



Wellness Policy on Physical Activity and Nutrition

Understanding that children need access to healthful food and opportunities to be physically active in order to grow, learn, and thrive; our school is dedicated to providing an environment that promotes and protects student's health, well being, and ability to learn by supporting healthy eating, nutrition education, and physical activity.

In understanding this mission by setting forth and implementing a school wellness policy for our school, we hope to help prevent childhood obesity. Obesity rates have doubled in children, and tripled in adolescents over the last two decades.

Heart disease, cancer, stroke, and diabetes, are responsible for two-thirds of deaths in the United States, and since major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity are often established in childhood, our school would like to promote nutrition education.

Nutrition Goals

To achieve these goals our school will make sure that meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at minimum, nutrition requirements established by local, state, and federal regulations
- Offer a variety of fruits and vegetables
- Offer low-fat and/or fat-free milk
- Encourage use of whole grain
- Assure that students are given adequate time for eating and served in a pleasant atmosphere

Our school will encourage staff development and training of pertinent food service staff, teachers, and parents in child nutrition in order to effectively deliver quality nutrition education to the students.

To ensure that the school models good nutrition choices, healthy foods will be highlighted at school functions, celebrations, and class parties.

The school will encourage teachers not to use foods or beverages, especially those that do not meet nutrition standards as rewards for academic performance or good behavior. Non-food alternatives such as toys, stars, and little trinkets could be used when applicable.

Vending machines are unavailable to students.

Nutrition information will be taught formally in classrooms and informally in the lunchroom to order to educate students and assist their development of making healthy food choices for meals and snacks.

Snacks served during the day or in the after school care or enrichment programs will make a positive contribution to student's diet and health.

The school will continue to be a smoke free environment.

Fresh drinking water will be available to all students and staff.

Physical Fitness Goals

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. 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.

High school students will have daily adaptive physical education periods and be encouraged to engage in moderate to vigorous physical activity preferably outdoors.

Teachers will not use physical activity or withhold opportunities (e.g. running laps) for physical activity (e.g. recess) as punishment.

If operating an after school program, the program coordinator will include some form of physical activity on a regular basis.

Implementation and Monitoring

To help with the initial development of the school's wellness policy, each school building (if applicable) will conduct a baseline assessment of the school's existing nutrition and physical activity policies. The results will be compiled and used to identify and prioritize needs.

Assessments will be repeated every three years to review policy compliance, assess progress and determine areas in need of improvement. If needed, the wellness policy will be updated, and fine tuned to facilitate better implementation.

The principal/administrator will oversee policy compliance for physical education and activity.

The School Food Service administrator will oversee the nutritional component of the policy for compliance.

Parents will continue to be encouraged to assist the children with healthy food choices at home and encouraged to make sure their child partakes in physical activity when applicable.

The Wellness Policy can be viewed at www.hasc.net.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact the contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

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September 2, 2014

Dear Parents,

Enclosed is HASC's latest and most updated Local School Wellness policy for school year 2014-2015.

Please feel free to call our office with any suggestions for our next update or if you are interested in participating in our next meeting in regard to evaluating and assessing the school's Wellness policy.

Sincerely,

A handwritten signature in black ink, appearing to be 'C. Miller', is written below the word 'Sincerely,'.

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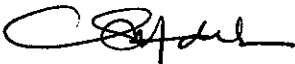
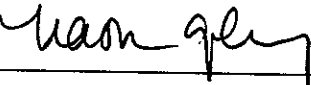

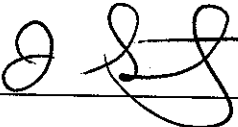
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This Local Wellness Policy has been reviewed and updated on September 2, 2014.

The participants involved in the reviewing and updating the Local Wellness Policy are:

Name	Title/Position
C.S. Mandel 	Program Director
Naomi Goldzweig 	Educational Director
Henny Friedman 	Registered Nurse
Jennifer Senderowitz 	Physical Therapist

The Local Wellness Policy was sent to the parent body on September 4, 2014 and is available on the HASC website @www.hasc.net.



September 2, 2014

Dear Parents,

As in the past years, we are continuing our Breakfast program (at no charge). We will be offering your child(ren) a daily nutritious breakfast and have enclosed our Breakfast menu for your reference.

Sincerely,

A handwritten signature in black ink, appearing to be 'C. Smith', written over a horizontal line.

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September 2, 2014

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

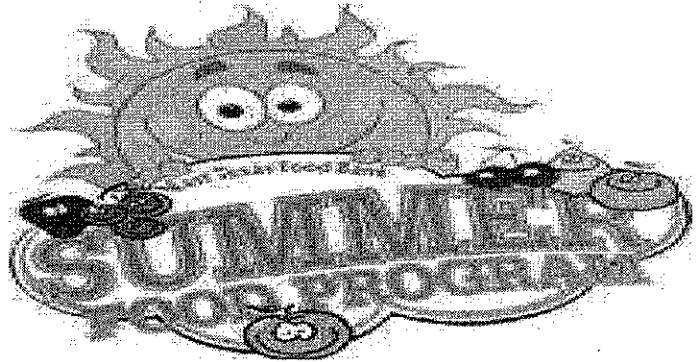
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