

**OFFICE OF THE SUPERINTENDENT
LINDENHURST PUBLIC SCHOOLS
LINDENHURST, NEW YORK**

TO: Principals, Coordinators, Guidance Counselors, TAL, LASA, CSEAs
Nurses, Aides, and Head Custodians
FROM: Daniel Giordano
DATE: January 29, 2015
RE: Board of Education Special Meeting

The following actions were taken by the Board of Education at its Special Meeting held on January 21, 2015. Please inform the appropriate staff members in your building of the actions which pertain to them.

1. The following Superintendents recommended field trips were approved:

High School - Approximately 20 Art students will travel to NYC on February 3, 2015 to experience the art culture, visit art museums, window displays and marketing. Transportation will be via LIRR.
(Previously approved by Board of Education on September 17, 2014.)

High School - Approximately 15-20 Business students will travel to Rochester, NY to the NYS DECA Competition on March 5-7, 2015. Transportation will be via bus.

District Wide - Approximately 100 students will travel to Mitchell Field to participate in the Empire State Games for the Physically Challenged on May 29, 2015.
Transportation will be via bus.

2. The Superintendent's recommended revision of Student Wellness, Policy Number 5405, has been approved as follow:

The Lindenhurst Board of Education and Lindenhurst UFSD (the "District") recognize that good nutrition and physical activity are essential for students to maximize their full academic, physical and mental potential, and achieve lifelong health and well-being. Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

For purposes of this policy, "school campus" means all areas of district property accessible to students during the school day; "school day" means the period from the midnight before to 30 minutes after the end of the official school day; and "competitive food" means all food and beverages other than meals reimbursed under federal food programs available for sale to students on the school campus during the school day.

1. Serve healthy and appealing foods and beverages at District schools, following state and federal nutrition guidelines, as well as safe food preparation methods.
2. Ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.
3. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
4. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
5. Establish a Wellness Committee to develop, monitor, review and as necessary, revise school nutrition and physical activity policies.

I. Foods and Beverages Available for Sale to Students on School Campus during the school day

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The Lindenhurst UFSD shall ensure that all foods and beverages available for sale to students on school campus during the school day meet or exceed the program requirements and nutrition standards found in federal regulations.

School Meal - the District shall:

1. Include fruits, vegetables, salads, whole grains and low fat items at least to the extent required by federal regulations.
2. Encourages students to try new and unfamiliar items, as appropriate.
3. Makes efforts to ensure that families are aware of programs available for free or reduced price meals and encourage eligible families to apply.
4. Provides students with adequate time to eat their meals, in a clean and pleasant setting.

Foods and Beverages Sold Individually (e.g. al la carte, vending machines),
School stores - the District shall:

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium and caffeine.
2. Work with existing vendors or locate new vendors that will comply with nutrition standards.
3. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from nutrition standards.

Fund-raising Activities - the District shall:

1. Promote non-food items to sell during the school day, or activities (physical or otherwise) in which to participate.
2. Student groups conducting fundraisers which take place off the school campus or outside the school day must obey this policy and are encouraged to sell non-food items.
3. Outside organizations (e.g. Parent groups, booster clubs) conducting fundraisers which take place off the school campus or outside the school day are encouraged to follow this policy.

Celebrations - the District shall:

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.
2. Promote the use of food items which meet the standards for competitive foods and beverages and promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
3. Model the healthy use of food as a natural part of celebrations.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

III. Nutrition Education

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained.

IV. Other School-Based Activities

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to health eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness, limiting the use of food as a reward, and food marketing and advertising in school.

V. Implementation

The Superintendent shall designate one person as a Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person to be a School Wellness Coordinator in each building to ensure that the wellness activities and actions are being implemented at the building-level.

VI. Monitoring and Review

The Assistant Business Administrator or his/her designee shall report annually to the Board on the implementation of this policy. Every two years, the Assistant Business Administrator or his/her designee, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine 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.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board will participate in the development, implementation and periodic review and update of this Wellness Policy.

Ref: POL 111-296 (The Healthy, Hunger-Free Kids Act of 2010)
P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
42 USC §1779 (Child Nutrition Act)
7 CFR §210.10; 210.11; 210.11a (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)
8 NYCRR Part 135 (Health & Physical Education Curricular Requirements); §114.1 (School Breakfast Program Requirements).

Adoption Date: February 4, 2009
Revised: January 21, 2015

3. The Superintendent's recommendation to dispose obsolete equipment at the Harding Avenue Elementary School and the Buildings and Grounds shed was approved.
4. Schedules were approved as amended.
5. Acknowledge receipt of the following Superintendent's Report:
 - a. Warrants #6 – Regular – December, 2014