summary report following the first year of policy implementation, and annually thereafter, to ensure district-wide compliance with the District's established nutrition and physical activity wellness policy, based on input from schools within the District. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the District.

### **Policy Review**

- Monitoring assessments will be repeated annually to ensure policy compliance, evaluate progress and identify areas in need of improvement. As part of the assessment, the School District will review the five wellness initiatives. The District will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.