



## **WELLNESS**

### **Overview**

The Board of Education recognizes the significant impact that good nutrition and physical activity have upon students' overall health, behavior and academic performance. The District is committed to providing a learning environment that promotes healthy eating, encourages regular physical activity, reduces childhood obesity and teaches students the skills they need to maintain healthy lifestyles.

### Whole School, Whole Community, Whole Child Model (formerly Coordinated School Health Team)

The Board of Education delegates the responsibility for developing, implementing, monitoring, reviewing and revising the school district's wellness policy guidelines (administrative regulations) to a WSCC, comprised of the following members: wellness coordinator, school nurse, Director of Nutrition Services, teachers (including physical education teacher and health education teacher), special services representative, parents, students, member of the board of education, building/district administrator, community members, and any other person that the team wishes to invite to help achieve its goals. The team will advertise and seek members from the community and faculty to ensure representation from all components.

### **Wellness Policy Guidelines**

The WSCC shall develop guidelines that address the following areas:

#### I. Nutrition Education

All students shall participate in a program of instruction that provides the essential knowledge and skills necessary for making healthy choices and avoiding behaviors that can negatively impact their health and well-being. The concepts taught in the curriculum for nutrition education should be incorporated throughout all subjects where appropriate and reinforced in the food services program as well as school activities and events.

#### II. Physical Education and Physical Activity

All students will engage in a quality physical education program focused on state/national standards and including the creation of their own individualized life-long fitness plan. In addition, the District will promote daily physical activity for each individual through daily supervised recess at the elementary level, co-curricular activities, and opportunities to participate in community recreational activities.

#### III. School Meals, Beverages, and Other Food

School menus shall be planned in order to meet or exceed state and national nutritional standards. Nutritious and healthy foods, such as fresh or dried fruits, vegetables, low-fat

dairy foods, whole grains, and 100% natural fruit and vegetable juices and water, shall be made available wherever food is sold in the District. Healthy foods and beverages shall be encouraged at school sponsored activities, such as fundraisers, parties and sporting events. In addition, the District will only permit those foods and beverages that are permitted under state law (in particular, Connecticut General Statutes §§ 10-221p and 10-221q and the guidelines established by the State Department of Education) to be sold to students. The Board of Education will permit schools to sell beverages not on the healthy certification list provided that (1) such sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) such sale is at the location of the event; and (3) such beverages are not sold from a vending machine or school store.] The school food program shall be administered in a manner that promotes student wellness by addressing: cafeteria atmosphere, timing and scheduling of meals (lunch must be at least 20 minutes and occur between 10 a.m. and 2 p.m.), qualifications and training of food service personnel, and food safety. Staff will not use access to food as a reward or punishment. Students will be instructed to refrain from sharing foods to prevent possible problems for students with life threatening allergies or other dietary restrictions. Food service personnel will be trained following state/national standards/guidelines.

#### IV. Allergies

Regional School District #10 board of education acknowledges the growing number of life-threatening allergies. The district will provide guidelines that eliminates the practice of students sharing food. Teachers, staff, students, and community members will be informed about the risks of food allergens and the safety practices to reduce the risk of accidental allergic reactions.

#### V. Communication and Promotion

In the classroom, cafeteria and other school environments, students will be exposed to consistent messages regarding healthy eating and physical exercise. The district will engage students, parents, staff, the community and the media in promoting a healthy school environment. Any marketing materials permitted in the classroom, cafeteria, or other school facility will be in harmony with the district's wellness policy.

#### VI. Measurement and Evaluation

The WSCC will establish a method of measuring the implementation of the wellness policy guidelines. Such method, at minimum, will include the designation of school personnel who will be responsible for monitoring the implementation of the wellness policy guidelines. In addition, the WSCC will establish a method to periodically evaluate the effectiveness of the wellness policy, including the designation of a person responsible for tracking outcomes.

#### Legal References

42 USCA 1751, Richard B. Russell National School Lunch Act (as amended by the Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204).

Connecticut General Statutes:

10-215e Nutrition standards for food that is not part of lunch or breakfast program

10-215f Certification that food meets nutrition standards

10-221o Lunch periods and recess

10-221p Boards to make available for purchase nutritious and low-fat foods

10-221q Sale of beverages

*Action Guide for School Nutrition and Physical Activity Policies*, Connecticut State Department of Education, (Revised April 2009)

Alliance for a Healthier Generation Model Wellness Policy (Updated 9/20/2016 to reflect the USDA Final Rule)

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