

Regional School District No. 17

6142.101(a)

Policy

Student Nutrition and Physical Activity (Student Wellness Policy)

Children who eat well-balanced meals, are physically active and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our District's youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to the topics and educational programs related to nutrition and physical activity as detailed below.

The Board recognizes that childhood obesity has reached epidemic levels in Connecticut and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity and some cancers, diabetes and other chronic diseases.

The Superintendent or his/her designee shall develop and implement a comprehensive district-wide nutrition program which is at a minimum consistent with state and federal requirements for districts participating in the National School Lunch Program. To implement the program, the Superintendent or designee shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with Connecticut's Healthy and Balanced Living Curriculum Framework.~~the Connecticut Frameworks~~. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the development of the curriculum is encouraged.

Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place by the end of the 2008-2009 school year.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the District's nutrition, physical education and food services programs.

The District shall take a proactive effort to encourage students to make nutritious food choices and to engage in physical activities.

- Ninety percent of all food service staff has completed the Serve-Safe Certification training

- Ongoing HACCP food safety training a minimum of four times per year with documentation.
- Monthly website updates – message from the Director of Food Services with contact information, Nutrition Nuggets Newsletter

Director of Fiscal Operations emails a monthly Wellness newsletter to the district

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

The Superintendent or designee shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served in district schools or at District-sponsored events with the exception of the administrator for approved special events;
- B. Schools shall strongly discourage the sale or serving of foods or snacks high in saturated fat, sodium or added sugars; and
- C. Nutritious meals served by the school nutrition and food services operation complies at a minimum with state and federal law.

Nutrition

Nutritional Standards

The District shall provide school lunches which meet the nutritional standards required by state and federal school lunch programs. Meals served in school before the end of the last lunch period shall conform to the U.S. dietary Guidelines for Americans.

The Superintendent or designee shall establish rules for the sale of food during the school day to encourage the eating of nutritious lunches. Any food sales of an occasional nature must have the prior approval of the Principal. Vending machines shall be limited to only healthy items that meet the district's nutrition standards and the beverage requirements of the state statute. . No food or drink items shall be offered in vending machines unless they have been approved by the Principal.

Food Services Program

The District supports the philosophy of the National School Lunch programs and shall provide wholesome and nutritious meals for children in the District's schools. The Board authorizes the Superintendent or designee to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board.

Free and Reduced Price Meals

The District shall provide free and reduced-price lunches to students according to the terms of the National School Lunch programs and state laws and regulations. The District shall inform parents of

the eligibility standards for free or reduced price meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the designated person.

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Surplus Commodities

The District shall selectively use food commodities made available under the Federal Food Commodity Program for school menus to be consistent with the goals of this policy.

Physical Education

Health and Fitness Curriculum

The Superintendent or his/her designee shall adopt and implement a comprehensive health and fitness curriculum consistent with the curriculum frameworks of the Connecticut Department of Education. The curriculum will provide opportunities for developmentally appropriate instruction for grades Pre-K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2008-2009 school year.

[All students in grades one through eight shall complete an average of sixty instructional minutes per week of physical education. The Board of Education needs to discuss this suggested amount of time.] This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. Middle school students shall have an average of **[eighty minutes per week of physical education. The Board of Education needs to discuss this suggested amount of time.]** All high school students are required to complete one and one-half credits of physical education. The District shall strive at the high school level to offer a variety of health and fitness classes.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

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In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The District shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The District shall also provide co-curricular physical activity programs, including intramural and interscholastic athletic programs, within available resources. The District shall also promote the use of school facilities for physical activity programs offered by District schools and/or community-based organizations outside of school hours.

(cf.3542 – Food Service)

(cf.3542.33 – Food Sales Other Than National School Lunch Program)

(cf. 3542.34 – Nutrition Program)

(cf.3452.45 – Vending Machines)

(cf. 6142.6 – Physical Education)

(cf. 6142.61 – Physical Activity)

(cf. 6142.62 – Recess/Unstructured Time)

(cf. 6142.10 – Health Education)

Legal Reference: Connecticut General Statutes

10-16b Prescribed courses of study

10-215 Lunches, breakfasts and the feeding programs for public school children and employees

10-221 Boards of education to prescribe rules, policies and procedures.

10-1215a Non-public school participation in feeding program

10-215b Duties of state board of education re: feeding programs

10-216 Payment of expenses

10-215b-1 State board of education regulation – Competitive foods

10-221 An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFT Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004

Administrative Regulations

Student Nutrition and Physical Activity (Student Wellness)

Nutritional Content and Food Service Operations

The following guidelines shall be in effect:

- A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period.
 - Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables, and dairy products.
 - Any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat. Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
 - It is recognized that there may be special occasions when the school may allow a school group to deviate from these Standards.
- B. Foods that meet the minimum nutrition values include, but are not limited to, baked chips, popcorn, fruit, cheese & crackers, 100% fruit juices, sunflower seeds, granola bars, low fat yogurt, pretzels trail mix, low fat and nonfat milk, water and ices that are made with fruit juice, frozen yogurt or ice cream that meets nutritional values.
- C. Foods sold or served in school should assist students to comply with the *Dietary Guidelines for Americans*, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
 - The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in nutrient content needed to be healthy. Some suggested foods are listed below:
 - Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
 - Fresh fruit and 100% fruit juices
 - Frozen fruit juice pops
 - Fruit juice and vegetable juice (at least 50% full strength) and bottled water
 - Dried fruit (raisins, banana chips, etc.)
 - Trail mix (dried fruits and nuts)

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- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts) Must also be aware of students/staff with any peanut or nut allergies.
 - Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
 - Party mix (variety of cereals, nuts, pretzels, etc.)
 - Low-sodium crackers
 - Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French, Onion, bean, etc.)
 - Low-fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps
 - Angel food and sponge cakes
 - Flavored yogurt & fruit parfaits (low-fat/nonfat yogurt)
 - Jell-o and low-fat pudding cups
 - Low-fat ice creams, frozen yogurts, sherbets
 - Water
 - Pretzels
 - Bread products such as bread sticks, rolls, bagels and pita bread (whole grain when possible)
 - Ready-to-eat low sugar cereals
 - Low-fat and skim milk
- D. Food that is sold must meet the Health Department's standards in regard to storage, preparation and serving. Health inspections will be posted in every school cafeteria.
- E. Students and staff will have access to safe, fresh drinking water throughout the school day. Bottled water should be made available for purchase by staff and students.
- F. School staff will not use food as student rewards.

*Administrative Regulations***Student Nutrition and Physical Activity (Student Wellness)****School Cafeterias**

- A. Meal prices will be established by the Superintendent and the Director of Finance & Operations, with the approval of the Board.
- B. Meal prices will be conspicuously posted in each cafeteria or designated meal area.

Nutrition Education

Nutrition education at all levels of the District's integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learning the benefits of healthy eating; understanding essential nutrients; learning about nutritional deficiencies; understanding the principles of healthy weight management; understanding the use and misuse of dietary supplements; learning safe food preparation, handling and storage; and appreciating cultural diversity related to food and eating;
- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, planning and preparing healthy meals, understanding and using food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- C. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

The District shall have a classroom-based assessment or other strategies in place for health and fitness by the end of the 2008-09 school years.

Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the District and its role in the District's comprehensive nutrition program, the Superintendent or designee is responsible for:

- A. Informing students about the school's lunch program.

Administrative Regulations

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Nutrition and Food Services Operations (continued)

- B. Providing varied and nutritious food choices consistent with the applicable federal government *Dietary Guidelines for Americans*.*
- C. Providing adequate time and space to eat meals in a pleasant and safe environment.*
- D. Nutritional analysis of the school lunch menu shall be available for review.*

Schools shall ensure:

1. Seating is not overcrowded;
2. Rules for safe behavior are consistently enforced;
3. Appropriate supervision is provided.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged and provided as necessary and appropriate.

Family and Community Involvement

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

- A. Meal menus are made available to parents including nutritional analysis;
- B. If their children do not participate in the school meal program, parents are encouraged to provide their children with healthy snacks/meals (see previous page for suggestions for healthy choices);
- C. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);

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Health and Fitness (continued)

- D. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- E. School staff should be sensitive to various cultural preferences in development of nutrition education programs and food options and dietary restrictions.
- F. Parents will be provided the opportunity to have input in the development of school menus.

Physical Education

It is the Board's position that all students have equitable opportunities for physical activity and fitness education in District schools. The Superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. Students will participate in a quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction: and
- C. All schools will have appropriate class size, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs.

Schools are strongly discouraged from withholding or using physical activity (i.e. recess) as a punishment.

Family and Community Involvement

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

- A. Physical education activity ideas shall be communicated with parents.
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities.

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Administrative Regulations

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Family and Community Involvement (continued)**

- C. Families are invited to attend and participate in physical education activity programs when appropriate.
- D. School staff consider the various cultural differences in development of physical education programs; and
- E. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Program Evaluation

A. Nutrition

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the Superintendent or designee is responsible for evaluating and assessing whether the Board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

B. Physical Education

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs.

Regulation Approved: