

SCHOOL WELLNESS POLICY

I. Statement of Policy

The Lyme Central School District (the District) promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District participates in USDA Child Nutrition programs including the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, school programs contribute to the basic health of children. Improved health optimizes student performance and ensures that no child is left behind.

II. Goals for Nutrition Education, Physical Activity and other School-Based Activities

A. Nutrition Education

1. Students in grades pre-Kindergarten through twelfth (12) receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Students receive consistent nutrition messages.
3. District health education curriculum standards and guidelines include both nutrition and physical education.
4. Nutrition is integrated into the health education curriculum.
5. Staff who provide nutrition education will have appropriate training.

B. Physical Activity

1. All students will be required to fulfill the physical education requirements as set forth in the regulations of the Commissioner of Education as a condition of graduating from the District.
2. Students will have opportunities for physical activity during the school day through physical education (PE) classes, and daily recess periods for elementary school students.
3. Students will have opportunities for physical activity through a range of before or after-school programs including, but not limited to, intramurals, and interscholastic athletics.

SCHOOL WELLNESS POLICY

C. Other School-Based Activities

1. Dining Environment

The District will:

- a. Provides a clean, safe meal environment for all students;
- b. Provide enough space and serving area to ensure that all students have access for school meals;
- c. Bottle filling stations are available in schools, so that students may obtain water at mealtime and throughout the day.
- d. Provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- d. Encourage all students to participate in the school meals/cafeteria program and protect the identity of students who eat free and reduced price meals.

2. Limitations

School personnel will not:

Limit the use of food as a reward or punishment in school;

3. Consistent School Activities and Environment

The District will:

- a. Provide opportunities for ongoing professional training for food service staff and teachers in the areas of nutrition and physical education.
- b. Promote efforts to keep school physical activity facilities open for use by students outside regular school hours.
- c. Encourage school and community members to serve as role models in practicing and promoting a healthy lifestyle.

## POLICY

SUPPORT OPERATIONS

5200

### SCHOOL WELLNESS POLICY

- d. Support initiatives regarding self-help and other FNS programs such as Food Stamps and Women, Infants, and Children (WIC), etc.

#### III. Nutritional Guidelines

- A. The District will develop standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.
- B. The District will develop standards and nutrition guidelines per each school district building for all foods and beverages provided but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents/guardians, or other foods given to students).
- C. Fundraisers conducted during the school day will meet, or exceed, the nutritional requirements listed in the Healthy, Hunger-Free Kids Act “Smart Snacks in Schools” Rule and no fundraising foods and beverages will be sold until the end of the last lunch period. Fundraisers conducted outside of the school day will be encouraged to promote the sale of healthy foods items, non-food items, and events involving physical activity.
- D. For purposes of this section, the school day means the period from the midnight before the start of student attendance to thirty (30) minutes after the end of the official school day.

#### IV. Guidelines for Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and 220.

#### V. Community Involvement

Members of the public, parents/guardians, students, school food service workers, teachers, administrators, Board members and support staff personnel, serving as members of the District Shared Decision Making Group, will review the policy and make recommendations to the Superintendent as needed.

#### VI. Marketing and Advertising

Marketing and advertising of foods and beverages on school campuses during the school day will be consistent with nutrition education and health promotion. Schools will strive

POLICY

SUPPORT OPERATIONS

5200

SCHOOL WELLNESS POLICY

to restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy-Free Kids Act “Smart Snacks in Schools” Rule.

V. Implementation and Evaluation of Policy

Under the direction of the Superintendent or designee, the District will:

- A. Periodically assess how well this policy is being followed.
- B. Inform and update the public (including parents/guardians, students and others in the community) about the content and implementation of this policy.
- C. On a triennial basis, measure and make available to the public an assessment of the implementation of the policy including:
  - 1. Compliance with the policy;
  - 2. How well the policy compares to model wellness policies; and
  - 3. Description of the progress made in attaining the goals of the policy.
- D. Retain basic records demonstrating compliance with the policy, to include:
  - 1. The written wellness policy;
  - 2. Documentation demonstrating compliance with community involvement requirements;
  - 3. Documentation of the triennial assessment of the wellness policy;
  - 4. Annual local wellness policy progress reports for each school; and
  - 5. Documentation to demonstrate compliance with the public notification requirements.
- E. Reinforce policy goals with District staff as needed.

---

Lyme Central School District

Legal Ref: NYS Education Law §§915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; §204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265); Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added §9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Smart Snacks in School Rules 2014.

Adopted: 07/07/10

Revised: 11/10/16, 07/01/22