

# Coney Island Prep's Wellness Policies on Physical Activity and Nutrition

Coney Island Prep is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is our policy that:

- We will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades 5-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the USDA.
- To the maximum extent practicable, we will participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program).
- Schools 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, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. Curriculum Integration**

Coney Island Prep will integrate lessons on the importance of balanced nutrition and physical activity into its health and science curriculum. We will also encourage students who take a particular interest in student wellness to produce a health and wellness-based project for the end of the year Non-Fiction Exhibition.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **School Meals**

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 a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk; and
- ensure that at least half of the served grains are whole grain.

We will also engage students and parents, through surveys, in selecting the foods served the school meal programs in order to identify new, healthful, and appealing food choices. In addition, we will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, via email, on cafeteria menu boards, or other point-of-purchase materials.

**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:

- We will, to the extent possible, operate the School Breakfast Program.
- We will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- We will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-priced Meals.** We 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. To this end, we may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; 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.

**Meal Times and Scheduling.** Coney Island Prep:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will, to the extent possible given our co-location confinements, schedule meal periods at appropriate times;

- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

**Sharing of Foods and Beverages.** Coney Island Prep will 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.

**Snacks.** Coney Island Prep will serve healthy and nutritious snacks during the school day to help make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Coney Island Prep will provide nutrition education and engage in nutrition promotion that:

- 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;
- 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;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

**Integrating Physical Activity into the Classroom Setting.** 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:

- 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; and
- opportunities for physical activity will be incorporated into other subject lessons, wherever possible.

## **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) 5-12.** All students in grades 5-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive the appropriate amount of physical education for the entire school year.

**Physical Activity Opportunities After School.** Coney Island Prep will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs, as well as interscholastic sports programs. These will consist of 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.

**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.

## **V. Monitoring and Policy Review**

**Monitoring.** Coney Island Prep will designate an individual (designee) to ensure compliance with established district-wide nutrition and physical activity wellness policies. The designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Executive Director.

The designee will develop a summary report every three years on school-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from staff members and observations. That report will be provided to the Executive Director for review.