

TRUMBULL PUBLIC SCHOOLS  
BOARD OF EDUCATION  
POLICY MANUAL

SECTION: **6000**  
CATEGORY: **Instruction**  
POLICY CODE: **6142.101/Student Wellness**

## **STUDENT WELLNESS**

### **Policy Statement**

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010.

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 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 school health education curriculum and will be integrated into other classroom content areas, as appropriate.

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education 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.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

The Trumbull Board of Education agrees to participate in the National School Lunch Program and accepts responsibility for providing free and reduced-price meals to eligible students in the schools under its jurisdiction. Our schools shall not physically segregate or discriminate against any child because of his/her inability to pay for a meal. The names of children eligible to receive free or reduced-price meals shall not be published, posted, or announced in any manner, and there shall be no overt identification of any such children by use of special tokens or tickets, or by any other means. Please click [here](#) to access more information regarding policy 3542.31/Free and Reduced-Price Meals or consult our district website.

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and My Plate, published jointly by the U.S.

Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education (“Connecticut Nutrition Standards for Foods in Schools”) in addition to federal and state statutes and national health organizations. The focus is on moderating calories, limiting fats, sodium, and sugars, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The district will follow the federal guidelines as outlined by the U.S. Department of Agriculture (USDA) National School Lunch Program; click [here](#) to access these guidelines. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food and beverage sales that compete with the District’s nonprofit food service in compliance with the Child Nutrition Act. The District shall prohibit the sale of foods of minimal nutritional value as defined by the USDA and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards.

All sources of food sales to students at school must comply with the Connecticut Nutrition Standards for Food in Schools, including, but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities, and classroom snacks. Local, fresh fruits and vegetables will be included in meals whenever possible. The District shall ensure that all beverages sold to students comply with the requirements of state statute and USDA beverage requirements. The stricter requirements where different between the state and federal regulations must be followed. However, beverages not meeting the requirements of state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program. Trumbull Public Schools shall follow [policy 3542.43/Food Charging](#) which outlines payment and procedures for families. It is noted that all Trumbull Public Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.

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 Superintendent or designee will invite 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.

In an effort to measure the implementation of this policy, the Board of Education designates the Superintendent or his/her designee as the person who will be responsible for ensuring that each school meets the goals outlined in this policy.

The District will make available to the public an assessment of this policy’s implementation, including the extent to which the schools are in compliance with the policy and a description of the progress being made in attaining the goals of the policy.

Adopted: 8/1/2006  
Revised: 6/27/2016, 7/9/2019,  
9/24/2019, 06/03/2025

**References**

- The Healthy, Hunger-Free Kids Act of 2010
- The Child Nutrition and WIC Reauthorization Act of 2004
  
- Title 7 Code of Federal Regulations 210.11
- Title 7 Code of Federal Regulations 220.12
  
- Connecticut Public Act 19-173, “An Act Concerning the Improvement of Child Development through Play”
- Connecticut General Statutes §§ 10-215 *et seq.*, 10-221o, 10-221p, 10-221q
- Connecticut State Department of Education Regulations §§ 10-215b-1, 10-215b-23
  
- Trumbull Board of Education Policy Code 1324: Fund Raising
- Trumbull Board of Education Policy Code 5150: Interscholastic Athletics
- Trumbull Board of Education Policy Code 6144.1: Exemption of Students from Instruction

**Regulations**

The District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

I. Nutrition

A. National School Lunch Program and School Breakfast Program

Reimbursable meals served in the U.S. Department of Agriculture’s (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010. Menu planning, purchasing procedures, and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber.

In addition, school meals shall:

- Be appealing and appetizing to children.
- Meet, at a minimum, the nutrition requirements established by the USDA for federally-funded programs.
- Include only unflavored low-fat (1%) and fat-free (nonfat) milk flavored or unflavored, which contain no more than 4 grams of sugar per ounce and no artificial sweeteners, that meets the requirements of the state beverage statute and federal regulation.
- Ensure that at least half of the weekly grains served are whole grains and that the remaining grain items served are enriched.
- Reduce the levels of sodium, saturated fats, and trans fats in meals per federal and state nutrition standards.
- Offer a variety of fruits and vegetables.
- Meet the nutrition needs of school children within their calorie requirements per federal and state nutrition standards.
- Contain 0 percent trans fats.
- Bake or steam all cooked foods.
- Purchase or obtain fresh fruits and vegetables from local farmers, when practical.

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color, and eye appeal. Menus shall be planned with input from students, parents, and other school personnel and shall take into account students’ cultural norms and preferences. Schools shall engage students and parents, through surveys, taste-tests, and other activities, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food

choices. Meal patterns and nutrition standards of federal regulations will be fulfilled as required.

The District will share information regarding the nutrition content of school meals with students, families, and school staff. Nutrition information for a la carte foods and beverages sold in schools will also be available.

With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the foods to be omitted and the food or choices of foods that must be substituted. Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent/guardian submits a signed request that includes a medical statement signed by a physician, physician assistant, registered dietician, or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of foods that may be substituted in place of the lunch menu being served.

Schools will:

- To the extent possible, and within state law, operate and promote the USDA School Breakfast Program.
- Use methods to serve school breakfasts that encourage participation.
- Notify parents and students of the availability of the School Breakfast Program.
- Encourage parents to provide a healthy breakfast for their children.

#### B. Cafeteria A La Carte Sales

The school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All beverages sold to students in school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must also be available for sale at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.

All snacks and a la carte foods must meet USDA Smart Snacks Standards. Click [here](#) to access the USDA Smart Snacks for Schools guidance.

The sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories defined by state statute:

- a. milk, low-fat (1%) unflavored, or nonfat, which may be flavored or unflavored but must contain no artificial sweeteners and contain no more than 4 grams of sugar per fluid ounce;

- b. nondairy milk, such as soy or rice milk, which may be flavored or unflavored but must contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
- c. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;

- d. beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
- e. water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

C. Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed. It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings, appropriate supervision, and convenient access to handwashing facilities before meals.

D. Meal Schedules

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00 a.m. and 2:00 p.m. in all schools. Pursuant to state statute, schools are required to provide all full-day students a daily lunch period of not less than 20 minutes. Activities such as tutoring, clubs, or organizational meetings or activities shall not be scheduled during meal times unless students may eat during such activities.

E. Qualifications of Food Service Staff and Training for Food Service Staff

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for school food service directors, managers, and cafeteria workers, according to their levels of responsibility. All food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors, and other appropriate topics.

F. Other Foods Offered or Sold

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including, but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities, and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, at all times. However, beverages not meeting the requirements of state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend provided they are not sold from a vending machine

or school store. The District strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes.

Pursuant to state statute, whenever any group makes foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must also be available in the school at the same time for purchase by students. “Foods available for purchase” include, but are not limited to, foods sold in cafeterias, vending machines, school stores, fundraisers, and any other food sales during the school day. If a snack machine with food items is available for use by students during the school day, the school must also have non-fat or low-fat dairy products and fresh or dried fruit available for purchase. When the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer non-fat or low-fat dairy products and fresh or dried fruit for sale at the same time. School stores that sell food to students must ensure that non-fat or low-fat dairy products and fresh or dried fruit are available for purchase either in the store itself or elsewhere in the school, while the school store is selling food.

**G. Access to Drinking Water**

Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine should be made available for purchase by students and staff. Free potable water must be available where meals are served.

**H. Foods Brought Into School**

The District shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the Connecticut Nutrition Standards. The District shall develop procedures to ensure that all food brought from home to be shared with other students is safe. Classroom snacks shall feature healthy choices that meet the state requirements for allowable beverages and the Connecticut Nutrition Standards.

Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children’s diets.

**I. Fundraising**

School fundraising activities either shall not involve food or beverages or shall only use foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute and federal regulations. However, food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Schools shall encourage fundraising activities that promote physical activity. The District shall

make available to students, parents, teachers, and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

Competition with nutritious meals served by the school food services operations must be minimized. Income from any competitive foods or beverages sold from 30 minutes prior to the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account.

J. Concessions

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute and federal regulations can be sold at concessions operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

K. Teacher-to-Student Incentives and Punishments

Schools shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's Individualized Education Plan (IEP). Alternative rewards shall be developed and promoted. Additionally, schools shall not withhold foods or beverages (including food served through school meals) as a punishment.

Furthermore, we strongly recommend staff use physical activity as a reward when feasible. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground)

L. Student Nutrition and Wellness Education

Nutrition and Wellness education shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition and Wellness education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. Any nutrition and wellness education curriculum developed will be in alignment with "the community standards and perspectives" of Trumbull. It will follow the procedures as outlined in policy 6141/Curriculum Development, including a review by the Board of Education Curriculum Committee and the full Board for approval. The District shall develop and implement a comprehensive, developmentally appropriate curriculum approach to

nutrition and wellness in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development, and practice.

The nutrition and wellness education program shall focus on students' eating behaviors and wellness habits, be based on theories and methods proven effective by published research, and be consistent with the District's health education curriculum guides. Nutrition and wellness education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences, and elective subjects. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

The District shall assess all nutrition and wellness education lessons and materials for accuracy, completeness, balance, and consistency with the District's educational goals and curriculum standards. Materials developed by food marketing boards or food corporations shall be scrutinized for appropriateness of commercial messages.

#### M. Educational Reinforcement

School instructional staff members shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers and performers invited to address students shall receive appropriate orientation to relevant District policies. School staff members shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition, such as assisting with food recovery efforts and preparing nutritious meals for home-bound people. School officials shall disseminate information to parents, students, and staff members about community programs that offer nutrition assistance to families. When possible, children will have the opportunity to visit and/or learn about the local sources of food along with the life cycle and farming-connected units.

#### N. Nutrition Promotion

The District shall conduct nutrition education activities and promotions that involve parents, students, and the community. The District shall participate in programs that promote and reinforce student health, such as Team Nutrition and the HealthierUS School Challenge. The school team responsible for planning nutrition activities shall ensure interdisciplinary collaboration by including school food service, school nurses, health and physical education teachers, family and consumer sciences teachers, and other appropriate school staff members. When possible and through coordination with the school's wellness committee, schools will integrate projects such as school gardens, food learning labs, and food source lessons aligned with cafeteria meals. Nutrition education shall be offered in the school cafeteria and classroom, with coordination between school food service and teachers. The District shall link nutrition education with other coordinated school health initiatives.

#### O. Consistent Health Messages

Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages. Foods and beverages sold or served at school shall not contradict healthy eating messages. Personnel shall not use practices that contradict messages to promote and enjoy physical activity: for example, withholding recess or using physical activity (e.g., running laps, doing pushups) as punishment.

The District shall build awareness among teachers, food service staff, coaches, nurses, and other school staff members about the importance of nutrition, physical activity, and body-size acceptance to academic success and lifelong wellness. School staff members shall be encouraged to model healthy eating and physical activity behaviors. The district will also provide opportunities for health and wellness education and practice as is possible. Additionally, the district maintains an Employee Assistance Program (EAP) which offers additional resources around physical and mental wellness.

The District shall include appropriate training for teachers and other staff members. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities. Training shall include instructional techniques and strategies designed to promote healthy eating behaviors. Staff members providing nutrition education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members, or parents.

**P. Food Marketing in Schools**

School-based marketing shall be consistent with nutrition education and health promotion. Thus, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the U.S. Department of Agriculture nutrient standards for meals or the District's nutrition standards for foods and beverages. Schools shall promote healthy food choices and shall not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains, and low-fat dairy products, shall be encouraged.

During the school day, advertising of any food or beverage that may be sold on campus is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited. Overall, the district will limit students to any food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

**Q. District Nutrition Standards**

The District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals with relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. In an effort to support the consumption of nutrient-dense foods in the school setting, the District will follow the beverage requirements of state statute and federal regulations, whichever are stricter, and has adopted the Connecticut Nutrition Standards governing the sale of food on school grounds.

1. Food

- i. Any food item offered for sale to students separately from reimbursable meals will:
  - meet the portion size requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards;
  - not contain any chemically altered fat substitutes and will meet the fat requirements of the Connecticut Nutrition Standards;
  - meet the saturated fat requirements of the Connecticut Nutrition Standards;
  - meet the trans-fat requirements of the Connecticut Nutrition Standards;
  - not contain any artificial sweeteners or sugar alcohols and will meet the sugar requirements of the Connecticut Nutrition Standards; and
  - meet the sodium requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards.
- ii. Foods and beverages will not contain caffeine, with the exception of trace amounts of naturally occurring substances.
- iii. The District will limit condiment use and provide low-fat, low-sugar, and low sodium varieties.
- iv. The District will increase choices of whole grains and foods containing fiber.
- v. The District will encourage the consumption of nutrient-dense foods, e.g., whole grains, fresh fruits and vegetables, lean meats, legumes, and low-fat dairy products.

2. Candy

- i. Candy and gum (including sugarless candy and sugarless gum) shall not be sold to students on school premises.

3. Beverages

- i. Pursuant to state statute, the sale of beverages to students on school premises shall be limited to the following five categories defined by state statute: a. milk, low-fat (1%) unflavored, or nonfat, which may be flavored or unflavored but

must contain no artificial sweeteners and contain no more than 4 grams of sugar per fluid ounce;

- b. nondairy milk substitutes, such as soy or rice milk, which may be flavored or unflavored but must contain no artificial sweeteners, no nonnutritive sweetening agents, no sugar alcohols, no added sodium, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
  - c. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
  - d. beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
  - e. water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.
- ii. Portion sizes of the beverages specified above are limited to no more than 8 fluid ounces for students in grades K-5 inclusive and to no more than 12 fluid ounces for students in grades 6-12 inclusive, except water, which is unlimited.
  - iii. Vending sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time.
  - iv. School store sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time.
  - v. The sale of any beverages that do not meet the requirements of state statute and federal regulations is allowed at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store.

#### R. Guidelines for Food and Beverages Offered to Students at School

The District encourages the use of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals and relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. At any school function (e.g., parties, celebrations, feasts, sporting events) where foods and beverages are sold or served to students, healthy choices meeting the Connecticut Nutrition Standards and beverage requirements of state statute must be available. Some suggested foods and beverages are listed below.

- Raw/fresh vegetable sticks (e.g., carrots) / slices with low-fat dressing or yogurt dip
- Fresh fruit
- 100% fruit juices or 100% vegetable juices or combination of such juices
- Frozen 100% fruit juice pops
- Bottled water, without added sugars, sweeteners, artificial sweeteners, or caffeine
- Dried fruits (e.g., raisins, banana chips) without added sugar, fat, or salt
- Trail mix (dried fruits and nuts)

- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts) without added fat, sugar, or sodium
- Low-fat meat and cheese sandwiches (with low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.), depending on added fat, sugar, and salt
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (e.g., Ranch, French Onion, Bean)
- Low-fat muffins, granola bars, crackers, and cookies such as fig bars and ginger snaps
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits (low-fat/nonfat yogurt)
- Gelatin and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and nonfat dairy products
- Pure ice cold water without sugars, sweeteners, artificial sweeteners, or caffeine ☞  
Pretzels
- Bread products such as bread sticks, rolls, bagels, and pita bread
- Ready-to-eat low-sugar cereals (with no more than 15 grams added sugars per serving and no more than 35% sugar by weight)
- Low-fat (1 percent) and skim milk

Compliance with the state beverage statute and the Connecticut Nutrition Standards varies depending on the brand and type of item, and this list should be checked against the Connecticut Nutrition Standards developed by the State Department of Education and published annually, the state beverage statute, and the Department's online list of acceptable foods and beverages, which is updated quarterly and available online at <https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>.

Food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store.

#### S. Competitive Foods and Beverages

“Competitive foods” include all foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. Competitive foods are grouped into three categories: (1) Entrée Items (sold only a-la-carte); (2) Side Dishes; and (3) Beverages. Pursuant to federal regulations and state statutes and regulations, the sale of competitive foods is restricted as follows:

1. Foods that do not meet the Connecticut Nutrition Standards cannot be sold to students on school premises, including, but not limited to:

- Water ices (any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit, fruit juice, milk, milk ingredients, or egg ingredients other than egg whites);
  - Candy/sugarless candy; and
  - Chewing gum/sugarless chewing gum.
2. Beverages that do not meet the requirements of state statute and federal regulations (including, but not limited to, coffee/decaffeinated coffee/iced coffee, tea/herbal tea/iced tea, soda/diet soda, sports drinks, hot chocolate, and fruit drinks that are not 100 percent juice) can only be sold to students on school premises at the location of an event that occurs after the school day or on the weekend provided they are not sold from a vending machine or school store.
  3. During the period of 30 minutes before any meal program up until 30 minutes after the end of the program, competitive foods and beverages may only be sold anywhere on school premises if they meet the Connecticut Nutrition Standards or state beverage statute and the income they generate accrues to the nonprofit school food service account. Outside of this timeframe, competitive foods and beverages may only be sold if they meet the Connecticut Nutrition Standards and state beverage statute and federal regulations, whichever are stricter.
  4. No competitive foods may be sold without the prior approval of the Superintendent or his/her designee, and such sales must comply with state law.

## II. Physical Activity

### A. Philosophy

The Board believes that every student shall develop and demonstrate knowledge and perform fundamental skills necessary to lead an active, physically fit, and healthy lifestyle. The Board believes that students should be cognizant of the short- and long-term benefits, value, and enjoyment of physical activity as an ongoing part of a healthy lifestyle.

The District’s comprehensive plan to promote physical activity will include the following:

- A program of physical education that involves moderate to vigorous activity; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by certified staff; and is coordinated with the health education curriculum;
- Time in the Pre-K and elementary school day (grades PreK through 5) for daily supervised indoor/outdoor recess weather permitting;
- Opportunities and encouragement for students to participate voluntarily in before- and after-school physical activity programs such as intramurals, clubs, and, at the high school level, interscholastic activities; and
- Joint school and community recreation activities.

The program shall make effective use of school and community resources and equitably serve the needs and interests of all students, taking into consideration differences in gender, cultural norms, physical and cognitive abilities, and fitness levels.

Physical education is an integral part of the educational process for each student. As such, every elementary and middle school student has physical education approximately 60 minutes a week minimally. As the grades progress, the amount of time and the complexity of physical and wellness education increases. Middle school students could have anywhere between 80 to 130 minutes of exercise per week depending on the student's schedule. In high school, students are given a wide array of choice options in order to meet or exceed the .25 credit per year required for a high school diploma. Students taking physical education at the high school receive between 80 to 130 minutes per week on average.

Students are offered physical education consistent with the District's physical education curriculum guides, which undergo revision as necessary to meet or exceed state standards for physical education. It shall be taught for grades K-12 by a certified/licensed teacher who is endorsed to teach physical education. In order to maintain program quality, the district will provide annual professional learning opportunities that are focused on topics, collaboration, and competencies specifically related to physical education and wellness.

**B. Prohibiting Physical Activity as Linked to Punishment**

Physical education teachers shall aim to develop students' self-confidence and maintain a safe psychological environment. Personnel shall not order performance of physical activity, nor the withholding of physical activity or physical education, as a form of discipline or punishment. This does not apply to participation on sports teams that have specific academic requirements.

**C. Incorporating Physical Activity into the Classroom**

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments. As appropriate, classroom teachers may provide short physical activity breaks between lessons or classes.

**D. Physical Activity Opportunities Before and After School**

The District encourages and supports the participation of all students in extracurricular activities, although such participation is a privilege and not a right. Eligibility

requirements and appeal procedures, as established in Interscholastic Athletics (Policy Code 5150), shall be published in each appropriate student handbook.

- Intramural programs, physical activity clubs, and interscholastic athletics are valuable supplements to a student's education. Each school shall endeavor to provide students with
- D. Physical Activity Opportunities Before and After School (continued)  
opportunities to voluntarily participate in extracurricular physical activities that meet their needs, interests, and abilities. A diverse selection of competitive and noncompetitive, structured and unstructured, activities shall be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs is to facilitate participation of all interested students. Equal opportunity on the basis of gender shall permeate all aspects of program design and implementation.

A student with a chronic health problem or other disabling condition shall be permitted to participate in any extracurricular activity, including interscholastic athletics, if the student's skills and physical condition meet the same qualifications that all other students must satisfy and the student has written permission to participate from a physician. The school shall make reasonable accommodations to allow the student to participate.

Walking to and from School

The district believes that it is healthy for children to walk to school provided that it can be done safely. Schools provide volunteers, school resource officers, or certified teachers to assist students with safe school arrival as needed. As outlined in policy 3541/Transportation, children may walk depending on the walking distance and duration. The maximum student walking distance and duration, either to school or to a bus stop, is as follows:

- A. Elementary Schools: All students are transported by bus
- B. Middle Schools: Not to exceed one and one-quarter mile
- C. High Schools: Not to exceed one and one-half miles
- D. Reasonable transportation or prescribed walking routes or the sum of both shall not exceed one hour each way from home to school or returning.

For more information on walking to school, please consult policy, 3541/Transportation.

E. Recess

The Board of Education takes the position that recess is an essential component of education and that preschool and elementary school children must have the opportunity to participate in regular periods of active, free play with peers. Recess is a break during the school day set aside to allow children time for active free play. Recess shall complement, not substitute for, physical education classes. The following apply for all students preschool to grade 5:

1. All preschool students and students in grades K-5 shall have a period of indoor/outdoor recess every day for at least 20 minutes. The principal or his/her designee will determine and notify appropriate staff if outdoor recess should be cancelled to limit students' exposure to heat, cold, inclement weather, ultraviolet

- radiation, air pollution, traffic, unsafe surfaces, poor lighting, or equipment temporarily in poor repair.
2. A classroom learning experience involving 20 minutes of physical activity may be substituted for recess.
  3. A student shall not be denied recess for any reason, such as but not limited to making up missed work or for disciplinary purposes.
  4. Physical activity shall not be used as a form of discipline.
  5. Whenever possible, recess should not be scheduled the last period of the school day or immediately before or after physical education classes.
  6. The Board recommends that only professional school personnel supervise students during recess. The principal has the discretion to utilize appropriate staff available.

**F. Exemptions and Substitutions from Physical Education**

Physical education teaches students essential knowledge and skills; for this reason, exemptions from physical education courses shall not be permitted on the basis of participation on an athletic team, in a community resource program, or in other school or community activity. A student may be exempt from participation in physical education only if:

1. A physician states in writing that specific physical activities will jeopardize the student's health and well-being; or
2. A parent/guardian requests exemption from specific physical activities on religious grounds; or
3. The student participates in a regional magnet program.

Consistent with Board of Education Policy 6144.1, "Exemption of Students from Instruction," the physical education teacher will determine the course of action for students who do not participate in physical education class for reasons other than the above exemptions. If there is a pattern of non-participation, the physical education teacher will refer the student to the appropriate administrator.

Regardless of involvement in any community, team or recreational activities, there will be no substitutions allowed for the physical education and/or wellness class. Likewise, there are no substitutions for high school credit requirements.

**G. Preventing Students from Engagement in Physical Exercise and Undirected Play**

Except as provided below, as well as in cases where students are receiving in-school suspension, school employees may not prevent a student from engaging in the entire time devoted to physical exercise or undirected play in the regular school day. Recess and other physically active learning opportunities may include movement-oriented learning activities in the academic environment, physical activity breaks, and regularly scheduled school-wide routines and events that engage students in physical activity. Loss of recess or other physically active learning opportunities as a form of discipline may be permitted on a case-by-case basis if approved in writing by the building administrator prior to the imposition of the discipline; such approval may be granted for safety reasons, as a last

resort before in-school suspension, or in extraordinary situations when alternative strategies to address student misconduct have been ineffective.

School employees may not require students to engage in physical activity as a form of discipline.

School employees may not prevent students from participating in physical exercise or undirected play during wellness (physical education and health) instruction as a form of discipline. This restriction does not apply to brief periods of respite, time-outs, referrals to a building administrator, or situations involving safety.

Nothing in this policy shall prevent a school employee from acting in accordance with an Individualized Education Plan (IEP) developed by the student's Planning and Placement Team (PPT).

For purposes of this policy, "school employee" means (1) a teacher, substitute teacher, school administrator, school superintendent, school counselor, school psychologist, school social worker, school nurse, physician, school paraprofessional, or coach employed by the Board or working in a school operated by the Board; or (2) any other individual who, in the performance of his/her duties, has regular contact with students and who provides services to or on behalf of students enrolled in a school operated by the Board or pursuant to a contract with the Board.

Any employee who fails to comply with this policy will be subject to discipline, up to and including termination of employment. Any contracted individual who provides services to or on behalf of District students and who fails to comply with the requirements of this policy may be subject to the District's suspension of his/her contract for services.

### III. Policy Implementation

#### A. District Wellness Advisory Committee

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, the District Wellness Committee shall meet a minimum of three times annually.

Committee membership shall consist of:

- Assistant Superintendent of Schools, who shall chair the Committee;
- District Food Service Manager ~~Director~~;
- Student representative;
- Parent representative;
- Wellness teacher;
- K-5 Science Program Leader ~~8 Coordinator of STEM~~;
- School counselor, psychologist, or social worker;
- Town of Trumbull Director of Nursing or designee; and
- Board of Education representative.

**B. Ongoing Monitoring and Evaluation**

The Superintendent or his/her designee shall ensure compliance with the established District wellness policy. In each school, the Principal or designee shall ensure compliance with those policies in that school and shall report on the school's compliance to the Superintendent or designee. Each school should have a Wellness Committee, or other such leadership team, that reviews the Wellness Policy for implementation within school programming and delivery. The school-based Wellness Committee shall meet approximately three times a year. School food service staff members, at the school or District level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the Superintendent or his/her designee (or, as appropriate, to the school Principal).

The Superintendent or his/her designee shall ensure that the most current version of the WellSAT evaluation tool for school wellness policies (or other such required tool) is used to review the policy tri-annually. 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 outcomes of the WellSAT scores shall be posted by the Food Service Manager on the Food Service webpage for public review.

The District shall identify a strategy and schedule to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that process, the District shall review nutrition and physical activity policies, new research and evidence on health trends and effective programs, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The District and individual schools within the District shall, as necessary, revise this policy and develop work plans to facilitate its implementation.

**C. Engagement of Students and Families**

Schools shall consider student needs in planning for a healthy school environment. Students shall be asked for input and feedback through the use of student surveys and other means, and attention shall be given to their comments. Key health messages shall be promoted by coordinating classrooms and cafeterias, and through planned promotions such as health fairs, nutrition initiatives, programs, and contests.

The District shall encourage family involvement to support and promote healthy eating and physical activity habits. The District shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school.

Nutrition education will be provided to parents in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles. The District shall also provide information about physical education and other school

based physical activity opportunities before, during, and after the school day, and shall support families' efforts to provide their children with opportunities to be physically active outside of school.