

# ***Hackensack Meridian, Carrier Clinic***

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<b>Title: School Wellness Policy</b>	<b>Chapters: (S) East Mountain School #8505</b>
<b>Author: Director/Principal of East Mountain School/ Business Administrator of East Mountain School</b>	<b>Stakeholders: Certified and Non-Certified School Personnel, Parents, Food Services</b>
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<b>References: Child Nutrition Program Agreement # 03609626 New Jersey Department of Agriculture Bureau of Child Nutrition Programs</b>	<b>Chief Hospital Executive Signature:</b>

## ***POLICY:***

This policy is intended to encourage healthy nutritional eating and an active lifestyle with students as required by the National School Lunch Program.

## ***PROCEDURES:***

The Administration of East Mountain School, Hackensack Meridian *Health* Carrier Clinic, recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The School Administration is committed to:

- Providing students with healthy and nutritious foods;
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- Supporting healthy eating through nutrition education;
- Encouraging students to select and consume all components of the school meal;
- Providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

### **School Meals**

East Mountain School, Hackensack Meridian *Health* Carrier Clinic, is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (based on nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

East Mountain School, Hackensack Meridian *Health* Carrier Clinic, participates in the USDA nutrition program National School Lunch Program (NSLP) and is committed to offering school meals through the NSLP programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (East Mountain School, Hackensack Meridian *Health* Carrier Clinic, offers reimbursable school meals that meet USDA nutrition standards.)

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### **Water:**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. East Mountain School, Hackensack Meridian *Health* Carrier Clinic, will make drinking water available where school meals are served during mealtimes.

### **Smart Snacks:**

- All foods on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.
- The district may provide a list of healthy party ideas to school staff, including non-food celebration ideas from the USDA. The District may also provide school staff with a list of alternative reward items that meet nutritional standards.
- Programs for food and beverage marketing will allow advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Food and beverages should not be used as a reward or withheld as punishment.

### **Advisory Committee:**

The Chief School Administrator shall oversee the formation and support of a The Food Advisory Committee which is composed of teachers, parents, school administrators, and food service providers to promote awareness of the requirements of this policy and to make suggestions for improvements to the nutrition of students and this policy.

### **General School District Requirements:**

- This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210; school nurses using FMNVs 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. East Mountain School, Hackensack Meridian *Health* Carrier Clinic, shall provide a pleasant dining environment. School Administration recommends that physical education be scheduled before lunch whenever possible.
- East Mountain School, Hackensack Meridian *Health* Carrier Clinic, curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards. Specific goals will be drafted for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. SFA's will review and consider evidence-based strategies in determining these goals.

- East Mountain School, Hackensack Meridian *Health* Carrier Clinic, Chief School Administrator shall develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation and designating personnel within the school operational responsibility for ensuring the school is complying with the policy.
- East Mountain School, Hackensack Meridian *Health* Carrier Clinic is committed to promoting the Nutrition Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices.