

**True North Troy Prep  
Wellness Policies on Physical Activity and Nutrition**

**Our beliefs regarding nutrition and physical activity:**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Troy Prep is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Troy Prep 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 school-based nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Meal program design will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Troy Prep will participate in available federal school meal programs: the School Breakfast Program, National School Lunch Program (including after-school snacks),

- 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 GOALS:**

### **I. School Health Council**

A School Health Council will be established, consisting of staff, student, food service and parent representatives. The School Health Council will work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will also serve as a resource for implementing these policies.

### **II. Nutritional Quality of Foods and Beverages 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
- serve only low-fat (1%) and fat-free milk; and

Troy Prep will engage students and parents in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices.

#### **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:

- Troy Prep will offer all students free breakfast.
- Troy Prep will notify parents and students of the availability of the School Breakfast Program.

#### **Free and Reduced-priced Meals**

Troy Prep makes 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. Troy Prep offers all students free meals while at school to remove the stigma associated with free and reduced price lunch, as well as to ensure that all students have eaten nutritious meals in order to succeed in the classroom.

#### **Meal Times and Scheduling**

Troy Prep:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- serves breakfast between 7:30 and 7:50 and lunch between 11:30 and 12:50;
- provides students access to hand washing or hand sanitizing throughout the school day; and

#### **Foods and Beverages Sold Individually**

Troy Prep:

- Does not provide any vending machines or allow any food to be sold individually.

## **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and 100% juice as the primary beverage.

## **III. Nutrition and Food Marketing**

### **Nutrition Education and Promotion**

Troy Prep intends to teach, encourage, and support healthy eating by students. Troy Prep will engage in nutrition promotion that:

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- links with school meal programs, other school foods, and nutrition-related community services;

### **Communications with Parents**

Troy Prep will support parents' efforts to provide a healthy diet and daily physical activity for their children.

Troy Prep will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

### **Staff Wellness**

Troy Prep values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

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

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the New York State required amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Under the guidance of a certified Physical Education Teacher, classroom teachers will:

- Integrate opportunities for physical activity into subject lessons; and
- Provide short physical activity breaks between lessons or classes, as appropriate.

### **Daily Physical Education (P.E.) K-12**

All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for at least 120 minutes per week for the entire school year. All physical education will be taught or overseen by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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

### **Monitoring**

The Director of Operations will periodically measure the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public

The Director of Operations will develop a summary report annually on compliance with the established nutrition and physical activity wellness policies. That report will be provided to the board and also distributed to staff, parents and interested community members.

### **Policy Review**

To help with the initial development of the wellness policy, Troy Prep will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies.

Assessments will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Troy Prep will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.