



**Students**

**5100 P**

## **POLICY REGARDING WELLNESS**

It is the policy of the Branford Board of Education (the “Board”) to promote the health and well-being of district students. In furtherance of this policy, the Board has created a Wellness Committee 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 Wellness Committee 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.

### **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**

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 a positive relationship between (a) good nutrition and physical activity, and (b) 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.

#### **B. Physical Activity and Other School-Based Activities**

- Schools 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. When possible, that curriculum will include basic water safety and swimming skills.

- Unless otherwise exempted, all students will be required to participate in the District's physical education program.
- Recess and other physical activity breaks, before and after school activities, and movement breaks during the course of academic learning, are supported by the Board.

### C. Nutritional Guidelines for School Food

- 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).
- 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 were 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.
- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 and 220.8 as applicable. See <https://www.fns.usda.gov/part-210%E2%80%9Anational-school-lunch-program>.
- In accordance with federal regulations, free drinking water will be available to students during mealtimes. All food and nutrition services staff shall receive annual training consistent with current USDA Professional Standards  
(<https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>)

D. Free and reduced-price meals

We work to ensure that families of students who qualify for free or reduced-price meals complete the necessary state application so the students can receive these meals. We do this by sending the application home to all families at the beginning of the school year and providing the application on the district website. Students pay for meals and snacks using an electronic ID. One benefit of this system is that it protects the privacy of students who are receiving a free or reduced-price meal.

E. Commercial Food Marketing

Branford Public Schools recognize that children are targeted with many types of commercial marketing, including for food and beverages. We aim to provide a commercial-free zone in our school buildings. Food and beverage logos and branding are not permitted on any type of equipment or school property, including vending machines; display racks; scoreboards; textbooks, or educational materials (unless required for educational purposes). The only exception is food and beverage logos and branding that appear on the package of a product that meets USDA meal or Smart Snack standards.

F. Celebrations

Branford Public schools recognize the importance of celebrations and special events. Class celebrations for birthdays and other events may feature fun activities, with outdoor activities specifically encouraged. Celebrations may also feature special meals or snacks that have been prepared by the school food service to meet all federal standards. Students are permitted to bring in their own meals and snacks for their own consumption, but due to concerns about food safety and food allergies, food may not be shared between students.

## **II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY**

### **A. Oversight of the Wellness Policy**

Pursuant to this policy, the Board shall designate the Superintendent or designee to be responsible for the implementation and oversight of the school district's wellness program. The Superintendent or designee will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and 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.

### **B. Triennial Assessment**

At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and will provide the basis for appropriate updates or modification to the wellness policy.

### **C. Informing and Updating the Public**

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in an accessible and easily understood manner. The Board will make its wellness policy and any updates to the policy available to the public on an annual basis.

D. Recordkeeping

The Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.

Legal References:

Connecticut General Statutes:

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

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REVISED: 3.25.26

11/9/2021