

THE RYE CITY SCHOOL DISTRICT
RYE, NEW YORK

3545

WELLNESS

The Board of Education recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and that good health fosters positive student attendance and education. Healthy eating and physical activity are essential for students to achieve their academic and physical potential, mental growth and lifelong health and well being.

The Rye City School District is committed to providing school environments and experiences that promote children's health, well-being and ability to learn by supporting healthy eating choices and physical activity. In furtherance of these objectives:

- The 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 and procedures.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Child nutrition programs shall be accessible to all children.
- The District will annually notify all parents and students of the availability of free and reduced price lunch availability.
- Guidelines for reimbursable meals shall not be less restrictive than the federal regulations issued by the Secretary of Agriculture.
- Schools will provide nutrition education and physical education as an integral part of the curriculum 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.
- The District shall establish a Wellness Committee to enable parents to be better informed and to have more meaningful input in the nutritional choices being offered to the students.

The Superintendent of Schools will develop procedures to implement this policy.

The effects of this policy will be evaluated annually by the Superintendent or designee, and reported to the Board of Education.

Adoption Date: June 29, 2006