

# NACHLAS BAIS YAAKOV



# SCHOOL WELLNESS POLICY

This institution is an equal opportunity provider.

**The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the district. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.**

## **I. Nutrition education and promotion**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- The nutrition education program will be linked to school meal programs.
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

## **II. Nutrition Standards for All Food and Beverages Served on School Grounds**

### **A. USDA School Meals:**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs.

#### **In addition:**

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as sanitation and food safety;
- All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- Lunch will follow recess period and will be scheduled at 1p.m.;

- Tutoring will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

### **Celebrations**

- Celebrations that involve food will be limited to one per month. Only foods that meet district's nutrition standards will be allowed at school celebrations;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

### **Access to Drinking Water**

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

### **III. Other**

#### **Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

### **IV. Physical Activity**

#### **Physical Education**

All K-12 students will receive physical education throughout the school year. Physical Education will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

- The school will provide adequate space for physical activity that will conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical activity as punishment;

## **Physical Activity**

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

- The school will provide adequate space for physical activity that will conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical activity as punishment;

## **Recess**

All students will have at least 20 minutes a day of supervised recess before the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines to ensure adequate physical activity for students.

## **V. Evaluation and Enforcement**

The principal of the school will ensure compliance within the school and will conduct an annual evaluation of the policy. The annual report shall be made available to all district families before the start of the following school year.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.