

**Madrasatu Ahlis Sunnah
East Orange. New Jersey
Policy**

WELLNESS/NUTRITION

The school board believes that children need access to healthful food and opportunities to be physically active in order to grow, learn, and thrive, and the good health fosters student attendance and education.

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. 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.

To promote healthy behavior in the school, the school board is committed to encouraging its students to consume fresh fruits, vegetables, low-fat milk and whole grains. The school board is also committed to encouraging students to select and consume all components of the school meal.

In order to promote and protect children's health, well-being, and ability to learn, the school board is committed to providing school environment that support healthy eating and physical activity and directs the school administrator to ensure that the school takes the appropriate measures to meet the following wellness and nutrition goals.

- A. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- B. Food and beverages sold or served at the school will meet the nutrition recommendations of the U. S Dietary Guidelines for the Americans, and the USDA nutrition standards for National School Lunch School Breakfast and/or School Snack Programs. The school will regulate the types of Halal food and beverage items sold outside the federal meal requirements, such as ala carte sales, vending machines school store and fund raisers.
- C. All students will be provided with adequate time for the student meals service and consumption in a clean, safe and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service.
- D. To the maximum extent practicable, our school will participate in available federal school meal programs (including the Scholl Breakfast Program, National School Lunch Program, Summer Food Service Program, and Child and Adult Care Food Program.)

- E. The school 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.
- F. The school board will engage students, parents, teachers, food service professionals, health professional in developing, implementing monitoring, and reviewing the nutrition and physical policies.

Foods and beverages available for sale including all snacks all snacks and beverage items sold anywhere on school property during the school day, items sold in a la carte line, vending machine, and fundraisers or served in the reimbursable After School Snack Program, shall meet the United States Department of Agriculture, Nutrition Standards for all foods sold in school, as required ne the Healthy Hunger-Free Kids Act of 2010.

Committee Review

The chief school administrator or shall endeavor to engage parents, students, and representatives of the school food authority, member of the school board, school administrators, teachers, health professionals, and members of the public for the purpose of developing, implementing, monitoring, reviewing, and as necessary, revising the school nutrition and physical activity initiatives. A committee may be convened to annually review and when necessary recommend revision to school policies related to wellness and nutrition.

The committee will annually report to the board on the implementation of programs and initiatives related to student wellness and nutrition. The board shall annually review and consider recommendations of the wellness committee.

Triennial Assessment

The board shall ensure that a triennial (once every three years) assessment of the school's wellness and nutrition policy and programs is completed. The recommendations of the committee shall be reviewed and considered as part of the triennial assessments. The assessment shall measure the implementation of the wellness and nutrition policy, and include:

- A. The extent that the school is in compliance with the school wellness and nutrition policy.
- B. The extent to which the school board wellness and nutrition policy compares to the federal and state model school wellness policies; and
- C. A description of the progress made in attaining the goals of the wellness and nutrition policy.

The board shall update or modify the policy and programs as necessary based on the results of the triennial assessments.

Physical Activity

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, the board is committed to providing opportunities for physical activity beyond physical education class. Activities that may be implemented include but shall not be limited to:

- A. Health education will complement and reinforce physical education. Students may be taught self-management skills that promote and help maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television;
- B. As initiated and determined by the teacher, opportunities for physical activity may be incorporated into subject area lessons;
- C. Class room teachers will make an effort to provide short physical activity breaks between lessons or classes, as appropriate;
- D. The code of student conduct shall prohibit withholding recess or other periods of physical activity as a consequence or a disciplinary option.

Recordkeeping Requirements

The chief school administrator or his or her designee shall maintain records to document compliance with wellness and nutrition policy requirements. These records shall include but are not limited to;

- A. The written wellness and nutrition policy.
- B. Documentation demonstrating compliance with community involvement requirements;
- C. Documentation of the triennial assessment of the wellness and nutrition policy, and
- D. Documentation to demonstrate compliance with the annual public notification requirements.

Marketing

The marketing of food or beverages shall only be permitted on the school campus during the school day for foods and beverages that meet the competitive food requirements.

For purposes of this policy, marketing is defined as advertising and other promotions in school. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer seller, or and other entity with a commercial interested in the product.

The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing are all subject to board policy, and the logos and products marketed in these areas and items are required to meet the competitive foods standards for food sold in school.

This restriction shall not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events.

General School Requirements

The school curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Student Learning Standards.

Food and beverages that are not sold such as food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy. However, on such occasions healthy food choices such as fruits, vegetable, fruit juice and water shall be made available to all students participating in such activities.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurse using food or beverages during the course of providing health care to individual students; or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification. Adequate time shall be allowed for student meal service and consumption. The school shall provide a pleasant dining environment. The school recommends that physical education or recess after lunch whenever possible.

The superintendent/principal will specifically address the issue of biosecurity for the school food service. Biosecurity may be part of the plan, procedures and mechanism for school safety.

The school board is committed to promoting the nutrition policy with all food service personnel teachers, nurse, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The board will work towards expanding awareness about this policy among students, parents, teachers and the community at large.

The superintendent shall develop regulations consistent with this policy including a process for measuring the effectiveness of its implementation and designating personnel within the school with operational responsibility for ensuring the school is complying with the policy.

The chief school administrator shall ensure that the public is informed about the content of the wellness and nutrition policy. The wellness and nutrition policy and any update to the policy shall be made available to the public on an annual basis. The policy may be posted on the school web site and/or at locations deemed appropriate by the chief school administrator

Adopted: April 5, 2022

NJSBA Review//Update

Revised/Readopted

Revised

Key Words

School Lunch, Food Service, Nutrition, Wellness

Legal References:

N.J.S.A. 18A:11-1 General mandatory powers and duties

N.J.S.A. 18A:18A-4.1 f.h. Use of competitive contracting in lieu of public bidding; boards of education

See particularly:

N.J.S.A. 18A:18A-5a(6) Standards for purchase of fresh milk; penalties; rules and regulations

N.J.S.A. 18A:18A-6

N.J.S.A. 18A:33-3 through -5 Cafeterias for students

N.J.S.A. 18A:33-9 through -14 Findings, declarations relative to school breakfast programs..

See particularly:

N.J.S.A. 18A:33-10

N.J.S.A. 18A:33-15 Improved Nutrition and Activity Act (IMPACT Act)

N.J.S.A. 18A through -19

N.J.S.A 18A: :54-20 Powers of board (county vocational schools)

N.J.S.A. 18A:58-7.1 through -7.2 School lunch program

N.J.A.C. 2:36-1.1 et seq. Child Nutrition Programs

See particularly:

N.J.A.C. 2:36-1.7 Local school nutrition policy

N.J.A.C. 6A:16-5.1(b) School safety plans

N.J.A.C. 6A:23-2.6 Supplies and equipment

N.J.A.C. 6A:30-1.1 et seq. Evaluation of the Performance of School

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

42 U.S.C . 1751 et seq.

Richard B. Russell National School Lunch Act

42 U.S.C. 1771 et seq.

Child Nutrition Act of 1966

7 CFR Part 210 and 220

Healthy, Hunger-Free Kids Act of 2010

7 C.F.R. Part 210

Medically authorized special needs diets

Resources:

<http://www.state.nj.us/agriculture/> The New Jersey Department of Agriculture, Model Policy and Question and Answer resource.

www.usda.gov/cnpp/DietGd.pdf Dietary Guidelines for Americans

www.usda.gov/cnpp/pyramid.html USDA Food Guide for dietary Guidelines, examples of eating patterns that exemplify these standards.

www.nasbe.org/HealthySchools/fitthehealthy.mgi Fit, Healthy and Ready to Learn, A School Health Policy Guide. This Guide lists elements such as the size of tables and chairs; seating is not overcrowded; a relaxed environment for socializing; amount of noise; rules of safe behavior, and cleanliness.

www.fns.usda.gov/cnd/menu/fmfv foods of minimal nutritional value (FMNV's) as defined by federal regulations at 7 C.F.R. Part 210.10.

Possible

Cross References:

- 1200 Participation by the public
- *1220 Ad hoc advisory committees
- *3000/3010 Concepts and roles in business and noninstructional operations; goals and objectives
- *3220/3230 State funds; federal funds
- *3450 Money in school buildings
- *3510 Operation and maintenance of plant
- *3542 Food Service
- *3542.31 Free or reduced-price lunches/milk
- *3542.44 Purchasing *4222 Noninstructional aides
- *5131 Conduct/discipline 9123 Appointment of board secretary
- 9124 Appointment of business official
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***Indicates policy is included in the Critical Policy Reference Manual**