

Instruction

Student Nutrition and Physical Activity (School Wellness Policy)

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. In accordance with federal and state law, it is the policy of the Board of Education to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require all meals served by the District meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture and the "Connecticut Nutrition Standards for Foods in Schools," whichever are greater. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296).

In developing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, the District will, as required, review and consider evidence-based strategies and techniques.

Goals for Nutrition Promotion and Education

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Schools will promote healthy nutrition choices by means of monthly newsletters, signage in cafeterias, morning announcements, taste tests, and collaboration with teachers and staff for classroom activities.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive standards-based school health education program and curriculum and will be integrated into other classroom content areas, as appropriate. Schools will link nutrition education activities with existing coordinated health programs or other comparable comprehensive school health promotion frameworks. (A standards-based program is a system of instruction, assessment, grading and reporting based on students demonstrating understanding of the knowledge and skills they are expected to learn.)

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Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- All students will be required to engage in the District's physical education program.
- Recess and other physical activity breaks; before and after school activities, and walking and bicycling to schools, where safe to do so, are supported by the Board.
- Schools will work toward providing sixty minutes of physical activity daily for students including: before and after school programs, physical education classes, recess, and interdisciplinary learning opportunities.

Other School Based Wellness Activities

Healthy and Safe Environment- A healthy and safe environment (before, during and after school) supports academic success for all. Safer communities promote healthier students. Healthier students are more likely to do better in school and make greater contributions to their community. To ensure a healthy and safe environment:

- 1) School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards and be kept inviting, clean, safe and in good repair.
- 2) School and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- 3) Safety procedures and appropriate training for students and staff shall support personal safety, and an environment free of violence and harassment.
- 4) Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.
- 5) All staff including administrators, clerical workers, school nurses, teachers, coaches, paraprofessionals, bus drivers, food services staff, security personnel, grounds and custodial staff, and volunteers are encouraged to participate in training on unintentional injuries, violence and suicide.

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- 6) All teachers, including those that teach physical education, shall not order the performance of physical activity as a form of discipline or punishment for inappropriate student behavior, or deprive elementary school students of physical education as a form of discipline
- 7) The district shall provide information about wellness resources, services, and assist in identifying and supporting the health and safety and well-being of all staff.

Nutrition Guidelines for School Food

- Please be aware that the schools must be vigilant in protecting the health and safety of all students. Families are asked to avoid sending in any food products that could cause a life threatening allergic reaction in certain classrooms.
- A comprehensive nutrition program consistent with federal and state requirements will be provided.
- Any celebration held during school hours which may include food must provide healthy food options.
- All food not distributed by the Stonington Public Schools Lunch Program must be prepackaged from a retail agent with a list of ingredients or families/staff may directly purchase food items through the School Lunch Program for their convenience.
- Stonington Board of Education encourages food-free fundraising. (Refer to Appendix 1)
- Stonington Board of Education encourages food-free celebrations. (Refer to Appendix 2)
- The Stonington Board of Education discourages the use of food as reinforcement. (Refer to Appendix 3)
- Exceptions for curriculum-based events may be made with approval of the administration.

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Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Competitive Foods & Beverages

The Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Nutrition guidelines for **competitive foods** must be consistent with whichever requirements are stricter of the state beverage statute, Connecticut Nutrition Standards (HFC), and [USDA Smart Snacks nutrition standards](https://www.fda.gov/food/healthy-eating/2018/08/2018-08-usda-smart-snacks-nutrition-standards). Competitive foods sold at school during the school day aim to improve student health and well-being, increasing the consumption of healthful foods during the school day and creating an environment that reinforces the development of healthy eating habits. A summary of the standards of information as well as a guide to HFC allowable snacks in schools is available at:

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SmartSnacks.pdf?la=en>

Food and Beverage Marketing

Marketing of items that meet or exceed the beverage statute or Healthy Food Certification standards will be allowed within the schools. This includes oral, written, or graphic statements to promote the sale of food and beverage products across all campuses. These items include but are not limited to:

- Prizes or other premium items given to students to promote a product
- Cups used for beverage dispensing, and
- Various equipment, such as the exterior of vending machines, menu boards, coolers, trash cans, and other food service equipment.

Items exempt from the marketing provision include

- Personal expression such as clothing
- Packaging of products brought from home for personal consumption

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Monitoring

The Board designates the Superintendent or his designee to ensure compliance with this policy and its administrative regulations. He/She is responsible for retaining all documentation of compliance with this policy and its regulations, including, but not limited to, each school's three-year assessment and evaluation report and this wellness policy and plan. The Superintendent will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the Board's three-year assessment and evaluation.

The District shall develop a plan designed to achieve the involvement requirements in the development, implementation, monitoring, and assessment of this policy.

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. The District, as required, will retain records and documents pertaining to the wellness policy which shall include the written school wellness policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment of the wellness policy, and documentation to demonstrate compliance with the annual public notification requirement.

Community Input

The Superintendent or designee will provide opportunities, suggestions and comments concerning the development, implementation, periodic review and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, members of the Board of Education, school administrators, and the public. This is best achieved through the establishment of a standing wellness committee, with membership as listed above. Efforts shall be made to improve community involvement.

Evaluation of Wellness Policy

In an effort to measure the implementation of this policy, the Board of Education designates the Superintendent or his designee as the person who will be responsible for ensuring that each school meets the goals outlined in this policy. To ensure continuing progress, the District will evaluate implementation efforts and their impact on students and staff at least every three years.

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The District will make available to the public the results of the three-year assessment and evaluation including the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of this policy.

The School Wellness Policy shall be made available annually, at a minimum, to students and families by means of school registration, student handbooks and the Board's website. This availability shall include the policy, including any updates to and about the wellness policy and the Triennial Assessment, including progress toward meeting the goals of this policy. In addition, the annual notification shall include a description of each school's progress in meeting the wellness policy goals; summary of each school's wellness events or activities; contact information for the leader(s) of the wellness policy team; and information on how individuals and the public can get involved.

(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)

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Legal Reference: Connecticut General Statutes
10-16b Prescribed courses of study.
10215 Lunches, breakfasts and the feeding programs for public school children and employees.
10-221 Boards of education to prescribe rules, policies and procedures.
10215a Nonpublic school participation in feeding program. 10215b Duties of state board of education re: feeding programs. 10216 Payment of expenses.
10-215e Nutrition standards for food that is not part of lunch or breakfast program.
10-215f Certification that food meets nutrition standards. 10-2210 Lunch periods. Recess.
10-221p Boards to make available for purchase nutritious, low-fat foods.,
10-221q Sale of beverages.
Regulations of Connecticut State Agencies 10-215b-1
Competitive foods.
10-215b-23 Income from the sale of food items.
National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12,)
The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265
Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 CFR Parts 210 & 220
Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751
Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)
School Breakfast Program, 7 C.F.R. Part 220 (2006)
National School Lunch Program or School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, *Vol.* 78, No. 125, June 28, 2013)
Local School Wellness Policy Requirements, 42 U.S.C. 1758b

Policy adopted: March 14, 2019

STONINGTON PUBLIC SCHOOLS
Stonington, Connecticut

Suggestions for Creative & Fun Fundraising

- Gift wrapping
- Fun runs
- Walk a thons
- Bike a thons
- Jump rope a thons
- Rent a teenager (rake leaves, water gardens, mow lawns, walk a dog)
- Singing telegrams
- Talent show
- Read a Thons
- Spelling bees
- Science fairs
- Carnivals
- Recycling cans/bottles
- Garage sales
- Sell items with school logo
- Bowl-a-thon
- Skate night
- Auction
- Treasure hunt
- Penny wars

Resource Ideas

www.creativelearningq.cc
www.123fundraising.com
www.fundraisingdepot.com
www.partnerforkids.com
www.giflfriends.com
www.ploideas.com
www.fundraisingfruit.com
www.citrusfruit.com

Food Free Birthday Celebrations

- Birthday child selects book to donate to the library. Their name and picture goes in front of the book.
- Birthday child shares an item special to them with their classmates (e.g. favorite book, favorite song, favorite stuffed animal, favorite picture or souvenir, etc).
- Birthday child chooses game classmates play at recess.
- Birthday child is the classroom "leader" for the day.
- Classmates design and decorate a Birthday crown to be worn by the Birthday child.
- Classmates prepare a page about the Birthday child; teacher compiles pages and then reads "book" to the class.
- Birthday child wears a special button for the day.
- Birthday child invites a special visitor to the class to read a story to classmates.
- Birthday child brings in photos of their life and explains pictures.
- Birthday child brings in special gifts to share with classmates (e.g. pencils, stickers, notepads, erasers etc.)
- Birthday child's name is announced over the school PA system or at "All School Meeting."
- Birthday child's name is announced at lunch in cafeteria and everyone sings "Happy Birthday To You."
- Birthday child and friend eat lunch with teacher in cafeteria.
- Additional recess time.

Ideas for Alternatives to Using Food as a Reward

Elementary Schools

- Make deliveries to office
- Teach class
- Sit by friends
 - Eat lunch with Teacher or Principal
 - Eat lunch outdoors with class
- Be a helper in another classroom
- Play a favorite game or do puzzles
 - Stickers, pencils, or bookmarks
- Certificates
- Fun Video
 - Extra recess
- Walk with Teacher or Principal
- Fun physical activity break
- School supplies
- Trip to treasure box filled with non-food items (stickers, pencils, erasers, bookmarks, or desktop tents)
- Dance to favorite music in class
- Paperback book
- Show and Tell
- Bank system - Earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (signing, cartwheel, guitar, playing etc.)
- Read outdoors or enjoy class outdoors
- Extra Art time
- Have "Free Choice" time at the end of the day or end of class period
- Listen to headset to a book on tape
- Items that can only be used on special occasions (special art supplies, computer games, toys)

Middle School Students

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or "no homework" pass
- Extra credit
- Fun brain teaser activities
- Computer time
- Assemblies
- Eat lunch outside or have class outside

High School Students

- Reduced homework
- Late homework pass
- Donated coupons to video stores, music stores, or movies
- Drawings for donated prizes among students who meet certain grade standards