



Book	Policy Manual
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Policy 6142.101 – Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

It is the policy of the East Lyme Board of Education ("The Board") to promote the health and well-being of all students. The East Lyme School District ("The District") recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition education, and regular physical activity as part of the total learning experience. In a healthy and safe school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. In furtherance of this policy, the Board has created an Advisory Council on Wellness ("Wellness Committee") to review any current 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 all students. This Wellness Committee involves teachers, parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the board of education, and members of the public.

I. GOALS AND GUIDELINES

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

A. Nutrition Education and Promotion

- Nutrition education programs and/or activities will focus on healthy eating habits and be consistent with the State's District's Health Education Standards, Guidelines and Frameworks and shall be integrated within the K-12 health education curriculum.
- Food service staff and faculty will promote awareness of healthy eating habits following federal, state, and local guidelines, and provide products that support and encourage healthy eating habits.

B. Physical Activity and Other School-Based Activities

- A comprehensive standards-based physical education curriculum identifies the progression of skill development in grades K-12 and fosters lifelong habits of physical activity. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects. All

physical education classes will be taught by a certified Physical Education Teacher. These teachers will be provided with opportunities for professional development.

- Outdoor recess should be encouraged whenever possible, even during minor inclement weather episodes.
- The District continues to follow state guidelines for lunch and recess requirements at all levels.
- The Wellness Committee will seek opportunities and initiatives to encourage wellness activity among students, staff, families, and the community.
- Partnership with local farms will be an integral part of committee discussion to support such school events that promote healthy eating.
- Celebration of National Breakfast Week and National Lunch Week will be completed on an annual basis.
- The Wellness Committee will seek student input on an ongoing basis by having a student representative serve on the committee, as well as surveying the student population annually to gather wellness and nutritional input.

C. Nutritional Guidelines for School Food

Please be aware that the schools must be vigilant in protecting the health and safety of all students. Families may be asked to avoid sending in any food products that could cause a life-threatening allergic reaction in certain classrooms.

- A comprehensive nutrition program consistent with federal and state requirements will be provided.
- School meals will include fresh, locally grown foods from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
- Any celebrations held during school hours, which may include food, must include healthy food options (please refer to the Healthy Food Guidelines for Elementary School)
- All food not distributed by the District's School Lunch Program must be prepackaged from a retail agent with a list of ingredients. Homemade goods are not acceptable for distribution. There will be no food related fundraisers held during the school day.
- The East Lyme Board of Education discourages the use of food as reinforcement, with exceptions for curriculum-based events.
- Students and staff have access to free, fresh, and safe drinking water throughout the school day.
- All schools will provide breakfast and lunch through the USDA School programs.

See SDE Healthy CT website for a list of healthy food guidelines and options. East Lyme Board of Education encourages food-free celebrations in school.

Nutrition guidelines for competitive foods must be consistent with the state beverage statute and Connecticut Nutrition Standards (Healthy Food Certification [HFC] schools only) or USDA Smart Snacks nutrition standards for food and beverages at all schools during the school day as well as the before and aftercare programs. School-based marketing shall be consistent with Smart Snacks Nutrition Standards.

All food sales must also comply with the Connecticut Competitive Foods Regulations (Sections 10-215b-1 and 10-215b-23 and Section 10- 221p) of the Connecticut General Statutes. The committee will use the Comparison Chart: USDA Smart Snacks Standards and CNS to discuss implementation of these guidelines.

Applications for free/reduced priced meals are sent home at the beginning of each school year. The application is also available on the ELPS website. Students with unpaid meal balances will not be stigmatized per BOE Meal Charging Policy 5157. At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

All food service staff will complete any annual state-mandated training requirements.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy a building administrator will be responsible for the oversight of the school's wellness initiative. This individual will be responsible for ensuring that the goals and guidelines relating to nutrition 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. The Wellness Committee will meet at least three times a year and will complete the WellSAT quantitative assessment tool to annually improve our district practices and local School Wellness policy. The assessment will assist the committee in identifying strengths and areas of needed improvements. Triennial Progress Reports will be posted on the district website. Reports will include assessment of compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

LEGAL REFERENCES:

Connecticut General Statutes:

§ 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:

Pub. L. 108-265, § 204, codified at 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) and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, Healthy, Hunger-Free Kids Act of 2010.

References:

State of Connecticut Health Education Standards, Guidelines and Frameworks:

<http://www.sde.ct.gov/sde/cwp/http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320856view.asp?a=2618&q=320856> Nutrition Requirements:

State: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422> · Federal:

[http://www.fns.usda.gov/school-meals/nutrition-](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals) standards-school-meals

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