

## Students

### Wellness

It is the policy of the Stonington Board of Education (the “Board”) to promote the health and well-being of district students. In furtherance of this policy, the Board has created a Wellness Committee (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the Board, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment, and periodic updating of the policy. The Advisory Council will meet four times per year.

#### I. Goals and Guidelines

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

##### A. Nutrition Education and Promotion

- Nutrition education is a part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development, such as meal planning, recognizing food groups within a meal, and understanding health information and food labels to evaluate the nutrient quality and contribution of foods.
- Nutrition education is integrated into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects
- Nutrition and health posters and signage are displayed in the cafeteria food service and dining areas, classrooms, hallways, gymnasium, and/or bulletin boards
- Food Services provides developmentally appropriate and culturally relevant participatory activities, such as surveys, promotions, taste-testing, farm visits, and school gardens
- The monthly menu offers information to families that encourages them to teach their children about health and nutrition and assists them in planning nutritious meals for their families
- Partnering with community health agencies or organizations for school wellness activities
- The schools have gardens and use harvests in the cafeteria to teach about nutrition
- Field trips are provided to local farms to promote knowledge of healthy fruits and vegetables and sustainability

**Students****Wellness****B. Physical Activity and Other School-Based Activities**

- The district offers staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and wellness
- Raising awareness about mental health and connections to social media
- The district has adopted a written physical education curriculum for grades K-12 that is aligned with national and/or state physical education standards
- School newsletters promote healthy eating, healthy recipes, and physical activity
- Encouraging and promoting the use of healthy initiatives that promote physical activity and healthy eating
- The district completes and reports the results of the School Health Index self-assessment process to assess the extent to which some or all components of the local school wellness policy are being implemented in schools
- The district provides physical activity opportunities at the school for families and community members
- The district offers after-school physical activities for all students including clubs, intramural, and interscholastic opportunities
- The district utilizes the Centers for Disease Control School Health Guidelines to Promote Healthy Eating and Physical Activity
- The district sets minimum physical education requirements including time, frequency, and intensity at each school
- The district suggests maximum teacher-to-student ratios for physical education classes
- The district addresses qualifications for physical education teachers for grades K-12 and physical education training and professional development
- The district promotes outdoor recess in both elementary and middle school settings for thirty (30) minutes and fifteen (15) minutes each day respectively.
- The district promotes physical activity breaks during school
- The district promotes physical activity as a reward and not a punishment (see appendix)
- The withholding of physical activity as a punishment is prohibited
- School meals are scheduled at appropriate times in appropriate settings
- The district and food services market healthy food in ways that increase its appeal

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- Students and the community have after-school access to school playgrounds and fields
- All elementary and middle school students participate in physical education for a minimum of 50 minutes per week; through additional programming, elementary students with exemptions or limitations receive daily physical education activities through physical and occupational therapists.

### C. Nutritional Guidelines for School Food

- The district is in compliance with updated meal patterns (e.g. offering fruits and vegetables each day, more whole grains and portion sizes, and calorie standards to maintain a healthy weight).
- All schools provide breakfast through the USDA School Breakfast Program.
- Current school menus are available on [the district website](#). Menus are updated each month.
- The district participates in the Summer Food Program which is currently located at West Vine Street School.
- The district participates in the State of Connecticut's Free and Reduced Program. The application for free and reduced meals is available on [the district website](#) and paper copies are sent home with students at the beginning of the school year.
- School meals are prepared on-site.
- All students are provided twenty-five to thirty minutes for lunch.
- Each school cafeteria includes at least one bottle refilling station to provide drinking water for students and staff.
- A la carte, vending machines, and concession offerings in each school during the school day are regulated.
- The district is in compliance with the Healthy Food Certification requirements by the state of Connecticut and the USDA nutrition standards (commonly referred to as Smart Snacks, available at <https://www.fns.usda.gov/cn/smart-snacks-school>) for all food and beverages sold to students during the school day.
- All food provided for field trips, school events, and school party offerings that occur during the school day are regulated by the Food Services Director.
- The district does not promote the use of food: as a reward (see appendix)
- The district does not promote the use of candy and other unhealthy foods as fundraisers (see appendix)

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- Training and certification of food preparation that meets the requirements in the USDA Professional Standards for Child Nutrition Professionals is provided to all food service staff
- The district utilizes the Lighthouse Bidding Cooperative, which is regulated by the state, to evaluate food and drink contracts
- The district does not sell any food or beverages that contain caffeine
- Student meals are purchased using ID numbers; therefore, students qualifying for free or reduced-priced meals are not overtly identified in any way. For example, the cafeterias are mostly cashless—all students, regardless of status, pay for school meals, or the food being purchased a la carte using an ID number entered at the cash register (minimally, students pay with cash)
- All students are provided a meal regardless of unpaid balances. Schools will serve students a reimbursable meal, regardless of whether the student has available funds or owes money. Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced-price meals.
- To increase participation in school meal programs, Food Services limits access to competitive foods in the cafeteria, provides opportunities for student input on the menu, and provides “Grab and Go” breakfast items.
- Students are provided appropriate “seat time” to eat school meals; minimum meal periods include at least 10 minutes of “seat time” for breakfast (if offered) and at least 20 minutes of “seat time” for lunch.
- Food Services promotes purchasing local foods via the Farm to School program
- The district encourages food-free fundraising and food-free celebrations while adhering to Board Policy 5141.25. The district discourages the use of food as reinforcement. Exceptions for curriculum-based events may be made with the approval of the administration.

Meals served through the district’s food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 and 220.8 as applicable. See

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>.

#### 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

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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, cups used for beverage dispensing, on educational materials, and in school publications and school media outlets.

### II. Measuring the Implementation of the Wellness Policy

#### A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the Food Services Director to be responsible for the implementation and oversight of the school district's wellness program. The Food Services Director 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 of the implementation of the wellness policy via the CSDE and UCONN Rudd Center, Local School Wellness Policy Triennial Assessment. 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 modifications 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 Board will make its wellness policy and any updates to the policy available to the public on an annual basis.

#### 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,

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documentation of the triennial assessment, and documentation to demonstrate compliance with public notification requirements.

### Legal References:

#### Connecticut General Statutes:

- § 10-21i Red Ribbon PASS Program
- § 10-215d Regulations regarding nutrition standards for school breakfasts and lunches.
- § 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.

#### 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 9, 2025

**STONINGTON PUBLIC SCHOOLS**  
**Stonington, Connecticut**

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## **Appendix 1**

### **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 the school logo
- Bowl-a-thon
- Skate night
- Auction
- Treasure hunt
- Penny wars

Resource Ideas

[www.creativelearning.com](http://www.creativelearning.com)

[www.123fundraising.com](http://www.123fundraising.com)

[www.fundraisingdepot.com](http://www.fundraisingdepot.com)

[www.partnerforkids.com](http://www.partnerforkids.com)

[www.girlfriends.com](http://www.girlfriends.com)

[www.ploideas.com](http://www.ploideas.com)

[www.fundraisingfruit.com](http://www.fundraisingfruit.com)

[www.citrusfruit.com](http://www.citrusfruit.com)

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### **Appendix 2**

#### **Food-Free Birthday Celebrations**

- The birthday child selects a book to donate to the library. Their name and photo go in front of the book.
- The 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).
- The birthday child chooses the game classmates play at recess.
- The 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; the teacher compiles pages and then reads the "book" to the class.
- The birthday child wears a special button for the day.
- The birthday child invites a special visitor to the class to read a story to classmates.
- The birthday child brings in photos of their life and explains the pictures.
- The birthday child brings in special gifts to share with classmates (e.g. pencils, stickers, notepads, erasers, etc.)
- The birthday child's name is announced over the school PA system or at "All School Meeting."
- The birthday child's name is announced at lunch in the cafeteria and everyone sings "Happy Birthday To You."
- The birthday child and friend eat lunch with a selected teacher in the cafeteria.
- Additional recess time.

### **Appendix 3**

#### **Ideas for Alternatives to Using Food as a Reward**

##### **Elementary Schools**

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with a teacher or principal
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, or bookmarks
- Certificates
- Fun Video



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- Extra recess
- Walk with a 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 skills (singing, 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

- 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