

New City School
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Wellness Policy

Reason for Policy

New City School is committed to the optimal development of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.

This policy outlines NCS's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in NCS have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of NCS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and

- NCS establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

Policy Statement

I. School Wellness Committee

- a. Wellness Committee Role: The NCS Board will appoint a Wellness Committee that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Wellness Policy.
- b. Leadership: The Wellness Committee has designated the physical education teacher as Chair of the Committee that will serve as the “NCS Wellness Policy Coordinator”, who will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

- a. Implementation Plan: NCS will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. It is recommended that NCS use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.
- b. Recordkeeping: NCS will retain records to document compliance with the requirements of the Wellness Policy on the School Website, including:
 - The written Wellness Policy;
 - Documentation demonstrating that the policy has been made available to the public;
 - Documentation of efforts to review and update the Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the Wellness Committee;
 - Documentation to demonstrate compliance with the annual public notification requirements;
 - The most recent assessment on the implementation of the Wellness Policy;
 - Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.
- c. Triennial Progress Assessments: At least once every three years, The NCS Wellness Committee will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include, a description of the progress made in attaining the goals of the District’s

wellness policy. The triennial progress report will be made available on the NCS website.

- d. Revisions and Updating the Policy: The Wellness Committee will update or modify the Wellness Policy based on the triennial assessments and/or as NCS priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.
- e. Community Involvement, Outreach and Communications: NCS is committed to being responsive to community input, which begins with awareness of the Wellness Policy. NCS will actively communicate ways in which the NCS community representatives can participate in the development, implementation and periodic review and update of the Wellness Policy.

III. Nutrition

- a. School Meals: NCS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat; and to meeting the nutrition needs of school children within their calorie requirements. Only foods/beverages that meet smart snacks will be marketed/advertised. NCS participates in the National School Lunch Program (NSLP), the School Breakfast Program (SBP). NCS is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:
 - Are accessible to all students;
 - Are appealing and attractive to children;
 - Are served in clean and pleasant settings;
 - Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.

- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

NCS will implement at least four of the following five Farm to School activities:

- Local and/or regional products are incorporated into the school meal program;
- Messages about agriculture and nutrition are reinforced throughout the learning environment;
- School hosts a school garden;
- School hosts field trips to local farms; and
- School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

IV. Celebrations and Rewards - All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

- a. Celebrations and parties. NCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- b. Classroom snacks brought by parents. NCS will provide to parents a list of foods and beverages that meet the required nutrition standards.
- c. Rewards and incentives. Foods and beverages should normally not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. Examples of non-food rewards:
 - i. Extra music and reading time
 - ii. Time for music and dancing
 - iii. Music while doing school work
 - iv. Chat break at the end of class
 - v. Extra computer time
 - vi. Free time at the end of class
 - vii. Games
 - viii. Homework Coupon
 - ix. Coupon for prizes and privileges
 - x. Walk break from class
 - xi. Field trip

V. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages that meet smart snacks standards to students is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

NCS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

VI. Nutrition Education

NCS will teach, model, encourage and support healthy eating by all students and provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

VII. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. NCS will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.

VIII. Physical Education

NCS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection). The curriculum will support the essential components of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

IX. Recess

NCS will offer at least 20 minutes of recess on all days during the school year. This may be waived on early dismissal or late arrival days. If recess is offered before lunch, NCS will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

X. Before and After School Activities

NCS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. NCS will encourage students to be physically active before and after school by:

- Promoting community sports opportunities for everyone
- Promoting other physical activity partnerships, such as with Girls On The Run.
- Promoting relationships with community fitness, yoga and health businesses.

XI. Active Transport

NCS will support active transport to and from school, such as walking or biking. NCS will encourage this behavior by engaging in two or more of the type of activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

XII. Other Activities that Promote Student Wellness

NCS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. NCS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Wellness Committee.

XIII. Community Health Promotion and Family Engagement

NCS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

XIV. Staff Wellness and Health Promotion

The Wellness Committee will also emphasize staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness.

Adopted by the NCS Board of Directors, April 18, 2018

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