



## STUDENT WELLNESS

5585

### City School District of the City of New Rochelle Local Wellness Policy

#### NEEDS STATEMENT

Whereas, good health fosters student attendance and education;

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, emotional health is necessary to be an active learner and participate effectively in cooperative learning;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, promoting physical activity to form good fitness habits in childhood and adolescence is vital;

Whereas developing optimal emotional health and effective life-coping skills contribute to well-being;

Whereas, consumption of a healthy diet consistent with the five main recommendations from the Food Guide Pyramid leads to health promotion and health maintenance;

Whereas, the items sold from school vending machines, school stores and snack bars and school fundraisers include food and beverage items;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the City School District of New Rochelle is committed to providing school environments that promote and protect children's health, well-being and ability to learn and support healthy eating and physical activity. Therefore, it is the policy of the City School District of New Rochelle that:



## STUDENT WELLNESS

5585

- 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, physical activity, and emotional health policies and programs.
- 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 of the *U.S. Dietary Guidelines for Americans*.
- 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 needs of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the extent practicable, all schools in our district will participate in available federal school meal programs (including School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program).
- 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.
- Schools will ensure attention to the emotional development of students to foster lifelong habits of healthy mental outlook and development of team and social skills essential to success in adult life.

Policy  
Adopted: Reso. No. 06-276 – June 6, 2006

CITY SCHOOL DISTRICT OF  
NEW ROCHELLE  
New Rochelle, New York