

STUDENT WELLNESS

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 professi

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

determine

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whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The District will annually report on the progress each of its schools has made toward meeting the goals of this policy. Such report will include:

1. The website address for the wellness policy and/or information on how the public can access a copy;
2. A description of each school's progress in meeting the wellness policy goals;
3. A summary of each school's local school wellness events or activities;
4. Contact information for the leader(s) of the Wellness Committee; and
5. Information on how individuals can get involved in the Wellness Committee's work.

Assessments of the District's wellness policy and implementation efforts will be repeated on a triennial basis. The assessment will include:

1. Compliance with the wellness;

STUDENT WELLNESS REGULATION

Applicability

In conformance with federal regulations implementing the Healthy, Hunger-Free Kids Act, the District establishes the following nutritional standards for all foods sold (1) outside the school meal programs, (2) on the sc

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the exception of beverages containing trace amounts of naturally occurring caffeine-will not be sold to elementary or middle school-aged students.