

Non-Instructional/Business
Operations**SUBJECT: WELLNESS**

The Niskayuna Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity.

Goals to Promote Student Wellness

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

Nutrition and School Meals

(a) Nutrition guidelines for school lunches shall meet or exceed USDA guidelines and standards. Menu and product selection shall be developed with input from staff, parents and students. A la carte offerings to students shall include nutritious choices, shall meet or exceed federal recommended guidelines and shall be selected with input from staff, parents and students.

(b) Ingredient information about the lunch menu shall be made available to parents and students upon request.

(c) Nutrition guidelines for reimbursable school meals shall not be less restrictive than federal and state requirements.

(d) The district shall provide a clean and safe meal environment for all students, including those with food allergies. The district shall provide sufficient dining space and serving areas so that students have adequate time to eat lunch.

(e) Drinking fountains shall be accessible to students at meals and throughout the day.

(f) The district shall protect the identity of students who are eligible for free or reduced price meals.

Foods and Beverages Available at School during the School Day

(a) In addition to ensuring that reimbursable school meals meet state and federal program requirements and nutrition standards, the district shall establish guidelines, based on nutrition goals, regarding all foods and beverages sold or served to students during the school day.

(b) Foods and beverages sold in vending machines and at concession stands on school grounds shall include nutritious choices.

SUBJECT: WELLNESS *(cont.)***Fundraisers and School Events**

- (a) Fund raising activities involving food are strongly encouraged to offer nutritious choices.
- (b) When food items are sold or provided at school, nutritious choices shall be included.

Nutrition Education

- (a) Nutrition education should be interactive and teach the skills students need to adopt healthy eating behaviors, including the ability to understand and analyze food labels.
- (b) Nutrition services shall be available to support classroom activities, upon faculty request.

Health Education

(a) Healthy living skills shall be taught as part of the regular instructional program. The K-12 Health Education program, within a coordinated school health framework, shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(b) The district shall provide for a sequential, standards based, skills driven, student centered health education program based upon New York State Standards, and shall encourage interdisciplinary instruction

Physical Education Program

The District will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so, the District aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

1. The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner's regulations.
2. The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure:
 - (a) All physical education classes are taught or supervised by a certified physical education teacher;

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- (b) All physical education staff receive professional development on a yearly basis;
 - (c) It provides adequate space and equipment for physical education and conforms to all applicable safety standards;
 - (d) A sequential physical education course of study consistent with national standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness;
3. All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District's schools.

All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. Additionally, all elementary students will be offered one daily period of recess for a minimum of twenty (20) minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Where weather and/or facilities allow, recess will be offered in a place that accommodates moderate to vigorous physical activity.

The denial of student participation in recess or other physical activities as a form of discipline or for classroom make-up time is strongly discouraged.

School Facilities for Student and Staff Use

- (a) School facilities shall be made available for use by students and staff outside of regular school hours, according to availability guidelines issued by the superintendent or his designees.
- (b) The district encourages and supports staff initiated wellness activities, and shall make school facilities available, both during the school day and outside of regular school hours, when such facilities are not in use for student programs and activities.

42 USC Section 1758 (b)
7 CFR Section 210.11
79 FR 10693
Education Law Sectio 915
8 NYCRR Section 135.4

Adopted Sept. 5, 2006 as Policy 0400 Wellness
Revised January 12, 2016 and Adopted as Policy 5661 Wellness