

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

Thus, the East Islip School District is committed to providing school environments that educate and protect children's health, well-being and ability to learn through healthy eating and physical activity. Therefore, it is the policy of the East Islip School District that:

The school district will establish a Wellness Committee comprised of students, parents, physical education teachers, school administrators, food service professionals, school health professionals, School Board and other interested community members in developing, implementing, monitoring and reviewing the district -wide wellness policy on Nutrition and Physical on an

GOALS TO PROMOTE STUDENT WELLNESS

All students in grades Pre K – 12 will have opportunities, support and encouragement to be physically active on a regular basis following minimal New York State Education Department Guidelines.

Foods and beverages sold or provided by schools will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program. This is to be reviewed on a regular basis, at least annually, by the Superintendent, the Board of Education and the Wellness Committee.

The School Food Service Program will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutritional needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat. A director will supervise the School Food Service Program with the minimal qualifications in nutrition or food related field.

To the maximum extent practical, all schools in the school district will participate in available Federal Meals Programs including the School Breakfast Program and National School Lunch Program.

Nutrition Promotion and Education

physical activity (ex. interscholastic or intramural sports) will not be substituted for meeting the physical education requirements. Students will spend at least 50% of Physical Education class time participating in moderate to vigorous physical activity.

Physical Activity

All elementary school students will have a minimum of 20 minutes each day of supervised recess, preferably outdoor, during which school personnel should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Advertising

Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.

Federal School Meals Program

The district will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.

NUTRITION GUIDELINES

The East Islip School District shall ensure that all foods and beverages available for sale to students on the school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations. For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

Meals

Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with the US Dietary Guidelines.

Food in the Classroom

It is the policy of the EISD that food based celebrations will not be permitted in our schools (ie: birthdays or holidays). Food and non-food items will not be permitted in the

MONITORING AND REVIEW

The Director of Physical of Education shall have operational responsibility for ensuring