

**Archdiocese of New York
Department of Education – Child Nutrition Program
School Wellness Policy**

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 connection between nutrition education, the food served in schools, healthy diet, an 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 is to offer our schools nutritious 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. The website provides current health-related and weight management information.

Objectives of the Wellness Policy:

- I. Student and School Input for Programmatic Improvement
- 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 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 practices:

- 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 Pre-K through 12 will have opportunities, support, and encouragement to be physically active on a regular basis;
- All meals served at Child Nutrition Program schools will meet the guidelines set forth by the USDA for the National School Lunch, National School Breakfast, After School Snack and Summer Programs. Any food offered to students outside of meals will follow the Smart Snack guidelines;
- 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, pleasant settings and adequate time

for students to eat;

- To the greatest extent possible, schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, After School Snack Program, Fresh Fruit and Vegetable Program and Summer Food Service Program where applicable);
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education and school meal programs

I. Student and School Input for Programmatic Improvement

The school district and/or individual schools within the district will create, strengthen, or work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. Input will be solicited from individuals representing the school and community, and may include parents, students, and representatives of the school food authority, members of the wellness committee, school administrators, teachers, and/or health professionals.

II. Nutritional Quality of Foods and Beverages Offered in Schools

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. Meals served through the National School Lunch, Breakfast, Snack and Summer 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; are nutrient dense; offer a variety of fiber-rich fruits and vegetables; include whole-grain products.
- Meet nutritional standards as required by the National School Lunch Act, as amended at section 9A(b)(2):
 - All foods sold at each participating school under the jurisdiction of the Department of Education during the school day must be consistent with the regulations governing the meal pattern requirements for reimbursable meals under the NSLP and SBP (7 CFR 210.10 and 7 CFR 220.8) and the regulations governing competitive foods (7 CFR 210.11), which include food and beverages that promote student health and reduce obesity.
- Assure that guidelines for reimbursable school meals <http://www.fns.usda.gov/school-meals/nutritionstandards-school-meals> shall not be less restrictive than regulations and guidance as outlined by the Department of Agriculture.
- Schools should engage students and parents, by sharing nutritional information via menus, website, cafeteria and classroom boards or posters, placards, or other point-of-purchase materials.

Breakfast: To ensure that all students have breakfast, either at home or at school, 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 after the bell.
- 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, website postings, and/or other means.

Meal Times:

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

Integrity and Qualifications of Program Operators: The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for all child nutrition staff.

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.

Food and Beverages Sold Individually (i.e. foods sold outside of reimbursable school meals such as through vending machines, school stores, fundraisers, or other a la carte items) will meet Smart Snack Standards. The USDA’s Smart Snack standards are sensible, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. Those standards can be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

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.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Child Nutrition Program 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 classroom instruction;
- Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices; and
- Links with school meal programs, other school foods, and nutrition-related community services;

Integrating Physical Activity into the Classroom: For students to receive the nationally recommended amount of daily physical activity 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;
- 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.

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.

Staff Wellness: The Child Nutrition Program 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.

IV. Physical Activity Opportunity and Physical Education

Daily Physical Education (P.E.) Pre-K-12: All students in grades Pre-K-12, including students with disabilities, special health-care needs, and in alternate educational settings, will receive physical education for the entire school year. Student involvement in other activities involving physical activity 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.

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, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School: The school district will assess and, if necessary and to the extent of possible, make needed improvements to make it 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.

V. Policy Review

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 and will report on the school's compliance to the district superintendent or designee.

The Child Nutrition Program and Wellness Committee members will conduct a triennial assessment of the Wellness Policy as required by state and federal guidelines.

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