

RED HOOK CENTRAL SCHOOL DISTRICT

POLICY # 9591

Red Hook Central School District Wellness Policy

The Red Hook Central School District 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 the policy of the Red Hook Central School District that:

The school district 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 K-12 will have opportunities, support and encouragement to be physically active on a regular basis, such as, but not limited to, recess, intramurals, interscholastic athletics (grades 7-12), and activity clubs.

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. Comprehensive School Health Advisory Council

The council will serve as a resource to the schools for implementing the above policies. The comprehensive school health advisory will consist of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

This council will meet twice per year.

II. Nutrition, Beverages ,Snacks, Fund Raiser Concessions

The Child Nutrition Program will comply with federal, state and local requirements. Child nutrition programs are accessible to all children. Our beverage, snack and fundraiser concession programs will follow the State of New York's nutrition guideline.

III. Physical activity and Physical Education

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational setting, will receive physical education for the entire school year. All physical education classes will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic athletics, or intramural sports) will not be substituted for meeting the physical education requirement. The district will assist in on going monitoring of students' health related fitness and nutrition goals.

IV. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. The principals will ensure compliance with those policies in their schools and will report on compliance to the school district superintendent or designee.

Each school will conduct a baseline assessment of its nutrition and physical activity policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop plans to facilitate their implementation.

1 st Reading	6/08/06
2 nd Reading	6/22/06
Adopt by BOE	6/22/06