



## **Instruction**

### **Student Nutrition and Physical Activity (School Wellness) Policy**

6142

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. By promoting good nutrition and physical activity, schools ensure that all children are healthy and hunger free.

#### **National School Lunch Program and School Breakfast Program**

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010, as amended. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease sodium, sugar, fat, and saturated fat, and eliminate trans fat, and to increase fiber with a variety of fruits, vegetables, and whole grains (all grains must be whole grain rich, containing at least 50% whole grains by weight). When practical, fresh fruits and vegetables will be purchased from local farmers

Menus shall be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms, ethnic favorites and preferences.

The District will share and publicize information regarding the nutrition content of school meals and a la carte food with students, families and school staff through the district website.

Special dietary needs of students will be accommodated according to the USDA document "Accommodating Children with Special Dietary Needs in School Nutrition Programs." With parental permission and appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs. The medical statement must identify the student's disability, state why the disability restricts the student's diet, identify the major life activity affected by the disability, and state the foods to be omitted and the foods that must be substituted. The schools will work with families to accommodate the needs of students with food allergies which includes providing the option of sitting at an allergy free table.

The District shall help ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

#### **Summer Lunch Program**

The District will inform families of the availability and location of Summer Food Service Program meals in accordance with the Healthy, Hunger-Free Kids Act of 2010.

## **Cafeteria A La Carte Sales**

The school food service program must follow the Connecticut Nutrition Standards and USDA Smart Snacks Standards when determining the items for a la carte sales.

### **Beverages**

All beverages sold to students in school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

In accordance with Connecticut State Statute, the sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories:

1. milk, low-fat (1%) unflavored or nonfat which may be flavored or unflavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce;
2. nondairy milks, such as soy or rice milk, which may be flavored or unflavored but contains no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving; \*
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners; \*
4. beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and\*
5. water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine. \*

### **Lunchroom Climate**

The lunchroom shall have a relaxed, enjoyable climate. It shall have:

- adequate space to eat and pleasant surroundings;
- appropriate supervision; and
- convenient access to hand washing facilities before meals.

### **Meal Schedules**

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00 a.m. and 2:00 p.m. in all schools. All full day students will be provided a daily lunch period of not less than 20 minutes. Activities such as tutoring, clubs or organizational meetings or activities shall not be scheduled during meal times unless students may eat during such activities.

### **Qualifications of, and Training for, Food Service Staff**

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all nutrition professionals in schools. All food service personnel shall have job-appropriate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics. Staff development programs shall include appropriate certification and/or training programs for school food service directors, managers and cafeteria workers, according to

their levels of responsibility. Training shall be provided to all individuals working in the cafeteria, including monitors, in the requirements of the school wellness policy.

Monitor training shall include share basket regulations and CPR.

### **Summer Food Service Program**

Schools in which more than 50 percent of students are eligible for free or reduced-price school meals shall sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

### **Other Foods Offered or Sold**

The Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter. However, beverages not meeting the requirements of state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend provided they are not sold from a vending machine or school store. The District strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. School stores that sell food to students must ensure that non-fat or low-fat dairy products and fresh or dried fruit are available for purchase either in the store itself or elsewhere in the school, while the school store is selling food.

### **Access to Drinking Water**

Students will have access to free potable water where meals are served. Outside of the cafeteria and meal times, students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine, should be made available for purchase by students and staff through the food services program.

### **Foods Brought Into School**

The District shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the District's nutrition standards. Families and teachers shall not bring food from home to serve as snacks to a group of students.

### **Sharing of Foods**

Elementary schools shall not allow students to share food or beverages. Secondary schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children's diets.

### **Fundraising**

School fundraising activities shall not involve food or beverages or shall only use foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute and federal regulations. However, food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end

of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Fundraising activities involving the sale of food must be approved by the assistant superintendent using the form for approval of fundraisers. Schools shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

### **Concessions**

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute and federal regulations can be sold at concessions operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

### **Teacher-to-Student Incentives and Punishments**

Teachers and staff shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individualized education plan (IEP). The use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate. Schools shall not withhold foods or beverages (including food served through school meals) as a punishment.

### **Student Nutrition Education and Promotion**

Nutrition education and promotion shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. The District shall develop and implement a comprehensive, developmentally appropriate curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

The school District shall assess all nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards. Materials developed by food marketing boards or food corporations that contain any commercial or branded messages shall not be used.

### **Consistent Health Messages**

The importance of healthy eating and physical activity shall be emphasized and reinforced throughout the school environment by All school personnel.

### **Education Links with School**

Nutrition education shall be offered in the school cafeteria and classroom, with coordination between school food service and teachers. The district shall link nutrition education with other coordinated school health initiatives.

## **Instruction**

### **Professional Development for Teachers**

Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

### **Staff Wellness**

The District highly values the health and well-being of every staff member and shall support personal efforts by staff members to maintain a healthy lifestyle and encourage staff members to model healthy behaviors. The school district shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.

### **Parent Nutrition Education**

The District shall encourage family involvement to support and promote healthy eating and physical activity habits. The District shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school.

The District shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families' efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework and information about the food services program from the director of food services during fall open houses.

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are available electronically;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria at the elementary level;

### **School District Wellness Committee (District Health Advisory Council)**

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide representative wellness committee shall be established and maintained. The committee will meet a minimum of two times annually to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the District level wellness policy (wellness policy). Committee membership will represent all school levels and include to the extent possible, but not be limited to:

- District Food Service Coordinator
- Parent representative
- Student representative
- Staff member representative from each school level
- Administrative Representatives, (Assistant Superintendent, principal, vice-principal)
- Physical Education and Health Department Chair
- School health professionals
- Health Education Teacher
- Physical Education Teacher
- Other individuals appropriate to the evaluation process
- Board of Education Members
- Any interested member of the public
- Mental health and social services staff

The Assistant Superintendent, or his/her designee, will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

## **Wellness Policy Implementation, Monitoring, Accountability & Community Engagement**

### **Implementation**

The District will develop and maintain a plan to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the District Wellness Committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent triennial assessment on the implementation of, and compliance with, the local school wellness policy and its availability to the public will be posted on the website;

### **Annual Notification of Policy**

The District will actively inform families and the public each year of basic information about this policy through publication on its website and in the *Annual Schools Information Booklet* which is sent to all households in town, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include;

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the assistant superintendent. The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

### **Revisions and Updating of the Policy**

The wellness policy will be updated at least every three years, following the triennial assessment.

### **Community Involvement**

The District will actively notify the public about the content of or any updates to the wellness policy.

### **Physical Education/Physical Activity**

It is the Board's position that all students have equal and equitable opportunities for physical activity and physical education in District schools. The goals of the District are:

- A. All children, from pre-kindergarten through grade 12, will participate in a quality, standards-based physical education program
- B. All schools will have certified physical education teachers providing physical education instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state standards.

Schools shall ensure students in grades pre-k through twelve meet state expectations for time spent in physical education class.

### **Incorporating Physical Activity Into the Classroom**

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive

behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks between and/or within lessons or classes daily, as appropriate.

### **Prohibiting Physical Activity as Punishment**

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

### **Daily Recess**

All elementary school students shall have at least 20 consecutive minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity. Districts shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to get up from their chairs and be moderately active.

### **Physical Activity Opportunities Before and After School**

The district shall offer (as permitted by budget) extracurricular physical activity programs that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs.

### **Family and Community Involvement**

The District will promote family and community involvement in supporting and reinforcing physical education in the schools through its physical education program:

- A. Physical education activity ideas are shared with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;