



STUDENT WELLNESS

585

City School District of the City of New Rochelle Local Wellness Regulation

PROCEDURES TO ACHIEVE WELLNESS POLICY GOALS:

I. School Health Committees

The individual schools within the district will create, strengthen, or work within existing building level Health and Safety Committees to develop, implement, monitor, review, and, as necessary, revise school nutrition, physical activity, and emotional health programs. The committees will be referred to as “Health, Safety, and Wellness Committees” and will serve as resources to school sites for implementing building level programs and City School District policies. (A school Health, Safety, and Wellness Committee consists of a group of individuals representing the school and community, and may include parents, students, food service staff, school building administrators, teachers, health professionals, and community members.)

The City School District Wellness Committee will serve as a coordinating body, will serve as consultants to building level committees, and will assist in promoting school building programs within the larger school community. Members of this committee will include school health personnel, food service personnel, physical education and health education teachers, pupil personnel services staff, district administrators, Board of Education members, PTA Council members/parents, students and community members.

II. The School Food Service Program/Nutritional Quality of Foods and Beverages Sold and Served on Campus

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff members are encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating through meals served through the National School Lunch and Breakfast Programs which will include:

- A food service program that employs well-prepared staff who efficiently serve appealing and attractive choices of nutritious foods;
- Clean and pleasant eating areas for students and staff with adequate time for unhurried eating;
- Meeting nutrition requirements established by local, state, and federal statutes and regulations;
- An overall school environment that encourages students to make healthy food choices, including, but not limited to, offering a variety of fruits and vegetables daily, and a menu identification system used to educate and assist students regarding healthy food and beverage selection.



STUDENT WELLNESS

585

- Serving only low-fat (1%) and fat-free milk;
- Ensuring that whole grains are used for meals when grain products are served, to the extent practicable with the goals of (a) increasing the percentage of whole grain products and (b) greater acceptance of whole grain products by students. [NOTE: Per the U.S.F.D.A., the definition of whole grain = at least 51% of the grain must meet the criteria of whole grain, i.e., contains all parts of the grain kernel.]
- Dietary accommodations for students with special medically based dietary requirements with written parent request accompanied by treating physician prescription/orders. When necessary, food services and health services staff will consult to meet the needs of these students.
- Opportunities and encouragement for staff to model healthy eating habits;
- Staff awareness so that students with nutrition-related health problems may be identified and their parents assisted in locating appropriate services for counseling or medical treatment;
- Strategies to involve family members in program development and implementation;
- The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Food Service Operations

During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Programs. Additionally, the food service program may offer snacks which will be based on the nutrient guidelines in the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Schools may offer breakfast in the classroom at appropriate sites. Each school shall encourage all students to participate in these meal opportunities. In particular, the school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced price-meals.

The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the of New York State. Schools shall offer varied and nutritious food choices that are consistent with the federal government's *Dietary Guidelines for Americans*. For the purpose of this policy, "*Dietary Guidelines for Americans*" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.



STUDENT WELLNESS

585

The City School District of New Rochelle and its Food Service Contractor will institute a process of engaging students, parents, and staff so that they have the opportunity to provide input into menu planning, e.g., identifying new healthful and appealing food choices. Menu planning shall take into account students' cultural norms and preferences.

Information about nutritional content of meals and snacks, based on analysis according to food service industry standards, will be available on the City School District of New Rochelle Web site and in each school cafeteria.

Financial Management

It is acknowledged that the feeding of children is primarily a family responsibility. To supplement family efforts, the City School District of New Rochelle and its Food Service Contractor shall operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The food service program shall be financially self-supporting. Additional funding may be sought to improve nutritional content of food items.

Meals, “à la Carte” Food Items, and Beverages

Breakfast. To ensure that all children 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, and other established District communication vehicles.

Beverages for Student Consumption

- Elementary level: beverages served will be limited to water, low-fat or fat-free milk (including chocolate milk), 100% juice (< or = 12 oz. serving), and alternative non-dairy milks.
- Secondary level: 60% of beverages served will be limited to water, low-fat or fat-free milk (including chocolate milk), 100% juice. 40% of beverages served may be U.S.D.A. approved carbonated waters, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit or vegetable juice and that do not



STUDENT WELLNESS

585

contain additional caloric sweeteners (iced teas, sports drinks), and alternative non-dairy milks.

- High School level: Coffee and tea may be served at breakfast only. Sports drinks may be offered after instructional hours in the athletic department.
- Not Allowed: Non-carbonated drinks and carbonated drinks (sodas and diet sodas), containing caloric and/or artificial sweeteners, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.

Nutritional Content of School Program Meals

- **Fat Content:** Over the course of a week the average fat content of the school program meals will not be more than 30% of calories from fat and 10% of calories from saturated fat with the goal by the 2007-2008 school year of having these limits in place for each program meal.
- **Sodium Content:** The City School District and its Food Service Contractor agree to the goal of selecting low sodium ingredients and menu items whenever possible. The school program meals will be designed so that the average sodium content over the course of a week will be 1300 mg. of sodium per meal in 2006-2007 and will be reduced by 20% in 2007-2008 with further reductions of at least 10% yearly until the sodium content reaches 800 mg. at the elementary level and 900 mg. at the secondary level or an agreed upon level based on scientific knowledge. The goal is to have these limits in place for each program meal by the 2007-2008 school year. Salt (i.e., table salt) will not be available for students to add to meals.
- **Fruits and Vegetables:** Fruits and vegetables will be offered as part of school meals. The City School District and its Food Service Contractor agree to the goal of offering fresh fruits and vegetables daily and exploring new sources of procuring produce, including organic produce.
- **Requests for modifications to school program meals for students who would like a non-dairy vegetarian alternative will be accommodated on a daily basis, with the goal of daily vegetarian options in all schools.**
- **The City School District and its Food Service Contractor agree to the goal of improving and evaluating the nutritional content of program meals on an on-going basis, including eliminating high fructose corn syrup in 2006-2007 and reducing and/or eliminating food colorings, nitrites, preservatives, and, trans-fats.**



STUDENT WELLNESS

585

Portion Sizes of “à la Carte” Items

- Elementary: Calorie limit of 150 Cal., maximum of 35% from fat, 10% from saturated fat, 35% from carbohydrates, and 250 mg. of sodium. Fruits, nuts, and vegetables are exempt from the carbohydrate and fat requirements.
- Secondary: Calorie limit of 200 Cal., maximum of 35% from fat, 10% from saturated fat, 35% from carbohydrates and 300 mg. of sodium. Fruits, nuts, and vegetables are exempt from the carbohydrate and fat requirements.

Free and Reduced-priced Meals. The City School District 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-price meals through utilization of electronic identification and payment systems.

Promoting Participation in Meal Program. The City School District will promote the availability of school meals to all students and to the extent possible use nontraditional methods for serving school meals, such as “grab-and-go.”

Food pricing strategies shall be designed to encourage students to purchase nutritious items.

Meal Times and Scheduling:

- Schools will provide students with a reasonable amount of time to eat after sitting down for lunch.
- Schools will schedule lunch periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1:30 p.m., to the extent possible.
- Students may bring and eat lunch at activities like tutoring, club, organizational meetings, and other activities.
- Students will be encouraged to wash hands or use hand sanitizers before they eat meals or snacks.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. The City School District and/or its Food Service Contractor shall employ a food service director who is properly qualified, certified and/or credentialed according to current professional and regulatory standards, to administer the school food service program and satisfy reporting requirements.

As part of the school district’s responsibility to operate a food service program, the City School District and/or the Food Service Contractor will provide continuing professional development for all food service staff in schools.

Staff development programs will include appropriate certification and/or training programs for the director of dining services, cafeteria workers, and lunchroom monitors, according to their levels of responsibility. The food service worker designated as the



STUDENT WELLNESS

585

“person-in-charge” at each site must obtain a food handler’s certificate or applicable requirements following the guidelines of the Westchester County Department of Health. Dining room supervisory staff (teachers, aides, lunchroom monitors, custodial staff, etc.) shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments.

Facilities. All food service equipment and facilities will meet applicable local and state standards concerning health, safe food preparation, handling, and storage, drinking water, sanitation, and workplace safety.

Students and staff will have adequate space to eat meals in pleasant surrounds and shall have adequate time to eat, relax, and socialize. Safe drinking water and access to facilities for hand washing will be available during meal periods.

When schools are renovated or new schools are constructed, consideration will be given to planning for food preparation kitchens in elementary and middle schools.

Sharing of Foods and Beverages. Due to concerns about allergies and other restrictions on some children’s diets, school staff and parents will discourage students from sharing their foods or beverages with one another during meal and/or snack time.

Foods and Beverages Available to Students Outside the Food Service Program:

Fundraising Activities. Foods and beverages sold as part of fundraising activities may not be offered for sale during the times program meals are sold and eaten. Schools will encourage fundraising activities that promote nutrition and physical activity. The City School District will distribute a list of ideas for health-oriented fundraising activities to interested groups which conduct fundraisers.

Classroom Snacks. Snacks served during the school day or in after-school care or enrichment programs can 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 City School District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Parents will be encouraged to provide snacks from this list.

Consequences. Consequences for academic performance should be given careful consideration as to the messages they send to students receiving them. Candy (see definition on page 7) may not be offered to students during the instructional day.

Food shall not be withheld from any student as punishment.

Certain Special Education [Classified]/ §504 Students. Students whose IEP’s and/or §504 Accommodation Plans and/or Behavioral Intervention Plans designate primary reinforcers [= edible items which are motivating and appealing to the student] may receive such primary reinforcers as the special education department/teacher and/or school building teams (Instructional Support/Pupil Personnel Services/Child Study/504)



STUDENT WELLNESS

585

assess to be effective to meet those students' educational goals. There shall be a planned timeline [goal] for moving such students to secondary reinforcers [= tokens and other non-food rewards].

Additionally, in cases of students who are in the initial stages of being identified with and evaluated for educational and/or behavioral challenges which a professional staff member deems in need of a primary reinforcer, such a reinforcer may be utilized in such situations.

Celebrations. The district will disseminate a list of healthy party ideas to parents and teachers. Cultural heritage and food preferences will be respected in the development of this list. Candy (see definition on page 7) may not be served at classroom celebrations. Schools will encourage parents to select and provide foods from this list. Educational activities involving food from different parts of the world will not be restricted by the general nutritional guidelines of the City School District.

Classes may order foods for classroom parties from the food service program.

Candy. Vending sales of candy to students will not be permitted on school grounds. Nonvending sales of candy will be permitted after the conclusion of the instructional day.

[Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose/dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar/sucrose, syrup) listed as one of the first two ingredients.]

Treatment of Health Conditions. Treatment of health conditions prescribed by licensed physicians (e.g., Diabetes, requiring treatment with rapidly absorbed sugar products to combat hypoglycemia) will be excluded from nutritional guidelines.

Collaboration between food service and pedagogic staff. The director of dining services and food services staff are encouraged to collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). The district will disseminate a list of healthy foods and beverages to parents, coaches, and teachers. Schools will encourage groups to select and provide/sell foods and beverages from this list.

III. Nutrition Education

Nutrition and Wellness Education will be part of the curriculum in each grade on a developmentally appropriate level. The curriculum will support and advance the goals of the Wellness Policy and Regulation. At the secondary level, there will continue to be formal Health Education classes to cover content areas of Health, Nutrition, and Wellness.



IV. Physical Education Program and Other Physical Activity Opportunities

Recommendations for Physical Activity

- Promotion of physical activity in childhood and adolescence is vital to fostering lifelong fitness habits.
- Students should engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- Physical activity is defined as any bodily movement produced by skeletal muscles resulting in energy expenditure. Physical fitness is a multi-component trait related to the ability to perform physical activity. People with higher levels of physical fitness are at lower risk of developing chronic disease. There is also evidence that physical activity can help manage mild to moderate depression and anxiety. (U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2005)
- Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a health benefit for students.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- Health-related fitness is achieved by including cardiovascular conditioning, flexibility training, and resistance exercises for muscle strength and endurance. (In the CSDNR, our goal is to foster health-related fitness in all students as opposed to the physical fitness required by some students for advanced athletics.)
- Children should accumulate at least 60 minutes of physical activity on most, preferably all, days of the week. This can be accomplished through several sessions of 15 minutes or more each day.
- Family support and participation helps to increase children's physical activity levels and ability to maintain an adequate program.

Recommendations for Physical Education/Physical Activity for Children During the Normal School Day

- Physical education courses should provide an environment in which students learn, perform and are assessed on motor skills, social skills and knowledge of health-promoting practices that are developmentally appropriate for students in grades K-12.
- Schools are encouraged to provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not gifted athletically and those with special health care needs.
- Schools are encouraged to provide an adequate amount of time for physical education opportunities and physical activity. Schools are encouraged to provide for the entire school year:



STUDENT WELLNESS

585

- Elementary students with an average of at least 150 minutes per week (includes instructional time and structured recess); and
- Secondary students with an average of at least 110 minutes per week (instructional time only).
- State-certified physical education teachers should instruct all physical education classes. Dance education classes are the exception.
- Physical education classes are recommended to have a teacher/student ratio comparable with those of other classes.
- It is recommended that students be moderately to vigorously active at least 50% of the time while participating in physical education classes.
- Extended periods of inactivity (periods of 90 or more minutes) are discouraged. 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.
- Schools should prohibit the use of physical activity as a punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.
- Schools are encouraged to provide opportunities for physical activities including recess, organized intra-murals, and inter-scholastic sports.

Encouraging Lifetime Physical Activity

- Schools should provide daily recess periods of at least 20 minutes for all elementary students that are supervised and structured. Elementary school principals will collaborate with the physical education department to develop guidelines and an orientation & training program for lunch monitor staff to provide safe, enjoyable, and organized activities at recess. Activities will vary with student population interest. Participation is encouraged, but not mandatory.
- School administrators will encourage teachers to provide physical activity breaks during classroom hours. The physical education department will develop a reference guide and orientation will be provided to all teaching staff.
- Schools shall offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs. (Resource list to be attached)
- Schools will be encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools should encourage parents and community members to institute programs that support physical activity, such as a walk to school or bike to school program. (Resources will be provided)



STUDENT WELLNESS

585

- Schools should encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children and to reduce or eliminate the time spent in sedentary activities such as watching television or videos.
- Schools will strive to provide education through vehicles such as: school newsletters, school district media resources, and PTA-sponsored presentations to assist district families in meeting health related fitness goals. School physical education staff can offer a “Family Physical Education Night” during the school year to reinforce the goals of the physical education program and teach parents how to carry these principles over to the non-school environment.

V. Emotional Wellness

In addition to emphasis on students’ development of strong academic skills, it is the district’s policy to promote the seamless integration of safety and social and emotional health initiatives in the classroom and school-wide. Emphasis shall be on the provision of a responsive, nurturing and caring environment in which students are encouraged to think critically about their world, practice active decision-making, participate to effect positive change, and engage in positive social relationships. Programs shall be promoted that encourage peaceful conflict resolution, with initiatives, activities and supports to enable every school to:

- Focus on the integration of the affective domain across educational settings for all students and members of the school community;
- Create an atmosphere where students, staff and parents feel welcome, respected, and comfortable;
- Structure ongoing opportunities for establishing caring relationships;
- Enhance classroom-based efforts to enable successful learning;
- Include literature and resources that address character development;
- Focus on student assets/strengths and positive attributes;
- Provide support for transitions;
- Prevent and respond to crises;
- Increase parental involvement in schooling and character development initiatives;
- Outreach to increase and sustain community involvement via cross-systems community collaboration;
- Provide information, counseling and expectations that enable students to develop skills that promote self-sufficiency and positive, participatory citizenship in the school and the wider community;
- Facilitate student and family access to effective services and special assistance as needed.

Via implementation of a variety of instructional and support programs, students will

- Expand knowledge, skills and attitudes to increase:



STUDENT WELLNESS

585

- acceptance of responsibility
- positive character development
- self-esteem and integrity
- productive, positive and mutually respectful social and working relationships
- self-direction and regulation
- healthy/safe behaviors
- social and emotional learning
- Experience academic success and positive personal adjustment via support to address:
 - social/emotional stressors
 - motivational factors
 - individual/differentiated learning styles
 - family stressors
 - need for compensatory learning strategies
 - individual adjustment problems

Initiatives and activities that are implemented/supported and are consistent with district policy include, but are not limited to:

- Peer Mediation/Peaceful Conflict Resolution programs
- DARE Program
- Smaller Learning Communities
- Power of Peace
- Ignite Mentoring Program
- ESL Ignite
- Civics Week
- Students Against Destructive Decisions
- Circle of Friends Mentor Club
- Peer Leadership Program
- Get Fit Club
- Sister to Sister
- Mix It Up
- Student Councils
- Animal Rights Club
- Tolerance Club
- Volunteer Community Services
- Clear Choices
- Project FOCUS
- Positive Behavioral Services
- PUENTES/Building Bridges parents program
- Latina Mom's Drop-in program
- Sound Shore Network
- Kids in Kontrol
- Pupil Personnel Services support teams



STUDENT WELLNESS

585

- Other such programs that shall be developed to address emotional wellness; school-based as well as organized and implemented in collaboration with community agencies.

VI. Monitoring the Policy

The Food Service Director will be responsible for following the Nutritional Guidelines. The Food Service Director will review the monthly information systems report to determine trends in the number of meals provided to students, and the number of meals purchased by students. When new, healthier options are introduced, the Food Service Director will monitor the information system to discover trends which indicate how well students are accepting new menu items. The Food Service Director will provide reports to the Wellness Committee and/or Wellness Coordinator on a bimonthly basis.

The building Principals will assess how well activity at lunch and recess is being implemented.

The food service, teaching, and health office staffs will take the opportunity to review wellness principles with students, reinforce positive behaviors, and identify which messages need to be reinforced more with students.

The teaching, guidance and PPS staffs will monitor how well the students are able to develop positive relationships, learning and social behaviors and will identify which behaviors need to be reinforced more with students.

The regulation will be modified based on local needs, availability of new products, and legislative changes.

Ref.: Policy No. 5585

Regulation
Approved: Reso. No. 06-277 – June 6, 2006

CITY SCHOOL DISTRICT
OF NEW ROCHELLE
New Rochelle, New York