

Roosevelt Union
Free School
District's

Wellness Policy
on
Physical Activity
and Nutrition

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION****Preamble**

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two (2) decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds (2/3) of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, thirty-three percent (33%) of high school students do not participate in sufficient vigorous physical activity, and seventy-two percent (72%) of high school students do not attend daily physical education classes;

Whereas, only two percent (2%) of children aged 2 to 19 years eat a healthy diet consistent with the five (5) main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Roosevelt Union Free School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. **Therefore, it is the policy of the Roosevelt Union Free School District that:**

- a) The District will engage students, parents, teachers, food service professionals, health care professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.
- b) All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- c) Foods and beverages sold or served at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.
- d) Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

(Continued)

2016

5661
2 of 13

Non-Instructional/Business
Operations

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

- e) To the maximum extent practicable, all schools in the Roosevelt School District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including after-school snacks, and the Summer Food Service Program).
- f) Schools in the Roosevelt School District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services.

TO ACHIEVE THESE POLICY GOALS:

School Health Councils

The Roosevelt School District will create, strengthen, or work within existing school health councils, such as the *Roosevelt Wellness & Nutrition Committee*, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Roosevelt Wellness & Nutrition Committee also will serve as a resource to school sites for implementing those policies.

The District's Wellness & Nutrition Committee will include, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) Teachers and Staff/ Roosevelt Teachers Association/Roosevelt Clerical UPSEU;
- e) School Administrators/Roosevelt Administrators Association;
- f) Central Office Administration
- g) School Board of Education;

The District Wellness & Nutrition Committee will assess current activities, programs and policies available in the District; identify specific areas of need with the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

The District shall designate one person to be responsible for ensuring that the provisions of this policy are carried out through the District. Each school building shall designate one person as a Wellness Coordinator to ensure that the wellness activities and actions are being implemented at the building level.

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Banned Foods/ Special Provisions

- a) No pork products in elementary schools;
- b) No deep frying.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- a) Be accessible, appealing and attractive to children;
- b) Be served in clean and pleasant settings;
- c) Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- d) Offer a variety of fruits and vegetables;*
- e) Serve only low-fat (1%) and fat free milk** and nutritionally-equivalent non- dairy alternatives (to be defined by USDA); and
- f) Ensure that half of the served grains are whole grain. ***
- g) The District website will have a menu link to the Whitson's site. Menus, nutrient content and ingredients will be available for students and parents to view.

The Roosevelt Union Free School District will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students. Such information will be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

** To the extent possible, Roosevelt schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools will also source fresh fruits and vegetables from local farmers*

*** Smart Snacks in Schools – Nutrition Standards for Beverages.*

**** A whole grain is one labeled as a "whole" grain product or a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.*

(Continued)

Beginning with the 2015/16 school year, the District will participate in a partnership with Western Suffolk BOCES (WSBOCES) on the New York State Department of Health (NYDSOH) Creating Healthy Schools and Communities Grant to further assist in achieving these policy goals. Staff from WSBOCES will provide additional assistance in implementing, monitoring and reviewing the policy guidelines as well as provide assistance guidance on nutrition, physical activity and physical education.

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- a) Schools will operate the School Breakfast Program, to the extent possible.
- b) Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- c) Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- d) As of the 2015/16 school year, the District operates under the Provision 2 option for breakfast ("Universal Free"), making available a complimentary/no-charge breakfast to all students. At the elementary school level, each student is eligible to receive a complimentary breakfast-in-classroom at the beginning of each school day.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals*. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as grab-and-go" or classroom breakfast.

As of the 2015/16 school year, the District operates under the Provision 2 option. All meals (breakfast and lunch) are provided to students at no-cost, regardless of household income.

**It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.*

Summer Food Service Program

The District will work with the Nassau County Department of Social Services to offer a summer meal program available to anyone in the community. The meals shall be distributed to the buildings in the District that host Summer school.

Meal Times and Schedule

Schools:

- a) Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- b) Should schedule meal periods at appropriate times, e.g., when appropriate, lunch should be scheduled between 10:30 a.m. and 1:30 p.m.;

(Continued)

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

- a) Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- b) Will schedule lunch periods to follow recess periods (in elementary schools);
- c) Will provide students access to hand washing or hand sanitizing opportunities before they eat meals or snacks; and
- d) Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
- e) Drinking fountains shall be available in all schools so that students may get water at meals and throughout the day.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school food service program. As part of the school District's responsibility to operate a food service program, the District or Food Service Management Company (FSMC) shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility*.

**School nutrition staff development programs are available through USDA, School Nutrition Association, and National Food Service Management Institute.*

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

All Foods and Beverages Sold Individually

Foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte/snack lines will be consistent with the current USDA Smart Snacks in School nutrition standards.

There will be no foods and beverages sold by clubs, organizations in schools until at least 30 minutes after the dismissal bell.

Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

School nurses will provide each homeroom teacher with a list of students in his/her classroom with specific allergies. School nurses will ensure that the cafeteria point-of-sale system is continually updated with student food allergy information.

Middle/Junior High and High Schools

There will be no foods and beverages sold by clubs, organizations in schools until at least 30 minutes after the dismissal bell.

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs during the school day, or through programs for students after the school day, will meet or exceed the USDA's Smart Snacks in Schools Nutrition Standards by following nutrition and portion size recommendations:

a) Beverages

Allowed: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages to be defined by USDA;

Not allowed: Energy drinks, soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

b) Foods

All food items sold individually will meet or exceed the Smart Snacks in School Nutrition Standards for Foods:

1. Will have no more than thirty-five percent (35%) of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and ten percent (10%) of its calories from saturated and trans fat combined;
2. Will have no more than thirty-five percent (35%) of its weight from added sugars;
3. Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
4. Individually sold snack items shall not exceed 240 calories per package,
5. At least half of the grains served will be whole grains.
6. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

7. to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).**

** If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.*

*** Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.*

c) Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

1. One and one-quarter ounces (1 ¼) for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
2. One (1) ounce for cookies;
3. Two (2) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
4. Four (4) fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
5. Eight (8) ounces for non-frozen yogurt;
6. Twelve fluid ounces for beverages, excluding water; district schools will follow the Institute of Medicine's recommendations for beverage serving sizes;
7. Juice serving size for elementary school students shall be limited to six (6) ounce containers;
8. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities during the school day (midnight the night before until 30 minutes after the official end of the school day) will not involve food. Schools will encourage fundraising activities that promote physical activity. The District will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will meet or exceed the Smart Snacks in Schools Nutrition Standards for Food and make a positive contribution to children's

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

diets and health, with an emphasis on serving fruits and vegetables as the primary snacks. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents (refer to list of suggested health snacks).

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Unless this practice is allowed by a student's individual education plan (IEP)*

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually above. The District will disseminate a list of healthy party ideas to parents and teachers.

Below is a list of suggested healthy snacks:

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas, and pineapple)
- Fresh fruit assortment, fruit salad, fruit with low-fat whipped topping
- Dried fruits, such as raisins, cranberries, apricots, banana chips, 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with raisins
- Whole-grain crackers with cheese cubes or string cheese
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers, and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with jam or fruit
- Pizza with low-fat and vegetable toppings
- Low-fat pudding, low-fat yogurt, and squeezable yogurt
- Ice cold water
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix with dried fruit and pretzels
- Jello

(Continued)

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

- Check for food allergies before serving

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day (at least 30 minutes after the end of the school day) will meet the nutrition standards for meals or for foods and beverages sold individually (above).

Nutrition and Physical Activity Promotion and Food MarketingNutrition Education and Promotion

The Roosevelt Union Free School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a) Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b) Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- f) Links with school meal programs, other school foods, and nutrition-related community services;
- g) Teaches media literacy with an emphasis on food marketing; and
- h) Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

Physical Activity is an important factor in staying healthy and being ready to learn. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

- a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- b) Opportunities for physical activity will be incorporated into other subject lessons; and
- c) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- d) Western Suffolk BOCES will assist Roosevelt staff with developing, implementing and monitoring a comprehensive physical activity program (CSPAP) based on the CDC CSPSP model that provides physical activity throughout the school day and addresses the needs of staff, students and the school community. CSPAP includes physical education, recess, classroom based physical activity, active transport and out of school time.

Communications with Parents

The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District/school will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).^{*} School-based marketing of brands promoting predominantly low-nutrition foods and beverages^{**} is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials such as newspapers, magazines, the internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.*

(Continued)

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)**

*** Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.*

Staff Wellness

Roosevelt Union Free School District highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a staff wellness committee composed of at least one staff member, District Wellness Committee/School Health Council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist (The staff wellness committee could be a subcommittee of the District Wellness & Nutrition Committee/School Health Council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the District Wellness Committee/School Health Council annually.

Physical Activity Opportunities and Physical Education**Daily Physical Education (P.E.) K-12**

All students in K-12, including students with disabilities, special health-care needs, and in alternative grades educational settings, will receive physical education that meets the guidelines set forth by NYSED regulations and NYS standards for Physical Education. All physical education will be taught by a certified physical education teacher using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary will offer at least 20 minutes a day of supervised recess on all or most days during the school year, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

(Continued)

Non-Instructional/Business
Operations**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION**
(Cont'd.)Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage — verbally and through the provision of space, equipment, and activities — daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts. The District will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The District will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students, as appropriate.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations, as appropriate. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies and administrative regulations concerning the Use of Facilities and Safety will apply at all times.

(Continued)

**SUBJECT: WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
(Cont'd.)****Monitoring and Policy Review****Monitoring**

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in his/her school and will report on the schools compliance to the school district superintendent or designee.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee (or if done at the school level, to the school Principal and the Food Service Director. In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the state agency within the past five years, the District will request from the state agency that a SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on District-wide compliance with the district's established nutrition and physical activity wellness policies. based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

To help with the initial development of the District's wellness policies, each school in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.* The results of those school-by-school assessments will be compiled at the District level to identify and prioritize needs.

Assessments will be repeated every three (3) years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the School District will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

*Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.