

SALEM SCHOOL DISTRICT  
Salem, Connecticut

INSTRUCTION

STUDENT NUTRITION AND PHYSICAL ACTIVITY (STUDENT WELLNESS)

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 Salem 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.D.A. 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). The Salem School District takes steps to protect the privacy of students who qualify for free or reduced priced meals.

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:

- The school will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- The school 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 standards-based 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 physical activity include the following:

- The school will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and 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.
- Recess and other physical activity breaks and extra-curricular school activities are supported by the Board.
- Schools will work toward providing sixty minutes of 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 US Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the CT Department of Education (Connecticut Nutrition Standards for Foods in Schools”) in addition to federal and state statutes and national health organizations.

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 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.

The Superintendent or his/her designee shall ensure that:

- Healthy food choices are available whenever food is sold or served in District schools or at District-sponsored events;
- Schools shall regulate the sale or serving of foods high in fat, sodium or added sugars;
- Nutritious meals served by the school nutrition and food services operation complies with State and Federal Law; and
- The Salem Board of Education will allow the sale of foods and beverages that do not comply with CT Nutrition standards (*exemptions*) as established by state law so far as such sale is:
  - 1) In connection with an event occurring *after the end of the regular school day\* or on weekends;*
  - 2) Such sale is at the *location of the event\*\**; and
  - 3) Such food or beverage is *not sold from a vending machine or school store.*

*\*A regular school day is defined as the period that begins with the arrival of the first child at school and ends after the last instructional period.*

*\*\*An event is defined as an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. (i.e., soccer games, school plays and school dances are events, but soccer practices and play rehearsals are not.)*

## 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 at school 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. Foods 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/PTO reviews existing contracts and considers new contracts, equipment and

product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this policy.

### Monitoring

The Board designated the Superintendent or his/her designee to ensure compliance with this policy and its procedures. The Superintendent is responsible for retaining all documentation of compliance with this policy and procedure, including but not limited to, each school's three year assessment and evaluation report and this policy/plan. The Superintendent will also be responsible for public notification of the three year assessment and evaluation report, including any updates to the 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 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.

### Non-sold Foods and Beverages

Non-sold foods and beverages brought into the school by students and other persons for such events as birthdays and classroom/lunchroom celebrations shall comply with federal nutrition standards and will meet or exceed the USDA "Smart Snacks" nutrition standards. (<https://foodplanner.healthiergeneration.org/products/>)

### 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 a standing School Wellness Committee, with the membership as listed above. Efforts shall be made to improve community involvement.

The District Food Service Council monitors the implementation of the District's policy and reviews policy revisions (as required). This committee will meet at least three times each school year. Committee membership shall consist of: Superintendent (Chair), District Food Service Manager, Parent representative(s), Student representative(s), Staff representative(s), Administrative representative(s), and School Nurse (optional).

### Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are included in Wednesday folder and on the website;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects;
5. Nutrition education homework that students can do with their families is assigned (i.e., reading and interpreting food labels, reading nutrition related newsletters, preparing healthy recipes, etc.); and

- School staff are encouraged to collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

### 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 school is 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 school registration, student handbooks and the Board's website. This availability shall include the policy, including any updates to and about the wellness policy and triennial assessment, including progress toward meeting the goals of this policy. In addition, the annual notification shall include a description of the school's progress in meeting the wellness policy goals; summary of the school's wellness events/activities; contact information for the School Wellness (Principal) and Food Service Council (Superintendent) Chairs; and information on how individuals and the public can get involved.

(cf. 3542.1 – Food Service: Purpose and Facilities)

(cf. 3542.31 – Food Service: Free and Reduced Price Meals)

(cf. 3542.33 – Food Sales by Students/Others)

(cf. 6142.1 – Human Growth and Development)

Legal References: Connecticut General Statutes: 10-16b Prescribed courses of study. 10-215 Lunches, breakfasts and the feeding programs for school children and employees. 10-221 Board 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 program. 10-216 Payment of expenses. 10-215b-1 State Board of Education regulation – Competitive foods. 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. PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks. National School Lunch Program; Competitive Foods. (7 CFR Parts 210.11 and 220.12), Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772). Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004. Healthy, Hunger-Free Kids Act of 2010, PL 111-296, 42 USC 1751. Child Nutrition Act of 1996 (as amended by PL 108-269, July 2, 2004). School Breakfast Program (7 CFR Part 220) (2006). National School Lunch Program or School Breakfast Program: Nutrition Standards for All Food Sold in School (Federal Register, Vol. 78, No 125, June 28, 2013) Local School Wellness Policy Requirements, 42 U.S.C. 1758b

Policy 1<sup>st</sup> Reading: August 14, 2006

Policy Adopted: September 5, 2006

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