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Archdiocese of New York  
Department of Education  
School Wellness Policy

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In response to Section 204 of the Child Nutrition and Special Supplemental Nutrition Program for WIC Reauthorization Act of 2004, and the expansion of this Act via the Healthy, Hunger-Free Kids Act of 2010, the Child Nutrition Program, Department of Education, Archdiocese of New York has formed a Wellness Committee. The Department of Education recognizes there is a link between nutrition education, the food served in schools, physical activity, environmental education, and that wellness is affected by these.

The Department of Education also recognizes the important connection between a healthy diet, active lifestyle and a student's ability to learn effectively and achieve high standards in school. The role of the Department of Education is to model and practice through policies and procedures: the promotion of good health and the protection of our environment.

The goal of the Child Nutrition Program, Department of Education, is to offer our schools a nutritious line of menu items supported by nutritional information. The purpose of this is to prevent obesity and create healthful eating habits. A Source for nutrition information regarding the wellness policy can be obtained by visiting [www.schoolnutrition.org](http://www.schoolnutrition.org). The web site provides current health-related and weight management information.

#### Policies

- I. School Health Councils
- II. Nutritional Quality of Foods and Beverages Offered in Schools
- III. Nutrition and Physical Activity Promotion and Food Marketing
- IV. Physical Activity Opportunities and Physical Education
- V. Monitoring and Policy Review

Thus, the Child Nutrition Program, Department of Education, Archdiocese of New York is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity, and uphold the following policies:

- The school district will engage students, parents, teachers, 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 Nutritional guidelines for foods and beverages, as set forth by the USDA for the National School Lunch and Breakfast programs and Smart Snacks in School.
- 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 accommodate the religious, ethnic, and cultural

diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and After School Snack Program and Fresh Fruit and Vegetable Program where applicable).
- 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.

TO ACHIEVE THESE POLICY GOALS:

**In furtherance of the goals articulated in the Wellness Policy, namely, promoting healthy eating choices and physical fitness, the Child Nutrition Program would like to share some examples of several developments and strategic partnerships that are on-going in many of our schools.**

**Through our relationship with the American Dairy Association-North East and its Fuel Up to Play 60 program, we have been fortunate enough to:**

- **Invite professional athletes to speak at our schools on the importance of physical fitness and exercise;**
- **Host events with our schools featuring Fuel Up's motivational speaker, "Coach Champ," who speaks on the importance of proper eating and fitness habits. Students also engage in physical activities.**
- **Receive age appropriate promotional materials for posting in our school buildings promoting these healthy choices;**
- **Implement additional healthy offerings to our students on the breakfast and lunch menus.**

**The Child Nutrition Program has also engaged Adventures to Fitness, an organization that provides exercise videos for use in the classroom that align with the appropriate grade-level curriculum in subject areas such as history, geography, ELA, math, science, and, health. Through the content of videos, the students participate in 30-minute increments of in-class moderate to vigorous exercise, while simultaneously, meeting academic and curricular goals, learning healthy eating and lifestyle habits, and learning about nutritional benefits of healthy food choices.**

**Additionally, at the recommendation of the Wellness Committee in conjunction with the Office of the Superintendent of Schools, an annual field day program began in the spring of 2017. At the field day, up to 500 students spend the day engaged in outdoor physical activities with a focus on introducing them lifelong healthy living habits.**

### *I. School Health Councils*

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

## *II. Nutritional Quality of Foods and Beverages Offered in Schools*

*Meals served through the National School Lunch and Breakfast Programs will:*

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternative (to be defined by USDA);and
- Ensure that all grains are wholegrain.

Schools should engage students and parents, through taste-tests of new entrées and surveys, in selecting foods sold through the school meal programs to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, website, cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast:** To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

~~Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.~~

### Meal Times and Scheduling Schools:

- Will provide students with reasonable amounts of time to consume their meals after receiving them;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Should not schedule tutoring, club or organizational meetings or activities during meal times, unless students may eat during such activities. After School Snack Program would be exempt from this.
- Will schedule lunch periods to follow recess periods (in Elementary Schools)
- Will provide students access to hand washing or sanitizing before they eat meals or snacks.

Qualifications of Foods and Beverages: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a foodservice program, we will provide continuing professional development for all Child Nutrition staff in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

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.

Foods and Beverages Sold Individually (i.e. foods sold outside of reimbursable school meals such as through vending machines, fundraisers, or other a la carte items)

Elementary Schools: The school food service program will monitor all food and beverage sales to students in Elementary Schools. Specifically, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, vegetables, and only foods and beverages in compliance with USDA Smart Snacks Regulations.

*Middle, Junior High and High Schools.* In Middle/Junior High and High Schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

### *Beverages*

- *Allowed:* Water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA)
- *Not allowed:* Soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### *Foods*

- *A food item sold individually:*
  - Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
  - Will have no more than 35% of its weight from added sugars.

*Fundraising Activities:* To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will only use foods that meet the above nutrition and portion size standards for foods and beverages sold separately. Schools will encourage fundraising activities that promote physical activities.

*Snacks:* Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- In eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

*Rewards:* Schools will not use foods or beverages; especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

*Celebration:* Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

*School-sponsored Events (such as, but not limited to, athletic events, dances or performance):*

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 (above).

### *Ill. Nutrition and Physical Activity (Promotion and Food Marketing)*

*Nutrition Education and Promotion:* The Archdiocese of New York, Department of Education aims to teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

*Integrating Physical Activity into the Classroom:* For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

*Communications with Parent:* The district/school will support parents' effort to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the districts snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through website, newsletter, or other take-home materials, special events, or physical education homework.

*Food Marketing in Schools:* School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; sales of fruit for fundraisers; and coupons for discount gym memberships.

*Staff Wellness:* Archdiocese of New York, Department of Education highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee.

### *Physical Activity Opportunity and Physical Education*

*Daily Physical Education (P.E.) K-12:* All students in grades K-12, including students with disabilities, special health-care needs, and in alternate educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle school and high school students) for the entire school year. A certified physical education teacher will teach all physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School: All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school childcare and enrichment programs will provide and encourage — verbally and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

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Safe Routes to School: The school district will assess and, if necessary and to the extent of possible, make needed improvements to make it's safer and easier for students to walk to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours: School spaces and facilities should be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## Policy Review

*Monitoring:* The superintendent or designee will ensure compliance with establish district wide nutrition and physical activity wellness policies. In each school, the principal and designee will ensure compliance with those policies 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 will ensure compliance with nutrition policies within school food service areas and will report on this matter to the super intendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the districts established nutrition and physical activity wellness policies, 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:* To help with the initial development of the district's wellness policies, each school in the district conducted a baseline assessment of the school's existing nutrition and physical activity environments and policies. The result of those school-by-school assessments were used to at the district level to identify and prioritize needs. They are updated and reviewed through informal feedback by CNP Staff.

As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Another valuable source of nutrition information is Ms. Andrea Thompson, MS, CON, consultant, Child Nutrition Services. Ms. Thompson has offered her services on behalf of the American Dairy Association and Dairy Council, Inc. The American Dairy Association program geared towards helping schools develop and implement school wellness policies. An example of the aforementioned will be the Distribution of Nutrition Education programs for the 2<sup>nd</sup> and 4th grades. The Nutrition Expedition programs were developed by the National Dairy Council and tested by the teachers. An outline of each program is listed below:

- Five–Food–Group Lessons
- Support for Health and Language Arts Standards
- CD Rom with Interactive Games
- Teacher CD Rom with Print Materials
- Classroom Poster

## Footnotes

1 As recommended by the Dietary Guidelines for Americans 2005

2 A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

3 It is against the law to make others in the cafeteria aware of eligibility status of children for free, reduced-price, or "paid" meals.

4 School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

5 Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210)

6 If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

7 Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

8 Unless the practice is allowed by a student's individual education plan (IEP)

9 Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media when such materials are used in a class lesson or activity, or as a research tool.

10 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

11 Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education from the National Association for Sport and Physical Education.