

## **STUDENTS**

### **Wellness**

It is the policy of the Coventry Board of Education to promote the health and well-being of the district's 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. Members shall include but not be limited to an administrator (Chair), parents, students, food service director, physical education and health teachers, school nurse and a member of the Board of Education.

## **I. GOALS AND GUIDELINES**

### **A. Nutrition Education and Promotion**

Schools will offer nutrition education opportunities at each grade level as part of a sequential, comprehensive, interdisciplinary, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for nutrition and health education. Nutrition education standards and benchmarks will be behavior focused, age appropriate, enjoyable, participatory and culturally relevant. Nutrition education will reinforce creating lifelong healthy habits. Mechanisms that could be used to promote include, but are not limited to:

- a) "Smarter Lunchroom" tools and strategies
- b) Integrating nutrition education into other core subjects
- c) Partnering with community health agencies or organizations for school wellness activities

The district will endeavor to provide nutrition education opportunities to parents as well as students.

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

Every student will be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promote a healthy lifestyle.

Withholding of physical activity will not be used as a behavior management tool.

All students shall be encouraged to:

1. Participate in after school activity programs, student health council, and community/family programs that encourage healthy habits.
2. Participate in physically active activities outside of school including individual and team sports.
3. Walk or bike to school where safe and appropriate.

The district/schools will:

1. Offer the community after-school access to school activity facilities.

2. Offer all Pre-K - 5 students at least 20 minutes a day of supervised recess, during which time schools must encourage moderate to vigorous physical activity
3. Not deny physical activity as a part of our student management efforts.
4. Encourage rewarding students with extra recess.
5. Teach the benefits of sports, fitness and recreation (i.e. happiness, overall health, social interaction).
6. Provide physical education courses where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge, as appropriate for each child. Average 50% of each PE class is devoted to moderate to vigorous activity.
7. Increase opportunities for physical activities for students, including but not limited to Physical Education class and after school activities.
8. Incorporate movement into the classroom – energy breaks, etc.
9. Provide recess before lunch whenever possible.
10. Provide families with information to help them incorporate physical activity into their children’s lives

C. Nutritional Guidelines for All Food in Schools

All foods available for sale to students on school grounds and at school-sponsored activities during the instructional day should meet or exceed the guidelines stated in Public Act 06-63, “An Act Concerning Healthy Food and Beverages in Schools.” Emphasis should be placed on foods that are nutrient dense per calorie, such as fruits, vegetables, whole grains, low fat dairy, lean meats, legumes, nuts and seeds. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

In addition, at all schools all foods and beverages made available on campus outside of the school meals program (including vending, concessions, a la carte, student stores, parties, and fundraising) shall be consistent with state and federal law, whether sponsored by the school or an outside group. These standards focus on increasing nutrient density, decreasing fat, salt and added sugars, and moderating portion size.

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute can only be sold to students at the location of an event that occurs after the school day or on the weekend, provided the sale is not from a vending machine or school store.

The district/schools will:

1. Support and promote proper dietary habits contributing to students’ health status and academic performance.
2. Regulate after school activity, field trip, school event and school party nutritional offerings.
3. Prohibit the use of food as an incentive.
4. Ensure all food sold to students as part of fundraisers on school premises meet the Connecticut Nutrition Standards and the beverage requirements of state statute. Encourage non-food promotion activities.

The School Food Service Program at all schools shall:

1. Follow all federal and state requirements.

2. Provide reimbursable school meals which shall, at a minimum, meet the program requirements and nutritional standards established by the USDA regulations & state laws as applicable to school meals.
3. Promote consumption of fresh fruits and vegetables.
4. Encourage students to make healthy choices.
5. Provide training and certification of food service staff.
6. Provide non-reimbursable foods that meet the Public Act 06-63 standards.
7. Provide families with the ability to monitor their children's food purchases at all grade levels. Nutrition information for school breakfast and lunch menu items is available upon request of the Food Service Program.

The Board of Education permits the sale of non-state authorized food and beverages at events held at the schools and district facilities after school hours.

D. Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

The district/school will:

1. Provide a Health Education Program for all students in grades Pre-K - 8 in accordance with the curriculum.
2. Use relative course work content as a guide for students to analyze and evaluate health and safety issues, information and resources in order to become healthy, responsible citizens.
3. Provide students with appropriate access to valid and useful health information and health promotion products and services.
4. Provide opportunities, as appropriate, for students to practice behaviors that enhance health and/or reduce health risks.
5. Strive to teach students communication, goal setting, and decision-making skills that enhance personal, family and community health.

Provide programs and services that support and value the social and emotional well-being of students, families, and staff to help build a healthy school environment.

E. Healthy School Environment

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The District/schools will:

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. Provide a school environment that is safe and allows ample time and space for eating breakfast and lunch.
3. Schedule school meals at appropriate times in appropriate settings.
4. Market healthy food in ways that increase its appeal and that comply with competitive food standards.

5. Require that all foods available in all schools comply with state and local food safety and sanitation regulations.
6. Limit access of food service operations to the school food service staff and authorized personnel for the safety and security of the food and facilities.
7. Encourage school staff to model the components of the nutritious education curriculum.
8. Strongly discourage soda brought from home. Communicate to parents through student handbook and newsletters.
9. Encourage the reduction of waste by recycling, reusing, composting and purchasing recycled products.
10. The cafeteria is a place in which students are provided with:
  - a) Adequate space to eat in clean, pleasant surroundings.
  - b) Adequate time to eat meals. (Follow the School Nutrition Association recommendations.)
  - c) Access to hand washing or hand sanitizing facilities before meals.
  - d) Access to free drinking water.

### Communication and Promotion

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children.

Parents who send lunches and snacks from home should be encouraged to pack healthy choices and refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages.

The district/school should provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Sale, distribution and marketing of food products should be consistent with nutrition education and health promotion.

Periodic food promotions should be provided to encourage taste-testing of healthy new foods being introduced on the menu.

Conduct student/faculty food preference surveys to develop and revise school lunch menu items.

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

Assessment and evaluation will be an integral part of ensuring the adaption and implementation of these wellness guidelines. The building principals will be responsible for the oversight of their school's wellness program. The Food Service Director shall be responsible for oversight of the Food Service Program. These individuals will be responsible for ensuring that the goals and guidelines relating to nutrition 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 Advisory Council on Wellness will meet regularly each school year, to have the opportunity to review any or all of the following:

- Data provided by schools related to the Wellness Plan
- School wellness goals and plans based on the School Health Index
- Requests from the individual schools related to student health and wellness issues

- Issues related to plan implementation
- Opportunities to share resources and information with the schools
- Disseminate and Review annual survey of wellness initiatives
- Review reports from school based sub-committees

The superintendent or designee will invite suggestions and comments concerning the implementation and improvement of the school wellness policy from community members, including parents, students and representatives of the school food authority, the school board, school administrators, the local health department and the public.

The committee shall present annually for the Superintendent and the Board of Education, evaluating the implementation of and compliance with the policy and regulations and include any recommended changes or revisions.

Annually, 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 part of its update, the Board will periodically measure and make available to the public an assessment on the implementation of its wellness policy, including information about the extent to which schools are in compliance with the policy, and a description of progress made in attaining policy goals.

#### LEGAL REFERENCES:

##### Connecticut General Statutes:

- § 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:

Pub. L. 108-265, § 204, codified at 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) 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*

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