

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

I. The Wellness Committee consists of a group of individuals or designees who represent the school and community. The Committee includes, but is not limited to, individuals from the following groups: parents, students, teachers, school administration, Board of Education Health Services and health and Physical Education staff. The Committee will ensure that valuable and appropriate resources and information will be provided to students, staff, administration and parents

The Superintendent/designee will convene the Committee and facilitate development of and updates related to wellness. Wellness Committee members names are available on the Willington Public School website at [www.willingtonpublicschools.org](http://www.willingtonpublicschools.org)

The Committee will establish goals that promote wellness and means of assessing results. The Committee will meet at least four times per year. Records of meetings notes will be retained. Basic information about the Wellness Committee and their work will be made available on the district website.

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs and policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

**II. Goals for 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 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 school health education curriculum and will be integrated into other classroom content areas, as appropriate.
- ***Discourage the use of food/candy as either an incentive or reward for good behavior or academic performance.***
- ***Encourage healthy food and/or non-food celebrations with the exception of curriculum based food and special school events.***
- ***Utilize internal marketing tools to promote programs that encourage health choices within the school community. Internal tools include; MBOE and individual school websites, school PA announcements, published school newsletters, bulletin boards and display cases.***

### III. Nutrition Guidelines for Foods Available in Schools

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and ~~My Pyramid~~, **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 in addition to federal and state statutes. 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.

All sources of food sales to students at school must comply with the Connecticut Nutrition Standards 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*. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

***Food or beverage marketing on campus during school hours shall only be permitted of 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, as well as cups used for beverage dispensing.***

### IV. Goals for Physical Activity

The goals for addressing physical activity include the following:

- 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.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

- All students enrolled in elementary school shall have included in the regular school day, time devoted to physical exercise, of not less than twenty minutes in total, except that this requirement may be altered by a Planning and Placement Team (PPT) for a child requiring special education and related services according to state and federal law, as may be amended from time to time. School employees shall not deny a student's participation in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, nor should they cancel it for instructional makeup time. No student shall be required to engage in physical activity as a form of discipline.
- Students in middle school shall be provided with regular physical education.

#### **V. Other Activities that Promote Student Wellness**

*The Board will integrate wellness activities across the entire district. All school-sponsored events will be encouraged to include physical activity and healthy eating opportunities, when appropriate. It is strongly recommended that all foods and beverages offered or sold at school-sponsored events meet the districts nutrition standards, the Healthy Food Certification and adhere to the Wellness Policy Guidelines; school-sponsored events include, but are not limited to, athletic events, dances, performances and classroom celebrations.*

#### **Community Health Promotion and Family Engagement**

*Willington Public Schools will continue to investigate and establish ways to collaborate between the Staff, students and community to promote the benefits of health eating and physical activity to families and the community. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.*

#### **Staff Wellness and Health Promotion**

*Staff wellness programs will be promoted, supported, and encouraged.*

*The district will:*

- *Work with Town agencies to provide extended opportunities for physical activity for staff and students whenever appropriate.*
- *Teach the benefits of sports, fitness and recreation (i.e. happiness, overall health, social interactions).*
- *Support efforts by staff members to maintain a healthy lifestyle;*
- *Increase staff awareness about nutrition, physical activity and self-image to ensure academic success and lifelong wellness.*
- *Encourage school staff members to model health eating, physical activity, and healthy behaviors.*

## 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.

## Monitoring

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.

Legal Reference: Connecticut General Statutes  
10-16b Prescribed courses of study.  
10-215 Lunches, breakfasts and the feeding programs for public school children and employees.  
10-221 Boards of education to prescribe rules, policies and procedures.  
10-15a Non-public school participation in feeding program.  
10-215b Duties of state board of education re: feeding programs.  
10-216 Payment of expenses.  
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.  
Regulations of Connecticut State Agencies  
10-215b-1 Competitive foods.  
10-215b-23 Income from the sale of food items.  
National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12.)  
The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265  
*The 2004 (amended 2010) Healthy, Hunger-Free Kids Act*

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**WILLINGTON PUBLIC SCHOOLS**  
**Willington, Connecticut**