

## **Instruction**

### **Wellness**

**6006**

The South Windsor Board of Education recognizes the importance of promoting healthful lifestyle practices. To this end, the Board has authorized the administration to develop an integrated nutrition program and an integrated physical activity program that will provide students with the skills and support to influence healthful lifestyle practices.

The South Windsor Public Schools will take the appropriate measures, on school grounds, to promote healthful student eating through a nutritionally sound school meals program, promote the consumption of healthful foods and beverages in the classroom, and promote increased physical activity for students during the school day (as defined by federal regulations.)

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 Wellness Committee will be established. The district will actively seek committee membership for the Wellness Committee from school administration, board members, parents, students, the school food authority, health/PE teachers, community members, school health service providers, and school mental health professionals. With input from the Wellness Committee, staff, students, parents, and community representatives, school administration will develop regulations indicating a plan of action for implementing this policy and will post this policy and the corresponding regulations on the district website.

## **I. GOALS AND GUIDELINES**

The board, following consultation with the district Wellness Committee adopt the goals below in order to promote student wellness. In developing additional goals for the categories below, the District will review and consider evidence-based strategies and techniques.

### **A. *Nutrition and Promotion***

1. The health education curriculum will include comprehensive sequential nutrition education which will promote the following:
  - a. Positive nutritional standards which encourage healthful lifestyle management, body image, adequate nutrient intake, and weight management practices.
  - b. Consumer education in developing skills, such as label reading and evaluating the influence of the media on food selection, thereby enabling students to evaluate food products.
  - c. Snacks recognized as promoting healthy eating (such as those meeting the Healthy Food Certification list of items) will be encouraged for meetings, workshops, and school functions.
  - d. The district will encourage healthy snacks in classrooms and provide a link to the State of CT list of acceptable foods and beverages on the District website.
  - e. Healthful party menus and nonfood alternatives for celebrations will be encouraged.
  - f. Students and staff will be encouraged to wash their hands prior to mealtime.
  - g. Students will be discouraged from sharing their foods and/or beverages with one another during meal or snack times, given concerns with allergies and/or other restrictions on some children's diets.

### **B. *Physical Activity and other School-Based Activities***

1. The South Windsor Public Schools physical education and health education curricula will comply with state physical education and health requirements. Further:

- a. Schools will support and promote an active lifestyle for students; and
  - b. The curriculum taught will foster the development of movement skills, enhance health-related fitness, increase students' knowledge, offer direct opportunities to learn how to work cooperatively in a group setting and encourage healthy habits and attitudes for a healthy lifestyle.
2. The physical education curriculum will:
- a. Promote the benefits of physical activity and fitness;
  - b. Include at least 50 percent of moderate to vigorous activity;
  - c. Include recess games and activities at the elementary level;
  - d. Provide and encourage participation in physical education at all grade levels;
  - e. Teach knowledge and skills to accept the responsibility for personal fitness leading to an active and healthy lifestyle; and
  - f. Include programs and/or awareness to increase physical activity and positive nutritional choices.
3. Physical activity in addition to physical education classes:
- a. Physical activity opportunities beyond physical education classes will be encouraged.
  - b. Recess at the elementary level will be provided for a minimum of 20 minutes per day.
4. Parents and community members:
1. Will be asked to participate as members of the Wellness Committee;
  2. Will have access to building menus;
  3. Will be encouraged to send healthy snacks/meals for students; and
  4. Will have access to district wellness committee information, policies and regulations.

**C. *Nutritional Guidelines for School Food***

1. Reimbursable Meals

- a. At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.
- b. Reimbursable meals served in the USDA National School Lunch program and School Breakfast Program will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010 (HHFKA2010)

2. Food Pricing

The Director of Dining Services will recommend to the superintendent of schools or his or her designee for Board approval, a meal price structure that complies with the National School Meals program and the Price Equity requirements of the HHFKA 2010.

The Director of Dining Services will determine a la carte pricing, which will be based on budget and meal pricing, and will maintain quality meals and service and encourage the consumption of foods of nutritional value.

3. Meals Provided and Menus

- a. A daily breakfast period of not fewer than 10 minutes and a daily lunch period of not fewer than 20 minutes will be provided to all full-time students.
  - b. Menus shall be planned to be appealing and appetizing to children and will incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal.
  - c. Menus shall be planned with input from food service managers, student feedback, and other school personnel. Meal patterns and nutrition standards of federal and state regulations will be fulfilled as required.
  - d. District food services participation in Farm to School, and other USDA and CSDE promoted programs, will be encouraged as appropriate to provide fresh and healthy foods to students and staff.
  - e. A positive eating experience will be provided with adequate serving areas, and attractively maintained dining facilities.
  - f. Schools shall not withhold foods, beverages, or physical activity (including foods served through the school meal program) as a punishment.
4. Nutrition Information
- a. The District will make available information regarding the nutritional content and allergens of school meals with students, families and school staff when requested.
  - b. Nutrition information for a la carte foods and beverages sold through the food service operation will also be made available.
  - c. Information on nutrition and allergens for foods sold outside of the meal program may be requested of the seller.
5. Other Food Sources
- a. All sources of food sales to students at school must comply with the CT Nutrition Standards, CT State Legislation, and USDA Smart Snack Guidance including, but not limited to, cafeteria a la carte sales, vending machines, and school stores.
  - b. The District shall ensure that all beverages sold to students during school hours comply with the requirements of the state statute.
  - c. The District shall ensure compliance with allowable time frames and specific contingencies for the sale of competitive foods as specified by state law.
  - d. Committees fundraising with food products will be encouraged to follow the Wellness Policy Regulations and will be required to follow federal and state statutes.
  - e. Beverages and foods not meeting said requirements can be sold as fundraisers on school premises if the district group complies with Healthy Food Certification regulations regarding the location of the event occurring after the end of the school day or on the weekend and not from a vending machine or school store.
  - f. Organizations operating concessions at functions on school premises after school or on weekends should be encouraged to include at least some healthy food and beverage choices in their offerings.
  - g. Foods or beverages will not be used as a reward for academic performance or good behavior, unless this

practice is allowed by a student's individualized education plan (IEP).

6. Dietary Differences

- a. Individual medical and cultural concerns will be addressed in compliance with state and federal regulations.
- b. District-wide food services management will work with special services and school nurses to accommodate allergy needs based on the established *District Food Allergy and Anaphylaxis Plan* and the USDA guidelines when appropriate medical documentation is provided by the parent.

7. Training

- a. Staff members responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver nutrition education programs as planned.
- b. The District shall build awareness among teachers, food services staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance for academic success and lifelong wellness.
- c. Regularly scheduled training will be made available for all food services staff and management to include, at a minimum, cooking techniques, marketing and strategies for implementing the USDA meal pattern.
- d. Additional training in understanding the guidelines, nutrition awareness and kitchen protocols will also be provided.

**D. Guidelines for the Marketing of Food on Campus**

Food or beverage marketing on campus during school hours shall only be permitted for foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, as well as cups used for beverage dispensing.

**II. MEASURING THE IMPLEMENTATION OF THE WELLNESS POLICY**

**A. Oversight of the Wellness Policy**

Pursuant to this policy, the Board designates the Superintendent and/or his or her designee to be responsible for the implementation and oversight of the school district's wellness program. The Superintendent and/or his/her designee will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy; and that all school policies and school-based activities are consistent with the wellness policy.

**B. Triennial Assessment**

At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's wellness policy compares with model

school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy; and will provide the basis for appropriate updates or modification to the wellness policy.

### **C. *Informing and Updating the Public***

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in an accessible and easily understood manner. The School Wellness Policy shall be made available annually to students and families by means of school registration, student handbooks and the Board's website.

### **D. *Recordkeeping***

The Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation demonstrating compliance with public notification requirements.

Connecticut General Statutes:

- § [10-215f](#) Certification that food meets nutrition standards.
- § [10-221o](#) Lunch periods. Recess.
- § [10-221p](#) Boards to make available for purchase nutritious and low-fat foods.
- § [10-221q](#) Sale of beverages.
- [Public Act 16-37](#), *An Act Concerning Connecticut's Farm to School Program*
- [Public Act 16-132](#), *An Act Establishing a Red Ribbon Pass Program*

Federal Law:

- 42 U.S.C. § 1751
- Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1), 42 U.S.C. § 1758b and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.
- 20 U.S.C. § 7118, as amended by Pub. L. 114-95, *Every Student Succeeds Act*.
- 7 C.F.R. § 210.10 Meal requirements for lunches and requirements for afterschool snacks.
- 7 C.F.R. § 210.11 Competitive food service and standards.
- 7 C.F.R. § 210.31. Local school wellness policy.
- 7 C.F.R. § 220.8 Meal requirements for breakfasts.

Policy Adopted: January 22, 2019