

## Healthy Schools NY

Supporting schools as they develop, implement, and ensure adherence with effective tobacco-free, nutrition and physical activity policies.

### On the Web

[www.nyscenterforschoolsafet  
y.org/what.cfm?  
subpage=508910](http://www.nyscenterforschoolsafet<br/>y.org/what.cfm?<br/>subpage=508910)

### Facebook

<http://tinyurl.com/3dkj37d>

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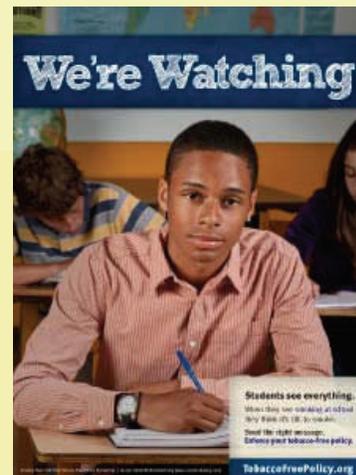
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## Eight Reasons to Have a 100% Tobacco-Free School Policy

- 1. It's the Law.**  
State public health law prohibits smoking in workplaces, including schools, school grounds, and vehicles transporting children and school personnel.
- 2. Reinforce norms regarding tobacco use.**  
Tobacco-Free school policies reinforce that tobacco use is socially unacceptable.
- 3. Reduce exposure to secondhand smoke for students and staff.**  
Secondhand smoke causes premature death and disease, exacerbates asthma and respiratory illnesses (contributing to increased absenteeism), and impairs a students' ability to learn, putting them at increased risk for difficulties with reading and math.
- 4. Protect children from developing an addiction to tobacco.**  
Studies find that students who attend schools with strong Tobacco-Free policies are less likely to use tobacco.
- 5. Support classroom instruction and other prevention efforts.**  
Schools that are not Tobacco-Free send a conflicting message to students about tobacco use.
- 6. Counteract the tobacco industry's targeting of children.**  
Internal industry documents indicate that tobacco companies have purposefully marketed to children as young as 14. Tobacco-Free schools help shield students from tobacco marketing.
- 7. Provide positive adult role models for students.**  
Implementing Tobacco-Free school policies with parents, staff, and visitors provides positive role models for students.
- 8. Prepare students for a Tobacco-Free world.**  
Employers are becoming more reluctant to hire smokers due to increased absenteeism, health care costs, and possible disability.



<http://tobaccofreepolicy.org/content/eight-reasons>

## Why More PE?

### Five Reasons Every NY School District Should Have 120 Minutes of K-6 PE

- Physical education teaches students how to become fit and healthy for life. PE fosters enjoyment of physical activity and healthier eating habits. **Students are less likely to suffer from obesity and chronic illnesses.**
- Physical education helps kids become better learners. **PE improves concentration and raises test scores.**
- PE helps reduce stress and anxiety, and reduces disruptive behavior. **Students focus better and participate more.**
- Physical education helps students strengthen peer relationships and self-discipline. **PE influences moral development, improving judgment and skills necessary to become successful adults.**
- PE instills a strong sense of self-confidence and self-esteem. **This foundation allows students to be more assertive, independent and self controlled.**



[www.wheresmype.org/](http://www.wheresmype.org/)



### Funding Opportunities For Fuel Up to Play 60

New for the 2010-2011 school year, funding is available to K-12 schools enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. More at [http://enroll.fueluptoplay60.com/funds/funds\\_for\\_futp60.php](http://enroll.fueluptoplay60.com/funds/funds_for_futp60.php)



## Addressing Change: Response by USDA and Other Organizations USDA Initiatives

**The School Meals Initiative for Healthy Children (SMI).** In 1995, USDA launched the SMI to improve the nutritional quality of meals served under USDA's NSLP and SBP. Several events during the early 1990s gave impetus to this nutrition initiative:

- *Healthy People 2000*, with national health objectives including specific objectives for child nutrition programs;
- The revised *Dietary Guidelines for Americans*,

*cans*, which recommended limiting total fat to 30 percent of calories and limiting saturated fat to less than 10 percent of calories;

- The *Food Guide Pyramid*, developed by USDA, supports the *Dietary Guidelines for Americans*; and
- The School Nutrition Dietary Assessment (SNDA) study of 1993<sup>8</sup>, which indicated that students who purchased a reimbursable school meal consumed more sodium and a higher percentage of calories from total fat and saturated fat than recommended.

The SMI required schools to meet the following nutrition standards in meals provided by the NSLP and SBP:

- School lunches must provide 1/3 of the

RDA for protein, calcium, iron, vitamin A, and vitamin C to the applicable age or grade groups and must also provide 1/3 of the calories needed by growing children based on the appropriate age/grade group; school breakfasts must provide 1/4 of the RDA for the same five nutrients and 1/4 of the necessary calories appropriate for the age/grade group.

- School meals must meet the recommendations of the *Dietary Guidelines* for limiting calories from total fat to 30 percent or less and saturated fat to less than 10 percent.

These nutrition standards do not apply to a la carte foods sold in the school cafeteria, nor do they apply to other foods and beverages sold throughout the school in school stores, snack bars and vending machines.

## New Dietary Guidelines Released

For More Information Go To: [www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.cnpp.usda.gov/publications/myplate/gettingstartedwithmyplate.pdf](http://www.cnpp.usda.gov/publications/myplate/gettingstartedwithmyplate.pdf)  
[www.choosemyplate.gov/downloads/myplate/dg2010brochure.pdf](http://www.choosemyplate.gov/downloads/myplate/dg2010brochure.pdf)



The *Dietary Guidelines for Americans* are the cornerstone of Federal nutrition policy and nutrition education activities.

The Dietary Guidelines are jointly issued and updated every 5 years by the Departments of Agriculture (USDA) and Health and Human Services (HHS). They provide authoritative advice for Americans ages 2 and older about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

## Healthy Snacks and School Meals

The Alliance for a Healthier Generation is a joint venture between the American Heart Association and Clinton Foundation with a mission to eliminate childhood obesity and inspire all young people in the United States to develop lifelong, healthy habits.

[www.healthiergeneration.org](http://www.healthiergeneration.org)



NASPE recommends that:  
*All children in elementary schools should engage in at least one daily period of recess for at least 20 minutes per period.*

[www.state.tn.us/education/schoolhealth/physed/doc/recess\\_elementary\\_students.pdf](http://www.state.tn.us/education/schoolhealth/physed/doc/recess_elementary_students.pdf)



## Where can I get more information?

- Centers for Disease Control School Health Index  
↳ <https://apps.nccd.cdc.gov/shi/default.aspx>
- New York State Department of Health  
↳ [www.health.state.ny.us](http://www.health.state.ny.us)
- Tobacco-Free New York State  
↳ <http://tobaccofreenys.org>
- New York State Education Department Physical Education  
↳ [www.p12.nysed.gov/ciai/pe](http://www.p12.nysed.gov/ciai/pe)
- Yale Rudd Center Wellsat Tool  
↳ [www.wellsat.org](http://www.wellsat.org)
- Let's Move Initiative  
↳ [www.letsmove.gov](http://www.letsmove.gov)



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