

Students

SUBJECT: HEALTHY KIDS, HEALTHY NEW YORK AFTER-SCHOOL INITIATIVE

The Port Jervis City School District is committed to providing a school environment, both during the school day and during after-school programs and activities sponsored by the District, that fosters children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, the District supports the *Healthy Kids, Healthy New York After-School Initiative* (the "*Initiative*"). The *Initiative* guidelines and toolkit provide information, tips and recommendations to participating after-school programs in the areas of improved nutrition, increased physical activity and establishing sensible screen time limits (e.g., TV, DVD, video games, and non-school or non-work related computer and Internet use). Nutritional guidelines were developed to be consistent with the Child and Adult Care Food Program (CACFP) and the National School Lunch Program (NSLP).

After-School Programs

The District will implement the guidelines that are part of the *Healthy Kids, Healthy New York After-School Initiative* in the after-school programs it sponsors. The District will also encourage those outside organizations who use District facilities for after-school programs involving children to utilize the model guidelines contained in the toolkit; as such, the District will disseminate these model guidelines to after-school program personnel and parents.

All District sponsored after-school programs involving students must be continuously supervised by an appropriate staff member(s).

Nutrition

The District will implement the nutrition guidelines contained in the *Initiative* and serve nutritious snacks at after-school events sponsored by the District. These guidelines have been developed to be consistent with the Child and Adult Care Food Program (CACFP) and National School Lunch Program (NSLP).

Physical Activity

The District will implement the physical activity guidelines enumerated in the *Initiative* and engage children in physical activities that are designed to recognize differences in age, physical and mental development, and skill level.

Screen Time

The District will implement the "screen time" guidelines enumerated in the *Initiative* and limit the use of television or recreational screen time (e.g., videos, DVDs, computers, portable electronic devices) in its after-school programs. Computer use for homework is exempted.

Television programming, videos, DVDs, or computer programs must be age-appropriate, non-violent, and educational; and must be selected from a pre-approved list or catalogue of instructionally-related materials and/or have received approval for such use from the Superintendent/designee.

Adopted: 09/03/09