



Student Health & Fitness

MCSBA members have taken a number of steps to ensure that schools support student health.

- Several federal and state laws already govern what foods schools can serve to students.
- All districts in NYS, to meet state mandates, have worked with local citizens to establish health and wellness committees and written wellness policies and plans. Many such plans were in existence before the state mandated them.
- Since the early 20th Century, schools have taught nutrition and health to all students.
- A number of regional initiatives have been implemented without government imposition. In Monroe County, school districts worked independently and voluntarily to remove trans fats from menus.

MCSBA OPPOSES any additional UNFUNDED mandates to school districts regarding student health. Schools are the one governmental agency already leading the way in student health initiatives.

MCSBA RECOMMENDS that the State recognize the value of recess. Recess provides an important time for developmental play and physical activity. New York State should allow time spent at recess to count toward the mandatory requirement for physical activity.

MCSBA RECOMMENDS that the state support agencies that affect children when they are outside of school to fill the gaps that are really hurting children.

The State and Federal Governments should:

- * **Take steps to make healthy foods, which tend to be more expensive, available to needy families.** Laws that help families pay for more nutritious foods would have an immediate benefit for children.
- * **Take steps to make ALL neighborhoods safe, so children can play freely outside when not on school property and travel to and from school without fear.** Laws that support public safety initiatives would directly promote child health.
- * **Focus agricultural subsidies on foods beneficial to children's health.**
- * **Make sure that NO changes to education law are made without first ensuring that the issue is not already addressed in other laws or regulations.**