

## **SOUTH ORANGETOWN CENTRAL SCHOOL DISTRICT**

Our school district is in a position to promote healthy lifestyle choices for our students that can affect their lifelong wellness. Our District convened a Wellness Committee this year. The Committee's priority this year was to develop guidelines to support the District's Wellness Policy that was adopted in June 2006.

These Guidelines will help provide an environment that will promote and protect children's health, well being and the ability to learn by supporting healthy eating and physical activity. The guidelines will be reviewed and updated on a yearly basis by the Wellness Committee.

### **I. Health and Nutrition Education.**

The overall goal is to promote the integration of nutrition education into all areas.

- Nutrition education will be provided each month via monthly menus to all parents and students. The menus will be posted on the District's website.
- Educate and train teachers to integrate nutrition education in an interdisciplinary approach.
- Promote nutrition education in our Health courses.
- Incorporate the following into our curriculum:
  - Analysis of food nutrition labels
  - Research projects focused on the benefits of nutrients, minerals and vitamins
  - Brainstorming about nutrition and making healthy choices with food consumption in relation to physical needs and body requirements
  - Emphasis on the results of poor, long-term nutritional decisions
- Provide training for school counselors, psychologists, school nurses, and health educators to recognize indicators of unhealthy eating behaviors in students and make referrals to appropriate services.
- The contracted food service will participate in the nutrition education program.
- Media literacy and movement will be incorporated into the curriculum.
- Host yearly Wellness Days in our schools to promote the messages developed by this committee and educate the students and staff regarding any changes that are recommended by the committee.

### **II. Nutritional Standards**

Below are nutritional guidelines established by the Nutrition Committee of the District Wellness Committee.

- Beverages and snacks: All beverages and individually packaged snacks sold in the South Orangetown Central School District cafeterias, school stores and vending machines available to students must adhere to the guidelines set forth by the District's Wellness Committee and approved by the Board of Education.
- Menu Items: All school menus and foods sold through the food service will meet or exceed USDA guidelines as well as conform to all New York State regulations and follow the guidelines set forth by the District's Wellness Committee and approved by the Board of Education.

A. Individual snacks sold in school and Vending Machines (to be implemented 06-07 School year)

- 1) All individually sold snacks must be single serving, except for fresh fruit and vegetables.
- 2) Eliminate all red dotted items where snacks are sold, and increase the percentage of green dotted items. (Description of color codes and list attached)
- 3) All snacks must be healthier snack choices (green or yellow items) (e.g., Nuts, dried fruit, trail mix, fresh fruit, yogurt, less processed snacks and healthier, freshly-made items)
- 4) No more than 35% of calories from fat (excluding nuts, seeds, peanut butter other nut butters) and no more than 10% of its calories from saturated and hydrogenated/partially hydrogenated and 0 trans fats. The end goal is to totally eliminate hydrogenated and partially hydrogenated fats.
- 5) Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items.
- 6) Provide snacks with fewer additives, artificial coloring/flavoring, and preservatives
- 7) Provide snacks with fewer added sugars, with an end goal of eliminating excessively processed sugars such as high fructose corn syrup.

B. Food Service

- 1) Increase number and variety of fresh and frozen, brightly colored/high nutrient density vegetables offered on a daily basis, and ensure, that when served, potatoes are prepared skin on.
- 2) By September '07, ensure that all grains served will be 100% whole grain.
- 3) Calories from fat should be no more than 35%, comprised primarily of "healthy fats" (higher mono/polyunsaturated such as those found in fish, nuts and vegetable oils). Calories from saturated fat should be no more than 10%, with minimal hydrogenated and partially hydrogenated fats and 0 trans fats. The end goal is to eliminate partially hydrogenated fats.
- 4) Each meal should contain at least 8 grams of fiber.

- 5) Limit the number of meals with more than 800 mg of sodium to a total of two per week. Our future goal is to limit the sodium content of all meals to less than 800 mg.
- 6) Provide foods with fewer additives, artificial coloring/flavoring, and preservatives. Overall, it is good to eliminate food with artificial ingredients.
- 7) Replace frying foods with healthier food preparation methods such as baking, broiling, or grilling. Limit fried foods in the 2006-2007 school year to no more than two times/week with a goal of eliminating fried foods altogether by September, 2007.
- 8) Provide foods with fewer added sugars, with an end goal of eliminating excessively processed sugars such as high fructose corn syrup.
- 9) Marketing efforts will focus on healthier food options. Discourage promotion of less healthy options.

C. Beverages: will not contain artificial or added sweeteners of any kind. Beverages with fewer additives, preservatives and artificial coloring will be provided. Overall, a goal is to eliminate beverages with artificial coloring.

- Milk: Fat Free and low fat (1%) will be encouraged. Flavored low fat (1%) milk and 2% fat milk will be available. Lactaid and nutritious non-dairy milk alternatives will be readily available. Parental notification and education will be provided regarding the elimination of whole milk prior to institution of changes.
- Juice and Juice drinks: Fruit juice will be 100% juice with no added sweeteners, and fruit based drinks should contain at least 50% real fruit juice without added sweeteners. Maximum serving size will be 8 oz at the elementary level, and 12 oz at the secondary level. These serving sizes will be offered initially, with goal of 4 oz serving size at elementary and max of 8 oz serving size at secondary schools.
- Water: Water or seltzer water without added sweeteners is allowed in any quantity.
- Sports Drinks (electrolyte replacers): Sports drinks may only be sold after school hours.
- Teas/Coffees: Iced tea, teas and coffee must be decaffeinated and unsweetened.
- Soda: No soda may be sold in schools.

### III. Physical Activity

Schools share a responsibility to help students and staff establish lifelong habits of being physically active. Regular physical activity is the most important thing people can do to maintain and improve their physical health, mental health, and overall wellbeing. By providing challenging physical and health education classes, and providing unique opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

- Explore enhancement of physical activity opportunities through additional playground equipment, fitness trails, and fitness rooms.
- At the high school level, monitor effect of physical education electives.
- Continue to explore modification of the current policy whereby Senior athletes can opt-out of physical education classes.
- Exclusion from physical education will not be used as a disciplinary action.
- The High School athletic website will be used as a forum on physical education activities, and news.

### IV. Environment

- Purell dispensers will be available to all students. The dispensers will be in the cafeteria areas of each school. Education will be provided so that students will understand **that** this is not a substitute for handwashing and that there are concerns related to the overuse of antibacterial soaps/products.
- The environment sub committee will explore ways to enhance the cafeteria environments in our schools and review the time available for the lunch periods at each school.

### V. Other School-Based Activities

- To monitor physical growth and development, Body Mass Index (BMI) will be calculated for appropriate grades and for students who fall outside of the normal range for height and weight. This will be monitored through our Physical Education program and Health services. Results will be sent home to parent/guardians and where appropriate, shared with students. Parents, teachers and students will be educated on BMI before instituting this practice and sharing results.
- Support for the health of all students will be fostered by school nurses who provide vision, hearing, and scoliosis screening at appropriate levels.
- Schools nurses will also develop health care plans and offer student health education on a one-to-one basis, as needed
- Staff wellness opportunities should be available to all employees in the District.

- Parent suggestions for age-appropriate physical activities and nutrition options will be shared through the website, PTA meetings, or workshops.
- Maintain a District wide Wellness Committee. This Committee will meet annually to monitor the goals, evaluate progress and revise guidelines as needed. A licensed nutritionist will do a yearly evaluation of the foods served in our schools and report back to this committee.
- Classroom and school activities involving food: When food is used in the school for celebrations in the classroom such as birthdays, as a daily snack, or for school events involving food, teachers and school personnel will work with parents to utilize foods of greater nutritional value and provide nutritious alternatives to less nutritious choices. The district will disseminate a list of healthy party ideas to parents and teachers. Food will not be used as a reward or a punishment.
- **Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- Fundraising Activities During and After the School Day: When food is sold in school for fundraising or at school events, such as refreshments at theater productions or athletic events, a nutritious alternative must always be provided along with the other items. The district will disseminate a list of healthier choices.

The District wide Wellness Committee should be a yearly, standing committee. The guidelines will be evaluated twice a year. A certified independent nutritionist will be contracted by the district to review all food sold in school. This will be done two times a year and a report will be given to the committee based on the findings. A yearly status report will be given to the Board of Education.