



Student Wellness Policy

The Board of Trustees of the Cardinal McCloskey Community Charter School (the “Board”) Board 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, optimal mental growth, and lifelong health and well-being.

The Cardinal McCloskey Community Charter School (“CMCCS” or the “School”) is committed to providing a school environment and school experiences that promote children’s health, well-being, and ability to learn by supporting healthy eating choices and physical activity.

For purposes of this policy, “**School Campus**” means all areas of School property accessible to students during the school day; “**School Day**” means the period from the midnight before to thirty (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. Foods and Beverages Available 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 School shall ensure that all foods and beverages available in School promote good nutrition, balance, and reasonable portion sizes. The School shall ensure that all foods and beverages available for sale to students on the School Campus during the School Day meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the School serve healthy and appealing foods and beverages at school, following state and federal nutrition guidelines, as well as safe food preparation methods.

A. School Meals

The School Shall:

- i. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
- ii. Encourage students to try new or unfamiliar items.
- iii. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.



- iv. Consider serving produce and food from local farms and suppliers.
- v. Make free drinking water available at locations where meals are served.

B. Meal Scheduling

The School Shall:

- i. Provide adequate time to eat.
- ii. Schedule lunchtime between normal lunch hours from 10:38 a.m. to 12:58 p.m.

C. Foods and Beverages Sold Individually (e.g., a la carte, vending machines, etc.)

The School shall:

- i. 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.
- ii. Permit the sale of fresh, frozen or canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
- iii. Work with existing vendors or locate new vendors that will comply with nutrition standards.

D. Fundraising Activities

The School shall:

- i. Ensure that all fundraisers selling food or beverages to students on School Campus during the School Day meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
- ii. Promote non-food items to sell, or activities (physical or otherwise) in which to participate.
- iii. Student groups conducting fundraisers which take place off School Campus or outside the School Day must comply with this policy.
- iv. Outside organizations (e.g., parent groups) conducting fundraisers which take place off School Campus or outside the School Day are encouraged to follow this policy.

E. School and Class Parties, Celebrations, and Events Where Food and Beverages Are Provided, But Not Sold

The School shall:

- i. This section applies to all School and classroom parties, snacks which have been brought in for the class or School, celebrations, food provided to learn about cultures or countries, and other events where food is provided but not sold.



- ii. The School shall set guidelines for the frequency and content of classroom and School-wide celebrations where food and beverages are provided.
- iii. The School shall promote the use of food and beverage items which meet the standards for Competitive Foods and beverages, promote non-food activities, and discourage foods and beverages which do not meet those standards, at celebrations.
- iv. Model the healthy use of food as a natural part of celebrations.

F. Marketing of Foods and Beverages

The School shall:

- i. Any food or beverage that is marketed on School grounds during the School Day must meet at least the federal nutrition standards for competitive items.
- ii. This restriction applies to all School buildings (interior and exterior), School grounds, School buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
- iii. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.
- iv. This restriction does not apply to personal opinions or expression, or items used for educational purposes.
- v. This restriction applies to all purchases and contracts made after the effective date of this provision.

2. 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. The district's Physical Education program shall adhere to the curricular requirements of the New York State law and regulations and New York City Department of Education's Chancellor's regulations.

A. Physical Education

1. Students shall engage in physical education for at least the minimum number of hours or days per week under applicable law.
2. Physical Education classes shall incorporate the appropriate New York State Learning Standards.
3. Promote, teach, and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness, walking, step aerobics).



4. The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

B. Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom, both as activity breaks and as part of the educational process (e.g., kinesthetic learning).

C. Extracurricular Opportunities for Physical Activity

1. Promote clubs and activities that meet the various physical needs, interests, and abilities of students (e.g., walking), including before and after school activities.
2. Promote students walking to School, safe routes to School, etc.
3. The setting of extracurricular activity eligibility participation requirements does not constitute withholding opportunities.

3. Nutrition Promotion and Education

The Board's goals for nutrition promotion and education include that the School will:

- i. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and health food preparation methods, and health enhancing nutrition practices.
- ii. Emphasize caloric balance between food intake and energy expenditure.
- iii. Include nutrition education in student curriculum.

4. Other School Based Activities

The School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forum or fairs, health newsletters, parent/guardian outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, and hosting and promoting community-wide events.

5. Implementation

The Board shall designate the Food Service Coordinator as the School Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the School.

6. Monitoring and Review

The Food Service Coordinator, as District Wellness Coordinator, shall report every three (3) years to the Board and the public on the implementation and effectiveness of this policy. Every three (3) years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the School's wellness activities to determine the extent that the School is complying with this policy, how this policy compares to model wellness



policies, and the progress made toward attaining the goals of this policy and whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the School. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Parents/guardians, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the Board shall be provided with the opportunity to participate in the development, implementation and periodic review and update of this wellness policy. To do this, the School shall establish an advisory committee and invite participation via the School website.

The district shall inform and update the public (including parents/guardians, students and others in the community) about the content and implementation of this Wellness Policy by posting this policy (and any updates) on the School website.

The School shall monitor and review the implementation and effectiveness of this policy by conducting:

- i. Periodic informal surveys of classroom staff and school health personnel to assess the progress of wellness activities and their effects.
- ii. Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
- iii. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
- iv. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
- v. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
- vi. Periodic checks of student mastery of the nutrition education curriculum.
- vii. Periodic review of data currently collected by the School, including:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. physical education scores on flexibility, endurance, and strength (i.e., fitness test results);
 - e. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
 - f. revenues generated from vending machines and a la carte food items.
- viii. Periodic surveys of student/parent/guardian opinions of cafeteria offerings and wellness efforts;



CARDINAL McCLOSKEY
COMMUNITY CHARTER SCHOOL

- ix. Periodic review of professional staff development offered which focuses on student wellness.

Ref:

- P.L. 111-296 (The Healthy, Hunger-Free Kids Act of 2010), §204 amending 42 USC §1758b;
- P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004), §204;
- 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; 210.12; 210.15; 210.18; 210.30 (National School Lunch Program participation requirements – nutrition standards for lunch and competitive foods; community involvement; recordkeeping; state review; local wellness policy);
- 7 CFR §§220.8; 220.12 (School Breakfast Program participation requirements – nutrition standards for meals and competitive foods);
- 8 NYCRR Part 135 (Health and Physical Education curricular requirements), §114.1 (School Breakfast Program Requirements);
Appeal of Phillips, 37 EDR 204 (1997) (dec. no. 13,843) (physical education requirements); and

Appeal of Williams, 32 EDR 621 (1993) (dec. no. 12,934) (physical education requirements).

REVISED: 5/6/26