

Health and wellness have been concerns of the NYS PTA® from the very beginnings of this organization, more than 100 years ago. Although parents have primary responsibility for the health of their children, the schools and community are vital forces in reinforcing that role. School Wellness Policies, as living documents standing for continual improvement in all school health and welfare practices, should be the perfect vehicle for fostering this most important collaboration and meeting PTA's most critical challenge of bettering the lives of children.



Maria DeWald  
President, NYS PTA®

SAANYS recognizes that the responsibilities placed on schools are ever increasing. While regulated wellness policies are yet another thing for school leaders to put on their to-do lists, the law is also a timely and important movement that puts the health and well-being of our youngsters at the forefront.



Please use this brochure as a resource for maintaining and expanding your wellness policies so that schools and parents can become partners in helping children learn about healthy choices and lifestyles. Our investment today has the potential to last a lifetime.

Kevin Casey  
Executive Director, SAANYS

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## ADDITIONAL RESOURCES

### Dietary

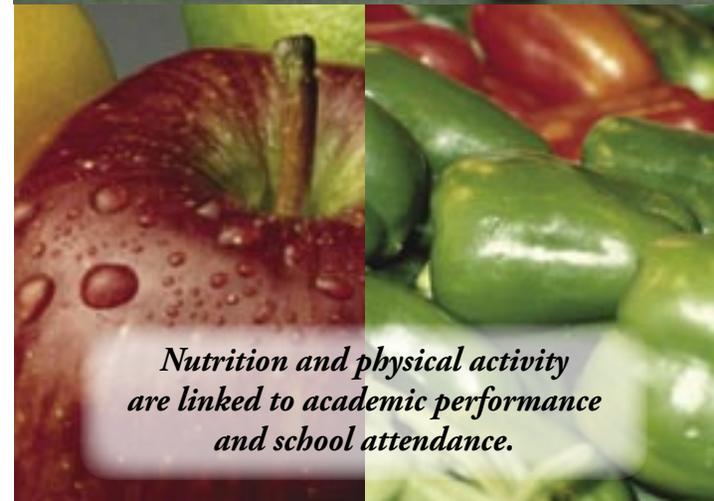
School Nutrition Association  
[www.asfsa.org](http://www.asfsa.org)  
NYS School Food Service Association  
[www.nyssfsa.org](http://www.nyssfsa.org)  
New York Coalition for Healthy School Lunches  
[www.healthylunches.org](http://www.healthylunches.org)  
Northeastern Organic Farmer's Association NY  
[www.nofany.org](http://www.nofany.org)  
Action for Healthy Kids  
SPIN: Schools & Professionals in Nutrition  
Partnering for Healthy Successful Students  
[actionforhealthykids.org](http://actionforhealthykids.org)

### Implementation

National Alliance for Nutrition and Activity – Policy Models  
[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)  
Activ8Kids – Child Obesity Prevention Program, NYS DOH  
[www.nyhealth.gov/prevention/obesity/activ8kids/index](http://www.nyhealth.gov/prevention/obesity/activ8kids/index)  
Center for Science in the Public Interest  
[www.cspinet.org/nutritionpolicy/policy\\_options.html](http://www.cspinet.org/nutritionpolicy/policy_options.html)  
Cornell Farm to School  
<http://farmtoschool.cce.cornell.edu>  
South Dakota Health Dept. – Benefits of Recess Before Lunch  
[www.healthysd.gov/Documents/RecessBeforeLunch.pdf](http://www.healthysd.gov/Documents/RecessBeforeLunch.pdf)  
National Center for Safe Routes to School  
[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

### Funding

USDA Team Nutrition Training Grants  
<http://teamnutrition.usda.gov/grants.html>  
Robert Wood Johnson Foundation  
[www.rwjf.org](http://www.rwjf.org)  
Carol M. White PE Program  
<http://www.ed.gov/programs/whitephysed/index.html>



*Nutrition and physical activity  
are linked to academic performance  
and school attendance.*

## Fidelis Cares

about health coverage for all. FIDELIS CARE



New York State's Health Plan for Kids  
Children under the age of 19



Adults ages 19-64



Medicaid

1-888-FIDELIS

(1-888-343-3547)

## IMPLEMENTING YOUR SCHOOL WELLNESS POLICY IS AN OPPORTUNITY . . .

to create an environment in which healthy choices are easy choices for students and staff. The policy should provide a framework for coordinating all aspects of school nutrition and physical activity which, in turn, results in improved student behavior, academic performance, and attendance.

Many school districts have found that providing healthy food choices brings more, not less, revenue through a la carte and vending machine purchases. In addition, it has been found that students *will* buy and consume healthful foods and beverages – setting the stage for healthy lifetime nutritional habits.

## THE REGULATION

Section 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL 108-265), signed into law on June 30, 2004, includes a provision that requires each local educational agency that participates in the National School Lunch Program, School Breakfast Program, Special Milk Program, or Summer Food Service Program to have established a local wellness policy for its schools for the start of the 2006-07 school year.

A committee of school administrators, food service staff, school board members, parents, students, and community members are to develop and monitor the policy.

*Additional policy requirements can be found at: [www.teamnutrition.usda.gov/Healthy/wellnesspolicy.html](http://www.teamnutrition.usda.gov/Healthy/wellnesspolicy.html)*

**NOTE:** *Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. School wellness policy committees may choose to establish additional guidelines.*

## RATIONALE

There is an obesity crisis among today's young people. Schools are not responsible for the crisis. However, because the relationship between health, nutrition, physical activity, and learning is so strong, and because young people spend so much of their time at school or at school-related activities, schools can be a vital part of the solution.

A comprehensive school nutrition and physical activity program can help students attain full academic potential and optimal health by providing the skills, social support, and environmental reinforcement necessary to adopt lifelong, healthy eating and physical activity behaviors. By adopting policies, school districts ensure that the health of students is a top priority.

## AREAS WELLNESS POLICIES SHOULD ADDRESS

### Nutrition Education

- Nutrition education curriculum for all students.
- Health and nutrition promotion.
- Cafeteria as a classroom.
- Use of community resources.

### Establishment of Nutrition Standards for All Foods Other than Hot Lunch

Define nutrient standards and portion size for foods offered:

- A la carte, in vending machines, at concession stands, and at food sales in schools.
- At after school programs/school events/field trips.



- At school parties, celebrations, and meetings.

### Physical Activity

- Physical education classes.
- Recess.
- Before and after school wellness activities.
- A safe and physically active commute to and from school.



## OTHER SCHOOL-BASED ACTIVITIES TO BE ADDRESSED

- A clean, safe eating environment.
- Adequate time and space to eat.
- Fundraisers that support healthy choices.
- Participation in physical activity not linked to discipline or academic standing.
- Staff wellness.
- Training for food service staff and teachers in nutrition and physical activity.
- Strategies for teachers, parents, administrators, and community members to serve as healthy role models at home and in school.
- Walkability – Safe routes to school.

## MONITORING AND EVALUATION

The wellness policy is a working document that can bring about positive change for the entire school community. It should include a plan for implementation and evaluation to assure its effectiveness in creating healthy lifestyle options and education for our youth.