



## WELLNESS POLICY

On June 30, 2004, Congress passes Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

The Green Chimneys Board of Directors recognizes and acknowledges, through its policy on coordinated school health programs, that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” The Board believes that schools should provide a campus-wide environment where students are taught healthy eating habits, physical activity, knowledge, skills and values around wellness issues. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

Green Chimneys is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Education**

Every year, all students, K-12, shall receive nutrition education that is aligned with the New York State Education Department Learning Standards for Health, Physical Education and Family Consumer Science.<sup>1</sup> Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### **Nutrition Standards**

Green Chimneys shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>2</sup> Green Chimneys shall encourage students to make nutritious food choices.

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<sup>1</sup> New York State Education Learning Standard for Health, Physical Education and Family Consumer Science. <http://www.emsc.nysed.gov/sss/schoolhealth/schoolhealtheducation>

<sup>2</sup> Title 7 – United States Department of Agriculture, Chapter ii –Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

Green Chimneys shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Green Chimneys shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.<sup>3</sup>

The Executive Director shall continually evaluate contracts. Contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

### **Physical Education and Physical Activity Opportunities**

Green Chimneys shall offer physical education opportunities that include the components of a quality physical education program.<sup>4</sup> Physical education shall equip students with the knowledge, skills and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the New York State Education Department Learning Standards. Every year, all students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and health lifestyle. Students shall also have the opportunity to participate in intramural, extramural and interscholastic athletics.

### **Other School-Based Activities Designed to Promote Student Wellness**

Green Chimneys may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

The Associate Executive Director of Clinical and Medical Services shall implement this policy and measure how well it is being managed and enforced. The Associate Executive Director of Clinical and Medical Services shall develop and implement administrative rules consistent with this policy. Input from teacher (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Associate Executive Director of Clinical and Medical Services shall report to the Board of Directors, as requested, on the Green Chimney's programs and efforts to meet the purpose and intent of this policy.

To assist in the creation of a health school environment, Green Chimneys has established a Medical Services Committee that will provide an ongoing review and evaluation of the Wellness Policy and local administrative rules.<sup>5</sup>

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<sup>3</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). [http://www.health.gov/dietaryguidelines/dga2005/report/HML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HML/G1_Glossary.htm)

<sup>4</sup> Including goals for physical activity is required by Federal Law Section 204 of Public Law 108-265. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>5</sup> Centers for Disease Control's Coordinated School health web site: <http://www.cdc.gov/HealthyYouth/CSHP/Index.htm>.

The Executive Director shall appoint a member of the administrative staff, the Associate Executive Director of Clinical and Medical Services, to organize the Medical Services Committee and invite appropriate stakeholders to become members of the Medical Services Committee. The Medical Services Committee may include representatives from the following areas:

- Administration
- Food Services
- Health Education
- Health Services
- Physical Education
- Residential Life
- Nutrition
- School
- Recreation
- Parent/Guardian, student and community (Represented through subcommittees of The Parent Association, Children’s Panel or Student Council)

Staff shall be reminded that health students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self-respect
- Respect for others
- Healthy eating
- Physical activity

Local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Wellness Policy. Any stakeholder wishing to express a viewpoint, opinion or complaint regarding these local rules should contact:

Associate Executive Director of Clinical and Medical Services  
Green Chimneys  
400 Doansburg Rd.  
Brewster, New York 10509  
(845) 279-2995

Students, staff and community will be informed about the Wellness Policy annually.

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of Green Chimneys. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

Green Chimneys shall implement a quality nutrition education program that addresses the following:

- Curriculum:
  - Aligned with the New York State Education Department Learning Standards
  - Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior

- Instruction and Assessment:
  - Aligns curriculum, instruction and assessment
  - Builds students' confidence and competence in making healthy nutrition choices
  - Engages students in learning that prepares them to choose a healthy diet
  - Includes students of all abilities
  
- Opportunity to Learn:
  - Includes students of all abilities
  - Provides adequate instructional time to build students' confidence and competence in health-enhancing skills. Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on Green Chimneys website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

## **Nutrition Standards**

Green Chimneys shall offer school meal programs with menus meeting the meal patterns and Green Chimneys nutrition standards established by the United States Department of Agriculture (USDA). Green Chimneys shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Wellness Policy of promoting a healthy school environment shall be discouraged.

All grades shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes:
  - Yogurt in 8-ounce servings or less
  - Milk in 16-ounce servings or less
  - Cheese in 1.5-ounce (2-ounce if processed cheese) servings or less
  - Nuts, nut butters, seeds, trail mix and/or soybean snacks in one-ounce portions or less
  - portions of three ounces or less of cooked lean meat, poultry or fish using healthy food preparation techniques
  - Accompaniments (sauces, dressings and dips), if offered, in one-ounce servings or less

Green Chimneys shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

Green Chimneys shall discourage using food as a reward.

Green Chimneys shall encourage serving healthy food at school activities. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy snacks for students.

Green Chimneys shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snack, or the like) as a school or grade-level fundraising project should be replaced with healthy foods and beverages and non-food items such as candles, wrapping paper, greeting cards, etc.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Green Chimneys shall implement a quality physical education program that addresses the following:

- Curriculum:
  - Equips students with the knowledge, skills and attitudes necessary for lifelong physical activity
  - Has a curriculum aligned with the New York State Education Department Learning Standards
  - Influences personal and social skill development
- Instruction and Assessment:
  - Aligns curriculum, instruction and assessment
  - Builds students' confidence and competence in physical abilities
  - Engages students in curriculum choices that prepare them for a wide variety of lifetime activities
  - Includes students of all abilities
  - Is taught by a certified physical education teacher trained in best practice physical education methods
  - Keeps all students involved in purposeful activity for a majority of the class period
- Opportunity to Learn:
  - Builds students' confidence and competence in physical abilities
  - Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms
  - Has enough functional equipment for each student to actively participate
  - Includes students of all abilities
  - Provides facilities to implement the curriculum for the number of students served

### **Other School-Based Activities Designed to Promote Student Wellness**

Green Chimneys shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

- Dining Environment – Green Chimneys shall provide:
  - Enough space and serving areas to ensure all students have access to school meals with minimum wait time;
  - Drinking fountains in all schools, so that students can get water at meals and throughout the day;
  - Encouragement to maximize student participation in school meal programs; and
  - Identify protection of students who eat free and reduced-price meals.

- Time to Eat – Green Chimneys shall ensure:
  - Adequate time for students to enjoy eating healthy foods with friends in school;
  - That lunch time is scheduled as near to the middle of the school day as possible
- Food or Physical Activity as a Reward or Punishment – Green Chimneys shall:
  - Prohibit the use of food as a reward or punishment in school;
  - Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time; and
  - Not use physical activity as a punishment

Green Chimneys shall:

- Ensure that all school fundraising efforts support healthy eating and physical activity;
- Provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education;
- Make efforts to keep school or physical activity facilities open for use by students outside school hours;
- Hold student forums to gather feedback regarding menus;
- Encourage parents/guardians, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home;
- Encourage and provide opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in school dining areas;
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps and Women, Infants and Children (WIC) to students and parents/guardians;
- Encourage all students to participate in school meal programs; and
- Implement physical activity across the curriculum throughout the school day or in all subject areas.

All employees of Green Chimneys are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. Green Chimneys shall work through its Medical Services Committee and building level staff to find cost effective ways to encourage staff wellness.