

POLICY REGARDING WELLNESS

It is the policy of the Plymouth 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.

I. GOALS AND GUIDELINES

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

A. Nutrition Education and Promotion

- Including nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods
- Integrating nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects
- Including nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium and/or bulletin boards that are frequently rotated, updated or changed
- The school meals program shall be administered by qualified nutrition professionals. As part of the district’s responsibility to operate a food service program, ongoing professional development will be provided to all school food service staff. This training will include all cafeteria employees to ensure they understand and comply with the requirements of the school wellness policy. All food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning, and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics. Staff development programs shall include appropriate certification and training programs for school food

service directors, managers, and cafeteria workers: according to their levels of responsibility.

B. Physical Activity and Other School-Based Activities

- Adopting a written physical education curriculum for grades K-12 that is aligned with national and/or state physical education standards
- Encouraging and promoting healthy initiatives that promote physical activity and healthy eating
- Completing and reporting the results of the School Health Index self-assessment process to assess the extent to which some or all components of the local school wellness policy are being implemented in schools
- Addressing before and after school physical activity for all students including clubs, intramural, and interscholastic opportunities
- Setting minimum physical education requirements including time, frequency and intensity
- Addressing qualifications for physical education teachers for grades K-12 and physical education training and professional development
- Setting minimum requirements for recess, including amount of time and scheduling of recess time
- Requiring recess to be outdoors if possible
- Using physical activity as a reward and not punishment
- Prohibiting the withholding of physical activity as a punishment
- Scheduling school meals at appropriate times in appropriate settings
- The federal Healthy, Hunger-Free Kids Act of 2010 requires schools participating in the National School Lunch Program to make free potable water available in areas where meals are served. In addition, students and staff will have access to safe, fresh drinking water throughout the school day, including outside of the cafeteria and meal service times. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine may also be made available for purchase by students and staff.

C. Nutritional Guidelines for School Food

- The district is in compliance with updated meal patterns (e.g. offering fruits and vegetables each day, more whole grains and portion sizes and calories standards to maintain a healthy weight)
- All schools provide breakfast through the USDA School Breakfast Program
- A description of nutrition standards for school meals is provided per request.
- Provide the website address of current school menus.

- Participation in the school meal programs will be promoted, how families are notified of the availability of Child Nutrition Programs, and how to determine children's eligibility for such programs.
- School meals are prepared onsite or offsite, and if a food service management company operates the school meal programs
- Compliance with USDA nutrition standards for all food and beverages sold to students during the school day.
- Ensuring that students qualifying for free or reduced priced meals are not overtly identified in any way.
- Feeding children with unpaid meal balances without stigmatizing them.

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%94national-school-lunch-program_

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted for foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing 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. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, cups used for beverage dispensing, on educational materials, and in school publications and school media outlets.

School fundraising activities shall either not involve food or beverages or shall use only foods that meet the Connecticut Nutrition Standards and beverages that comply with applicable state statutes and federal regulations. However, foods that do not meet the Connecticut Nutrition Standards and beverages that do not comply with state statutes or federal regulations may be sold as part of a fundraising activity on school premises if the sale occurs at the location of an event taking place after the end of the regular school day or on a weekend, and provided the items are not sold from a vending machine or school store.

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.

The Superintendent, or designee, shall develop administrative regulations to implement this policy. These regulations will include provisions necessary to address all foods and beverages sold or served to students during the school day. This includes competitive foods, snacks, and beverages offered through vending machines, school stores, and fundraising activities, as well as refreshments provided at school parties, celebrations, and meetings. The regulations will also include provisions for staff training, family and community involvement, and program evaluation.

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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