

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 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 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

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 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.
- 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 physical activity daily for students (as a best practice).

Nutrition Guidelines for Foods Sold in Schools

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. 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 U.S. Department of Agriculture and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements. (Schools must follow whichever requirements are stricter).

Note: Districts that participate in Connecticut's healthy food certification must follow the Connecticut Nutrition Standards for all foods sold in schools instead of USDA's Standards for Competitive Foods. The "Connecticut Nutrition Standards" meet or exceed the USDA's competitive food 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 and fundraisers. 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. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

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.

Marketing

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA "Smart Snacks in School" nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often 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 commercial interest in the product. As the District/School Nutrition Services/Athletic Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Monitoring

The Board designates the Superintendent or his/her 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.

Guidelines for Non-sold Foods and Beverages Offered to Students at School

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 students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options must be available. Some suggested foods are listed below:

- Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Fresh vegetables
- Frozen fruit juice pops
- Vegetable juice (at least 50% full strength) and bottled water

- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise or Canola mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & potato chips containing no hydrogenated oils with salsa and low-fat dips (Ranch, French Onion, Bean, etc.)
- Cliffbars, Lunar bars, Green bar, granola bars with no artificial ingredients, low-fat crackers and cookies such as fig bars and ginger snaps
- Low-fat/non-fat fruit yogurt
- Mixed nuts
- Low-fat and skim milk products
- Pure ice cold water
- Pretzels
- Bread products as such as bread sticks, rolls, bagels and pita bread with no hydrogenated oils
- Ready-to-eat low sugar granola cereals
- Rice cakes with almond or peanut butter
- Toasted almonds, and raisins
- Low-fat (1 percent) and skim milk

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 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.

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 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.

(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)

Legal Reference: Connecticut General Statutes

[10-16b](#) Prescribed courses of study.

[10 215](#) Lunches, breakfasts and the feeding programs for public school children and employees.

[10-221](#) Boards of education to prescribe rules, policies and procedures.

[10 215a](#) Non public school participation in feeding program.

[10 215b](#) Duties of state board of education re: feeding programs.

[10 216](#) 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.

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious, low-fat foods.

[10-221q](#) Sale of beverages.

[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: June 7, 2006

Policy Revised: June 28, 2017

KILLINGLY PUBLIC SCHOOLS

Killingly, CT 06239

Instruction

Nutrition and Physical Activity (Student Wellness)

To ensure the health and well being of all students, it is the policy of the Board of Education to:

1. Ensure that all students have access to adequate and healthy food choices at all times during the school day.
2. Promote proper dietary habits and a healthy lifestyle for students by implementing nutritionally sound school food and nutrition programs. Staff is encouraged to focus on the federal "Dietary Guidelines for Americans."
3. Support the integrity of the school meals program by limiting food sales/parties for students held during school hours which are in direct conflict with the lunch and breakfast programs.
4. Ensure that students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
5. Encourage staff to model healthy habits as a valuable part of student education.
6. Educate students & parents by including nutrition-related statements on weekly menus & providing healthy nutrition statements in cafeterias throughout the school system.
7. Involve family members and community in supporting and reinforcing nutrition education and the promotion of healthy lifestyles through school to home communications about healthy food choices particularly as related to school parties and celebrations.
8. Offer nutrition education to the District's cafeteria staff.
9. Offer regular opportunities for physical activity at all levels.
10. Offer a physical education curriculum that is highly engaging and promotes the individual fitness of each student.
11. Regularly evaluate the effectiveness of this policy in promoting healthy eating and recommend changes as appropriate to increase its effectiveness.

Nutrition Guidelines

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 students with calories rich in the nutrient content needed to be healthy. Complete Nutritional Standards are available through Killingly Public Schools Food Service.

The Killingly Public School District shall use the following implementation guidelines:

Hot Lunch/Breakfast Programs

1. The full meal program will follow the U.S. Government's Nutrition Standards.

2. Food and beverages sold or served in schools shall include nutritious, low-fat foods and drinks which may include, but shall not be limited to, low-fat dairy products, natural fruit juices and fresh or dried fruit at all times when food or drink is available for purchase by students during the school day. ("Food and drinks available for purchase" include foods sold in vending machines, school stores, fundraisers and any other food sales during the school day.)

3. The Hot Lunch/Breakfast Provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.

- A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
- A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Other Foods Offered or Sold

4. Foods offered in classrooms or school-sponsored activities and food and beverages sold as part of approved school fund-raising events during the school day shall be nutritious foods as determined by the District's Nutrition Standards and in conformity with state statute.

5. Foods and drinks available for purchase, including foods sold in vending machines, school stores, fundraisers and any other food sales during the school day shall be nutritious foods as determined by the District's Nutrition Standards.

6. Soda (diet or regular) will not be available to students for purchase during the instructional day.

7. All fundraising projects that take place during the school day must follow the District Nutrition Standards and emphasize the sale of non-food items.

Teacher-to-Student Incentive

8. Strong consideration should be given to nonfood items as part of any teacher-to-student incentive program. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards as stated under Guidelines for food and beverages offered to students at school.

Student Nutrition Education

9. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate.

Parent Nutrition Education

10. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.

11. Nutrition education may be provided in the form of handouts, memos to parents, postings on the district website or presentations that focus on nutritional value and healthy lifestyles.

Specific Food Guidelines:

12. As required by Connecticut law, low-fat milk, 100% fruit juice, water, low-fat dairy products, such as, but not limited to low-fat yogurt and low-fat cheese shall be available for purchase by students during mealtimes during the regular school day.

13. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat or no more than 7 grams of fat per serving.

14. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.

15. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

Beverages:

16. Milk, water and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

Candy:

17. Vending sales of candy will not be permitted in student areas. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

18. It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Guidelines for Food and Beverages Offered to Students at School

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- Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Fresh vegetables
- Frozen fruit juice pops

- Vegetable juice (at least 50% full strength) and bottled water
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise or Canola mayonnaise in chicken/tuna salads)
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Fundraising Activities and Concessions

Any fundraising requires administrative approval. 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 following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

19. Offer non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.

20. Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices.

Learning Incentives

The use of foods of minimal nutritional value as learning incentives should be eliminated and healthy food choices or non-food items should be substituted.

Foods of Minimal Nutritional Value as Defined by USDA

"Competitive foods" are those foods or beverages sold in competition with the District's food service program. The sale of competitive foods is restricted as follows:

1. Competitive foods in the following list are considered by the U.S. Department of Agriculture to be of minimal nutritional value:

- all confections
- potato chips
- carbonated beverages
- fruit drinks containing less than 50% pure fruit juice
- tea or coffee

2. The above shall not be sold during instructional hours.

3. Nutritionally-rich competitive foods may be sold during meal periods.

Physical Activity Guidelines

The Killingly Public School District shall use the following implementation guidelines:

1. Due to conclusive research, every effort should be made to have recess prior to lunch.

2. Daily recess will be a minimum of 20 minutes, preferably outdoors, for grades 1-4 and 15 minutes daily for Kindergarten.

3. As recommended by the National Association for Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of physical fitness through the following:

- Exposure to a wide variety of engaging physical activity;
- Teaching of physical skills to help maintain a lifetime of health and fitness;

- Establishing individual fitness goals and processes for monitoring progress.
 - Individualize intensity of activities;
 - Being active role models.
4. Introduce developmentally appropriate components of a health-related fitness assessment to the students at an early age to prepare them for future assessment.
5. Physical education classes shall be sequential, building from year to year; content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill and practice.
6. Beginning in middle school and through high school, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating goals, and plans, and logging activities identified to achieve goals. Logs should include day, time, type and length of activity, whether the activity was done alone or with others, and how the student felt before and after the activity.

Student Wellness Advisory Committee (Child Nutrition and Physical Activity Advisory Council)

A Student Wellness Advisory Committee shall review school district practices on nutrition and physical activity.

- The membership of the committee may include the district's food services coordinator/manager, parent representatives from each school (or school level), staff member representatives from each school (or school level), administrative representatives, physical education and health education teacher representatives, district medical advisor and Board of Education members.
- The committee shall meet a minimum of twice yearly to review implementation of the policy.
- The Principal of each school, or his/her designee, shall be responsible for ensuring that each school meets the requirements of the district wellness policy.

(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)

Legal Reference: Connecticut General Statutes

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[10-221](#) Boards of education to prescribe rules, policies and procedures.

[10-215a](#) Non-public school participation in feeding program.

[10-215b](#) Duties of state board of education re: feeding programs.

[10-216](#) Payment of expenses.

[10-215b-1](#) State board of education regulation. Competitive foods

PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

Regulation approved: June 7, 2006