

Hudson City School District

Wellness Policy

2009-2010

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PURPOSE:

Hudson City School District has developed a Wellness Policy, which includes goals for nutrition education, physical activity, and a program designed to promote student wellness.

Background

- Poor eating habits and sedentary lifestyles are more prevalent in children today than in the past two decades. (Journal of American Medical Association 2002, 2004)
- The percentage of overweight children aged 6-11 has more than doubled in the past 20 years and among adolescents aged 12-19, the figure has more than tripled. (Journal of American Medical Association 2002, 2004)
- Less than 40 percent of children and adolescents in America meet the Dietary Guidelines for saturated fat. (USDA Surveys 1994-96, 1998)
- Almost 80 percent of young people do not eat the recommended number of servings of fruits and vegetables. (Mortality & Morbidity Weekly Report 2004)
- Factors that contribute are: large portion sizes, the over consumption of nutrient-poor foods and children's decrease in their level of activity. (Mortality & Morbidity Weekly Report 2004)
- The burden on society by obesity and related chronic diseases since 1980 has doubled in children and tripled in adolescents. Indicators for diabetes and heart disease are also on the rise. (Centers for Disease Control)

THEREFORE:

It is critical that children learn and adopt healthy behaviors while they are young, including establishing better eating habits. Tackling this issue at an early age helps young people develop good habits before they face adverse health conditions. Encouraging physical activity and good nutrition are very important. By implementing a comprehensive policy – that includes consideration of and sensitivity to students, schools, families and the community environment – we can foster good nutrition and lifelong healthy choices. This policy is designed to support and meet the requirements of the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act.

These model guidelines were developed with input from the following organizations:

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- American Association of School Administrators (AASA)
- Council of Chief State School Administrators (CCSSO)
- National Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of State Boards of Education (NASBE)
- National PTA
- National School Boards Association (NSBA)
- School Nutrition Association (SNA)
- American Dietetic Association (ADA)

NUTRITION EDUCATION:

- 1.) The Hudson City School District Wellness program will ensure that students in pre-kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. The school district will work towards implementing nutritional education that will be well integrated within a comprehensive school health education program and will include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
- 2.) Nutrition concepts will be reinforced by all school personnel, and will be integrated into various subject areas. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
- 3.) The Hudson City School District will utilize the services of nutrition professionals that might include Food Service Department, Home and Career, and Health Department members to lead the effort to implement nutrition education. Staff primarily responsible for nutrition education should seek out professional development activities to effectively deliver quality nutrition education.
- 4.) Hudson City School District recognizes that students and their family members shall need to be involved in order to succeed in teaching children about health and nutrition.

Foods and Beverages Served/Sold During the School Day and School Sponsored Events:

- 1.) Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and handled in a manner consistent with health department standards. Hudson CSD will offer a National School Breakfast and Lunch Program that follows the regulations and guidelines set forth by the USDA, the Dietary Guidelines for Americans and the NYS Education Department of Child Nutrition. Food and beverages will be provided in an environment and manner consistent with national and state guidelines.
- 2.) Foods and beverages available during the school day shall minimize use of trans and saturated fats, sodium and sugar as defined by the above stated regulations and guidelines.
- 3.) Food and beverages available shall offer modest portion sizes that are age-appropriate for elementary, middle and high school students respectively.

- 4.) Parents, teachers, students and school administrators will be engaged in choosing the competitive food selections for their local school and should strictly adhere to the regulations established by the United States Department of Agriculture and further refined by the NYS Education Department of Child Nutrition. The USDA defines competitive food selection as foods offered at school, other than meals served through the USDA's school meal program (school lunch, school breakfast, and after school snack programs).
- 5.) Products offered at school functions shall also offer a variety of healthy choices. The above stated regulations and guidelines shall also be used for guidance in this area.
- 6.) Schools will encourage and educate students to bring healthy choices for classroom snacks.
- 7.) Classroom celebrations, especially in elementary schools, shall encourage healthy choices, and portion control. Parents and families shall receive guidance from the school on foods that are appropriate for such celebrations.
- 8.) All Hudson City Schools facilities shall promote positive health habits through such means as the sale of non-food and nutritious food items during fundraisers, and support physical activity events.

Food Environment:

- 1.) Students shall be encouraged to start each day with a healthy breakfast.
- 2.) All students will have the opportunity to obtain breakfast.
- 3.) Staff and students shall be reminded to wash their hands after bathroom, toileting activities and before meals (to prevent the spread of germs and reduce the risk of illness.)
- 4.) Drinking water and hand-washing facilities shall be conveniently available for students. Hand washing education shall be encouraged and incorporated into the district's school health education program.
- 5.) Lunch periods shall be scheduled as near the middle of the school day as possible.
- 6.) Students shall be provided sufficient time to eat during meal periods in compliance with applicable state and federal guidelines.

Food Service Operations:

- 1.) Hudson CSD will maintain a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program.

- 2.) Hudson CSD will ensure that students eligible to receive free or reduced-price meals are not treated differently from other students or easily identified by their peers.
- 3.) Guidelines for the reimbursable meals served will not be less restrictive than federal regulations and guidance issued by the Secretary of Agriculture. All Students shall receive the same level of service and meal provisions, regardless of funding source.
- 4.) Hudson CSD will employ a food service director who is properly qualified, according to professional standards, to administer the school food service program and satisfy reporting requirements.
- 5.) All food service personnel will receive adequate training and be encouraged to participate in ongoing professional development.
- 6.) Hudson CSD will plan menus that, over the course of a week, will meet the nutrition standards recommended in the Dietary Guidelines for Americans.
- 7.) Schools will involve families and community organizations in the development of policies and programs to ensure that school meal options are culturally sensitive and meet special dietary needs.
- 8.) Hudson City School District should ensure that required and effective NY Health Department standard practices are applied to all foods prepared by the Food Service Department, sold or served at school or school-sponsored events.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY:

- 1.) Hudson CSD will ensure that every student from kindergarten through twelfth grade receives regular, age-appropriate quality physical education in accordance with NYS Standards. Age-appropriate physical education is activity that utilizes movement concepts, motor skills, cognitive skills and intensity appropriate for a child's state of development.
- 2.) All physical education classes shall be taught by certified physical education teachers.
- 3.) Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It will include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
- 4.) The physical education curriculum will be coordinated with the health education curriculum and both meet the NYS Standards.
- 5.) Physical education will provide safe and satisfying physical activity for all students, including those with special needs.
- 6.) Weather permitting, elementary schools shall provide daily recess.
- 7.) District-sponsored, After-school programs will offer supervised, age-appropriate physical activities that appeal to a variety of interests.
- 8.) Hudson CSD shall ensure that students have adequate space and equipment to participate in structured physical activity. Facilities on school grounds will be kept safe and well maintained.
- 9.) Schools shall provide information to parents in order to promote and incorporate physical activity and healthy eating into their children's lives.

LOCAL WELLNESS COMMITTEE:

- 1.) Hudson City School District will form a diverse local Wellness Committee comprised of the major stakeholder groups: administrators, faculty, food service staff, parents, students, and community members.
- 2.) Hudson City schools will attempt to recruit community members for the local Wellness Committee who are involved in efforts to improve the overall health and well-being of children and youth. These stakeholders can share and apply lessons learned from other programs.

- 3.) The local Wellness Committee should monitor and evaluate the school district's policies to ensure they are properly implemented and progress is made in improving and maintaining students' nutrition and physical activity patterns.
- 4.) Hudson City School District will attempt to supplement its efforts by seeking nutrition and physical activity partnerships with relevant community organizations and corporate citizens.
- 5.) Because school staff and support personnel serve as role models, Hudson City School District should encourage activities and create programs that support healthy lifestyles for all school district employees.

Monitoring and Evaluation:

- 1.) Prior to developing new health and wellness guidelines, Hudson City School District shall use the School Health Index in identifying and prioritizing needs, shaping new policies, and providing a basis for formative and summative assessments of student health before and after implementation of the new policies.
- 2.) To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the local Wellness Committee shall monitor the school district's implementation of the wellness policy and evaluate student health and activities. Such monitoring will help gauge whether or not policies have in fact been implemented, whether or not they are effective, and their overall impact on student and staff health. The results may also highlight areas in need of further change and help shape future local policy. The local Wellness Committee will utilize the School Health Index as a tool to evaluate the effectiveness of this plan. In an effort to improve the health of the Hudson City School District community, the local Wellness Committee will report annually to the Board of Education on the effectiveness of this plan and any proposed changes for subsequent years.