

Central Islip Union Free School District

Wellness Policy Summary

Wellness Goals & Wellness Committee



Given the documented connection between proper nutrition, physical activity and academic success the Board of Education adopts the following;

- The District will establish a wellness committee that will be a broad representation of stakeholders. The committee will remain active and meet regularly during the school year.
- Parents are invited to wellness committee meetings and will have the opportunity to give feedback on wellness goals.
- The District and its schools will collaborate with all stakeholders in order to promote wellness within the community.
- School-based activities will be consistent with the wellness policy goals.
- Foods and beverages sold during the school day will have nutritional value.
- All snacks provided during the school day, in before or after-school care and/or enrichment programs will make a positive contribution to children's health.

Wellness Promotion and Marketing



The District will promote positive, motivating messages (i.e., posters, signage announcements, etc.) about healthy lifestyle practices throughout the school setting.




- Sequential and interdisciplinary nutrition education is promoted.
- Students will receive consistent nutrition messages throughout the school/district.
- The advertising of foods and beverages of minimal nutritional value, that are not permissible for sale in District, should not be advertised on any school property.
- Every effort will be made to select materials free of branding names/ logos and illustrations of unhealthy foods.
- Schools should avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school and community.
- Everyone (staff, students, parents) serves as role models in practicing healthy eating habits and being physically active.
- Parents will be reminded of the importance of healthy snacks and will be encouraged to send healthy snacks to school with their children.
- Staff is encouraged to promote healthy choices for classroom snacks.
- The District will publicize information about nutritional content of meals to students and parents through the District website and menus.

Physical Education Physical Activity and Recess



The District will provide opportunities for every student to develop the knowledge and skills necessary to establish and maintain physical fitness, participate in physical education, and to understand the short and long term benefits of a physically literate lifestyle.

- PE classes will emphasize lifelong physical activity and well-being and will be taught by a certified physical education teacher.
- Students will not be pulled out of PE for other content area instruction or for disciplinary purposes.
- Schools will develop, implement and monitor a comprehensive school physical activity program (CSPAP) that provides physical activity throughout the school day and addresses the needs of staff, students and the school community.
- Supervised recess time will be provided to all students daily at all elementary schools.
- Recess might be offered before lunch on a rotating schedule.
- Staff members shall not deny participation in recess or any other physical activity opportunities as a form of discipline unless the safety of students is in question.
- The District will plan activities outside the school day that address family and community engagement in physical activity.

<p><u>Foods & Beverages Outside the school meal program (Smart Snacks In School)</u></p>	<ul style="list-style-type: none"> ▪ From the beginning of the school day until the end of the last scheduled lunch period, no sweetened soda water, no chewing gum, no candy including hard candy, jelly, gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn, and no water ices except those which contain fruit or fruit juices, shall be sold in any public school within the state (N.Y. EDN. Law §915). ▪ All beverages will follow the Smart Snacks in School guidelines. ▪ Free drinking water will be available to all students throughout the school day. ▪ Free potable water will be made available where meals are served. ▪ All snacks and beverages served/sold to students participating in on site after school clubs or before and after care will strive to meet Smart Snacks in Schools.
<p><u>REWARDS</u></p>	<ul style="list-style-type: none"> ▪ The use of foods and beverages as a reward or punishment is not permitted. ▪ Physical activity should be used as a celebration and reward.
<p><u>Fundraising Activities</u></p> 	<p><i>All food and beverages sold as a fundraiser on the school campus at any time during the school day, (midnight the night before until 30 minutes after the official end of the school day) must meet the nutrition standards set forth in the final rule titled, "Smart Snacks in School"</i> https://www.fns.usda.gov/</p> <ul style="list-style-type: none"> ▪ The District will encourage fundraising activities that are nonfood related and encourage physical activity. ▪ Each building will promote nonfood fundraising activities and celebrations and will review and approve fundraising activities to ensure that they meet the Smart Snacks in Schools requirements. ▪ To see if a product meets the Smart Snacks in School standards please follow this link https://foodplanner.healthiergeneration.org/calculator
<p><u>Celebrations and School Sponsored Events</u></p> 	<ul style="list-style-type: none"> ▪ Nonfood celebrations will be encouraged for classrooms and student clubs. ▪ Special privileges, activities, songs, games and physical activity are to be encouraged as an alternative to food-based celebrations. ▪ Food based celebrations will be <u>limited to once a month</u> and will include nutritious options. ▪ All food brought to school must be pre-packaged, store brought items that contain a nutrition label with an expiration date. ▪ School sponsored events such as, but not limited to athletic events, dances, or performances and concession stands are encouraged to sell healthier options. <ul style="list-style-type: none"> ○ Therefore, 20 % of foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually, Smart Snacks in School.
<p><u>Monitoring and Review</u></p> 	<p><i>Evaluating, monitoring and gaining feedback including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program.</i></p> <ul style="list-style-type: none"> ▪ In each school, the principal, or designee, will ensure compliance with the wellness policy. ▪ School food service staff, will ensure compliance with nutrition policies within school food service areas. ▪ The District Wellness Committee will <ul style="list-style-type: none"> ○ review the wellness policy bi-annually and revise as necessary. ○ develop an informal qualitative summary report following each year of policy implementation, based on input from schools within the District. ○ conduct a quantitative assessment of policy implementation using the Wellness School Assessment Tool Implementation (WellSAT-I) every two years. ▪ The Superintendent/designee shall prepare a tri-annual summary report on District-wide compliance with the District's wellness policy based on input from schools within the District and the District Wellness Committee. ▪ This tri- annual summary report will be available on the District website and will also be available to students, their families and community residents upon request.

To view the complete wellness policy go to: <http://www.centralislip.k12.ny.us/common/pages/DisplayFile.aspx?itemId=33730450>