

Instruction

Student Nutrition and Physical Activity (School Wellness Policy)

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 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. Department of Agriculture 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)

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:

- 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 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. (A standards-based program is a system of instruction, assessment, grading and reporting based on students demonstrating understanding of the knowledge and skills they are expected to learn.)

The Orange Elementary Public School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The school environment 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. A healthy school environment should not be sacrificed because of the dependence on revenue from high added fat, high added sugar, and low-nutrient foods to support school programs.

B. Support and promote proper dietary habits contributing to students' health status and academic performances.

All food sold on school grounds and at school-sponsored activities during the instructional day shall meet or exceed the district nutrition standards. To ensure high quality nutritious meals, food should be served with consideration toward variety, appeal, taste, safety, and packaging. It will be strongly encouraged that all food-related events which take place in the classroom, during fundraising activities, PTA/PTO events, etc., will meet the same snack standard as defined in this policy.

C. Provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades PreK-6. Physical activity should include regularly scheduled physical education instruction, in accordance with the Connecticut Physical Education Framework, as well as co-curricular activities, and recess.

Teachers are encouraged to incorporate physical activities, such as standing, walking, and stretching as breaks during regular classroom activities. Staff shall provide short physical activity breaks between lessons or classes, as appropriate. Opportunities for classroom breaks of physical activity can be used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments.

Since physical activity is a positive health-related action, staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment. For example, staff may not keep a child in from recess as a punishment (such as for incomplete work or disrupting a class), or assign a child a physical activity, (such as push-ups or running laps), as a physical punishment (such as for incomplete work or disrupting a classroom).

The schools shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to get up from their chairs and be moderately active.

Teacher-to-Student Incentive

No staff member may use food or candy either as a reward for good behavior, (such as for completing work, performing a task, achieving a certain score, showing effort, etc.) or as a punishment for poor behavior, (such as withholding snack or lunch for not completing work, disrupting the classroom, not showing effort, etc.). An exception may be made if a reward is part of a child's IEP (Individualized Education Plan) or 504 Plan; however, alternative rewards shall be developed and promoted first.

Schools shall not withhold foods or beverages (including food served through school meals) either as a punishment or for the inability or failure to pay.

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.
- Schools will work toward providing additional daily physical activity for students (as a best practice) beyond physical education and recess.

Physical Education Activities

Physical education classes and physical activity opportunities will be available for all students. Due to limited formal physical education instructional time each week, students will not be pulled out of physical education instruction for instruction in other content areas.

Supervised recess time shall be provided within each school for all students (PreK-6). Active play and socialization should be encouraged. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment. Staff members shall not deny participation in recess or other physical activity for other instructional purposes, such as making up missing work or receiving tutoring.

All students with special physical and cognitive needs shall have equal physical activity opportunities, with appropriate assistance and services.

Physical Education Instruction

As recommended by the National Association for Sports and Physical Education, school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- Expose students to a wide variety of physical activities;
- Teach physical skills to help maintain a lifetime of health and fitness;
- Encourage self-monitoring so students can see how active they are and set their own goals;
- Individualize intensity of activities;
- Focus feedback on process of doing your best rather than a product;
- Be active role models; and
- Introduce developmentally appropriate components of a health-related fitness assessment (Connecticut Physical Fitness Assessment) to the students at an early age to prepare them for future assessments. Collect and analyze fitness and physical activity over time. Forward student fitness and performance data across grade levels

School Lunch Meal Planning

All menus will be written in accordance with the National School Lunch program guidelines. These guidelines follow the traditional food-based and meal pattern. This pattern meets specific food components including meat/meat alternate, vegetables/fruits, grains/breads and milk. For each food item the meal patterns specify a minimum number and size of servings. All of these food components will be made available each day for all students.

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 where 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

A La Carte Food Sale Program

Snacks sold at the PreK-6 level should follow an established standard minimizing the content of fat, sodium, and sugar. These standards are as follows and are sold at a limitation of one snack per child per day.

Fat <9 g - Sodium <250 mg - Sugar <12 g

Competitive Foods

Connecticut State regulations prohibits schools from the sale of tea, coffee, soft drinks, and candy to students anywhere on school premises for 30 minutes prior to the start of the National School Lunch program until 30 minutes after the end of the program. In addition, income from the sale of any foods sold or distributed anywhere on the school premises during the same timeframe must be accrued to the food services account.

Foods of Minimal Nutritional Value

Foods defined as having minimal nutritional value will not be sold in the cafeterias or anywhere on school premises.

1. soda water (excluding the excepted products)
2. water ice (popsicles, Italian ice)
3. chewing gum
4. candies (excluding the excepted fruit snack products)

Other Food-Related Events

All food provided by the school cafeteria during instructional hours will meet the dietary and snack guidelines stated above. It will be strongly encouraged that all food-related events which take place in the classroom, during fundraising activities, PTA/PTO events, etc., will meet the same snack standard as defined by the present a la carte program at the PreK-6 level. The food service department will support this effort by extending its purchasing practices and buying power at bid pricing for such events. This buying power is also extended to all grade teams that

wish to purchase snacks for students on a regular basis. Whether foods served at special events (ethnic fairs, etc.) meet this guideline is left to the discretion of the building principal.

Nutrition Education

The Professional Development Committee will research and develop a plan to present the appropriate levels and frequency of training to staff so as to ensure science-based, behavior-focused nutrition education will be integrated into the curriculum from PreK-6 and in any after-school programs. Nutrition and food service personnel shall receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly, and pleasant eating environments and other topics directly relevant to the employee's job duties. The training may include, but not be limited to:

- personnel management;
- financial management and record keeping;
- sanitation and safe food handling, preparation and storage;
- planning menus for students with special needs and students of diverse cultural backgrounds;
- marketing healthy meals
- principles of nutrition education

Marketing Healthful Foods and Beverages

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA "Smart Snacks in School" nutritional standards. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promotion the sale of a food or beverage product made by the producer, manufacturer, sell or pay other entity with a commercial interest in the product. As the District/Food Services Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Food service programs and other selling foods and beverages in schools will market nutrient-rich options to students and staff members through the basic "P's" of marketing - product, placement, price, and promotion.

Monitoring

The Board designates the Superintendent or his/her designee to ensure compliance with this policy and its administrative regulations. He/She is responsible for retaining all documentation of

compliance with this policy and its regulations, including, but not limited to, each school's three-year assessment and evaluation report and this wellness policy and plan. The Superintendent will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the Board's three-year assessment and evaluation.

The District shall develop a plan designed to achieve the involvement requirements in the development, implementation, monitoring, and assessment of this 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 school 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 requirement.

Community Input

The Superintendent or designee will provide opportunities for input; 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 the establishment of a standing wellness committee, with membership as listed above. Efforts shall be made to improve community involvement.

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 schools are 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 the Triennial Assessment, including progress toward meeting the goals of this policy. In addition, the annual notification shall include a description of each school's progress in meeting the wellness policy goals; summary of each school's wellness events or activities; contact information for the leader(s) of the wellness policy team; and information on how individuals

and the public can get involved.
Classroom Celebrations

The District believes in celebrating birthdays. These special events will not include food. Food is permitted for holidays and other events. Food served at these events must meet the Connecticut Nutrition Standards and must ensure safety and inclusion for all children. The Personnel/Policy/Transportation sub-committee in cooperation with the Superintendent and school nurse will publish an approved food list prior to the start of each school year. The foods on this list will be provided by the cafeteria only. This portion of the policy will go into effect beginning in the new academic year 2018-19.

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