

# **HASC Wellness Policy**

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## **1. Introduction**

Good nutrition and physical activity before, during, and after the school day, are strongly connected with positive student outcomes. Our school is dedicated to providing an environment that promotes student's health, well being, and ability to learn by supporting healthy eating, nutrition education, and physical activity.

This policy details our school's Wellness goals for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy ensures that:

- Students in our school have access to healthy foods throughout the school day – through reimbursable school meals – following Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits;
- Students have opportunities to be physically active before, during, and after school;
- A schedule is set up to review management, implementation, and communication about, and monitoring of the Wellness policy.

## **Staff Qualifications and Professional Development**

All new school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

## **2. Nutrition Goals**

### **School Meals**

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Our school meal programs aim to improve the diet and health of school children, help lessen childhood obesity, model healthy eating and support healthy choices.

Our school will make sure that meals served through the National School Lunch Program and School Breakfast Program:

- Be appealing and attractive to children

- Are accessible to all students
- Be served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. Our school offers reimbursable school meals that meet USDA nutrition standards.
- Offer a variety of fruits and vegetables in attractive bowls or baskets
- Offer low-fat and/or fat-free milk
- Encourage the students to eat healthy options
- Our child nutrition program accommodates students with special dietary needs
- 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.

### **Water**

To encourage students to drink water, our school will make drinking water available where school meals are served during mealtimes. Water cups/pitchers will be available in the lunchroom if there is no drinking fountain.

### **Foods and Beverages outside of the Lunchroom**

Our school is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards.

### **Class Parties and Fundraising**

Foods brought for parties or fundraising must follow the Smart Snack standards. Party examples include Rosh Chodesh and Birthday parties.

Our school will provide a list of healthy party and fundraising ideas to parents and teachers, including non-food celebration ideas.

### **Nutrition Education**

- Our school will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Include nutrition education training for teachers and other staff
- Encourage students to choose foods and beverages with little added sugars
- Stress the importance of drinking water
- Stress the importance of eating a healthy breakfast, lunch and supper

## **Withholding Food as Punishment**

Our school will provide teachers and other school staff with a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### **3. Physical Education**

Recognizing that physical fitness is an integral component to a child's well being, the school shall adopt and implement a health and fitness curriculum consistent with national and state standards for physical education. This curriculum will provide opportunities for developmentally appropriate instruction for all grades.

The school will provide daily adaptive physical education periods for elementary school students featuring supervised active movement for at least 60 minutes per week throughout the school year.

High school students will have daily adaptive physical education periods and be encouraged to engage in moderate to vigorous physical activity, which can be outdoors or in a classroom-based physical activity.

### **Recess**

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year.

## **Withholding Physical Activity as Punishment**

Teachers will not use physical activity or withhold opportunities (e.g. recess, physical activity breaks, or physical education) as punishment for any reason. School will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

### **4. School Wellness Committee**

Our school will put together a Wellness committee that meets at least four times per year to oversee development, implementation, and regular review and update of this Wellness policy.

The committee will include School Food Director; school health professionals such as nurses, counselors, psychologists, and social workers; school administrators, and parents.

### **5. Implementation and Monitoring**

Our school will develop and maintain a plan for implementing the wellness policy. This will include specific goals for nutrition standards for foods and beverages, nutrition education, physical activity, physical education, and other activities that promote student wellness.

## **Wellness Documents**

The wellness policy can be viewed at [www.hasc.net](http://www.hasc.net) or at the school's office. Wellness documents are available upon request, such as the written wellness policy, information about community involvement in the implementation and review of the policy, and documents showing compliance with public notification requirements.

## **Annual Progress Reports**

Our school will publish an annual report to share information about the wellness policy. It will include a description of the school's progress in meeting the wellness policy goals and how the public can get involved. We will notify families of the availability of the annual report.

## **Wellness Implementation Assessment Tool**

The school will complete a Wellness Implementation Assessment Tool at least once every three years. It will be completed by the Food Service Director and a member of the Wellness Committee. The wellness policy will be updated if needed due to new Federal or state standards.

## **Community Involvement**

We will actively communicate ways in which the community can participate in the development, implementation, and periodic review and update of the wellness policy. We will also inform parents of the availability of child nutrition programs and how to apply. We will notify the public about any updates to the wellness policy annually.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



September 7, 2017

Dear Parents,

Please be advised that during the months of July and August, your child(ren) can benefit from FREE nutritious meals at a school in your neighborhood.

For further questions about meal sites, please call 1-800-522-5006 or dial 311 (NYC).

You can also access information from [www.fns.usda.gov](http://www.fns.usda.gov)

Sincerely,

Esther Kornecki

Food Service Director

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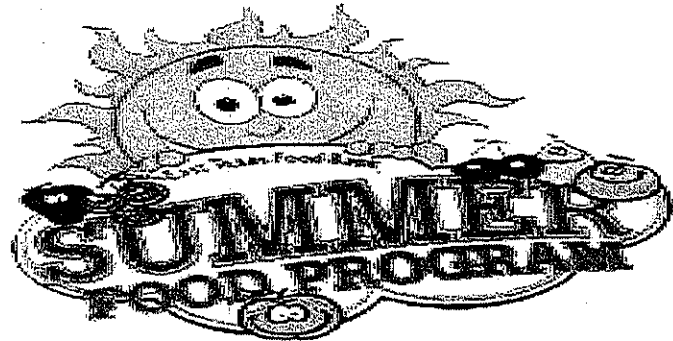
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