

STUDENT WELLNESS GUIDELINES

In order to support student wellness, schools will

1. Provide a clean, safe, and enjoyable meal environment for students.
2. Not allow the sale of candy or soda during school hours.
3. Promote physical activities through student involvement in physical education classes as well as informing student about recreational activities offered by the town.
4. Follow the regulations of the US Secretary of Agriculture relative to nutrition standards.
5. Discourage the use of food as a reward or punishment.

Additionally, school personnel will make every effort

1. Promote healthy snacks.
2. Not to cancel recess unless the weather is rainy or extremely cold/hot.
3. Take breaks during the school day for students to move about the classroom.
4. Not deny recess to students as a form of punishment.

Adopted: 1/5/09

Reaffirmed: 6/1/09