

**SUBJECT: DISTRICT WELLNESS POLICY**

The Randolph Academy Union Free School District is committed to providing a school environment that promotes and protects children's health, well being and the ability to learn by supporting healthy eating and physical activity and developing lifelong wellness practices pursuant to Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004.

**Nutrition Education Goals**

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well being." The District adopts the following nutrition guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

- a) Students in grades K through 12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors necessary to promote and protect their health;
- b) Students shall receive consistent nutrition messages throughout the schools, classrooms and cafeteria;
- c) The School District shall provide families with information that encourages them to provide nutritious meals and to teach their children about health and nutrition;
- d) District health education curriculum standards and guidelines shall include both nutritional and physical education;
- e) Nutrition education activities shall be integrated into the curriculum through activities which stress healthy foods. Students will learn how to become smart consumers with classroom instruction which emphasizes techniques that promote healthy choices. The curriculum will help children to differentiate between healthy and unhealthy foods. Portions of the curriculum will be based on the revised food pyramid guidelines and understanding food labels. Courses will include media literacy with an emphasis on food marketing;
- f) Staff who provide nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;
- g) Students shall have access to a variety of nutritious food choices that meet their health and nutrition needs and which accommodate the religious, ethnic and cultural diversity of the student body;
- h) Students shall be encouraged to start each day with a healthy breakfast;

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- i) Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted;
- j) Caloric balance between food intake and energy expenditure (physical activity/exercise shall be emphasized);
- k) The District's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

**Physical Activity Goals**

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities and understand the short and long term benefits of a physically active and healthy lifestyle. The District adopts the following physical activity guidelines:

- a) Students shall be given opportunities for physical activity during the school day through physical education classes and through the integration of physical activity into the academic curriculum according to State Regulations;
- b) Schools shall encourage parents and parent representatives to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events;
- c) All physical education staff will emphasize the importance of enjoyable lifelong physical activity among students;
- d) Teachers and other school staff may not use physical activity (e.g., running laps or push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Other School Based Activities Goals**

It shall be the District's goal to create a school environment that provides consistent wellness messages that encourage healthy eating and physical activity. In accordance with this goal, the District adopts the following guidelines:

- a) There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods;
- b) There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time;

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- c) Lunch time shall be scheduled as near the middle of the school day as possible;
- d) Drinking water shall be available in school so that students can get water at meals and throughout the day;
- e) All students are encouraged to participate in school meals programs, and the identity of students who eat free and reduced price meals will be protected;
- f) The District shall ensure that all school events such as field trips, dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity.

**Establishing Nutrition Standards**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their environment. The District establishes the following program requirements and nutrition standards to address all foods and beverages served to students:

- a) Classes shall offer healthy food choices in their cooking programs;
- b) Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars and moderating portion size;
- c) Food providers shall offer a variety of age appropriate healthy food and beverage selections for elementary, middle and high schools;
- d) All foods made available shall adhere to food safety and security guidelines;
- e) Classroom snacks shall feature healthy choices, and a list of such healthy choices shall be disseminated to teachers and parents;
- f) Classroom rewards shall feature non-food items.

Students shall be discouraged from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets.

**Nutritional Standards for Snacks (per serving):**

- a) Fat- 7 grams or less,
- b) Trans Fat- 0 grams,
- c) Saturated Fat- 2 grams or less,

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- d) Sodium- 360 milligrams or less,
- e) Sugar- 15 rams or less.

**Nutritional Standards for Beverages:**

- a) Low fat milk and low fat flavored milk,
- b) Juice with 25% or more fruit juice,
- c) Water or flavored water without added sugar, artificial sweeteners or caffeine,
- d) Beverages with 10 milligrams or less caffeine per serving.

**Nutritional Standards for Entrees:**

- a) Not to exceed 20% Daily Value for fat, saturated fat, cholesterol, sodium and carbohydrates.

**Goals for Measurement and Evaluation**

This policy shall be evaluated and monitored on an annual basis. The District shall designate the Principal, who shall be charged with the responsibility of ensuring that the District shall meet the goals of this policy and that individuals shall report on the School District's compliance to the Superintendent.

The Superintendent or designee will develop a summary report every three (3) years on District-wide compliance with the District's Wellness Policy.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204  
Richard B. Russell National School Lunch Act, 42 United States Code (USC) Section 1751 et seq.  
Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.  
7 Code of Federal Regulations (CFR) Section 210.10

Adopted: 9/17/08