

POLICY REGARDING WELLNESS

It is the policy of the Ansonia Board of Education (the “Board”) to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“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.

Student wellness, including good nutrition and physical activity, shall be promoted in the district’s educational instruction, school activities and meal programs. This Local School Wellness Policy shall be interpreted consistently with the most recent USDA Child Nutrition and WIC Reauthorization Act legislation.

Nutrition Education

- The goals of nutrition education are to promote student wellness using sequential and comprehensive nutrition education and implementing a standards-based curriculum. The district will support and promote nutrition education at all grade levels.
- The curriculum will use interactive and participatory methods and include activities designed to develop lifelong student skills.
- The district will work to integrate nutrition education into other subjects beyond health education.
- The district will work to link nutrition education to the local agricultural industry by purchasing from local growers and processors as often as possible. Outreach with local farmers shall include field trips, classroom visits and menu highlights/guest farmers when reasonable and practical. Nutrition education will include information about local and global food systems.

Standards for USDA Child Nutrition Programs and School Meals

- All current USDA Child Nutrition Programs will be operated in compliance with all USDA, CSDE and other regulatory agency requirements.
- Meal periods will be scheduled to ensure regulations are met and students have reasonable time to consume their food.
- Potable water will be available to all students at all meals in or near the dining area.
- Food service and other related staff members will receive at least the minimum number of annual training hours as required by USDA.

Nutrition Standards for Competitive and Other Foods and Beverages

- As a Healthy Food Certified school district, Ansonia Public Schools will adhere to all HFC requirements and regulations. This includes the approved exceptions for special functions that comply with HFC regulations.
- All food and beverages sold ala carte, in vending machines, in school stores or as fundraisers will comply with HFC regulations.
- Teachers will not use food as a reward in the classroom nor use food as a punishment of disciplinary measure.

Physical Education and Physical Activity

- The district will utilize a written physical education curriculum at every grade level.
- The curriculum will be aligned with state/national standards and will promote activities and skill sets that encourage lifelong healthy lifestyles.
- Physical Education instructional time will meet state standards for all grade levels.
- Physical Education classes will be taught by state certified teachers who receive relevant and specific professional development training each year.
- Daily recess will be offered for all elementary students. Limiting, restricting or prohibiting recess as a disciplinary measure will not be allowed.
- When possible and practical, teachers will incorporate physical activity or “Brain Break” during the school day.

Wellness Promotion and Marketing

- All school staff are encouraged to model healthy eating and physical activity behaviors in front of students.
- Physical activity opportunities will not be used as a punishment or a classroom management tool. Rather, staff will use physical activity as a reward for students.
- Marketing strategies will be used to promote healthy foods and beverages using material provided by USDA, Dairy Council, CSDE and other appropriate agencies and groups.
- Marketed foods and beverages will only include USDA component foods and beverages and foods on the HFC Lists of Acceptable Foods and Beverages.
- Annual reviews will be conducted to determine the extent, if any of food and beverage marketing on educational materials, paper supplies, school media, corporate incentive programs and other venues that may be present on the school campus.

Implementation, Evaluation and Communication

- The LSWP will be reviewed, revised and forwarded to the BOE Policy Committee annually by the Wellness Committee.
- The final LSWP will be posted on the foodservice page of the district website.
- The Assistant Superintendent or his/her designee will convene committee meetings and ensure compliance with USDA LSWP requirements.

- A Triennial Assessment will be conducted every three years using current assessment materials. All components of the assessment will meet USDA requirements. The results will be posted on the foodservice page of the district website.
- Each school building will identify a staff member who will assist in building level policy compliance.
- The public will be informed of opportunities to serve on the LSWP committee and/or provide input on committee work.

Legal References:

Connecticut General Statutes:

- § 10-21i Red Ribbon PASS Program
- § 10-215d Regulations re nutrition standard 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.

ADOPTED: _____