



6142.101(a)

Student Nutrition and Physical Activity

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

Goals for Nutrition 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 school health education curriculum and will be integrated into other classroom content areas, as appropriate.

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.
- The school district shall not use practices that contradict messages to promote and enjoy physical activity; for example, withholding recess or using physical activity as punishment (e.g., running laps, doing pushups).

Nutrition Guidelines for Foods to purchase in Schools

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 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 on school premises during the school day meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises during the school day will be healthy choices that meet the requirements of state statute.

All sources of food sales to students at school during the school day must comply with the Connecticut Nutrition Standards including but not limited to cafeteria a la carte sales, vending machines, school stores, and in school fundraisers. The district shall ensure that all beverages sold to students comply with the requirements of the state statute.

Sales of food that do not meet the Connecticut Nutrition Standards for fundraising purposes are allowed provided the food is distributed for consumption off of school grounds. The district strongly encourages nonfood fundraisers or healthy food fundraisers. (Appendix 1)

Beverages not meeting the requirements of the state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend provided they are not sold from a vending machine or school store. The district strongly encourages the sale and/or distribution of nutrient dense foods such as fruits, vegetables, whole grains, low fat dairy products, lean meats and legumes.

Concessions

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute can be sold at concessions operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

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Food in Classrooms

Foods are allowed in classrooms only when it is used to meet specific curriculum/IEP plans. These exceptions must be approved by the Superintendent or designee as well as the school nurse. Once approved teachers may bring in food to meet curriculum plans however these foods must be outlined on the district form (Appendix 5). This list will include all ingredients and must have parent approval. Parents and students are not allowed to provide foods for curriculum lesson plans. Culinary class and/or Family and Consumer Science class is an exception that does not require administrative approval for the use of food in the classroom as this is a food based curriculum. Gum/candy allowed in IEP plans is restricted for use during physical education or health class due to the choking hazard.

Celebrations

The district strongly discourages the use of food for student celebrations. Parents, students and teachers may not provide food to share in the classroom for celebrations. In order to ensure allergen safety teachers may contract with the cafeteria to provide food and beverages for student celebrations. (Appendix 2). A list of non-food items for use in celebrations is attached. (Appendix 3)

Access to Drinking Water

Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine, should be made available for purchase by students and staff. East Windsor Public Schools are required to make free potable water available where meals are served. Drinking fountains qualify as free potable water. Students are allowed to bring in water bottles from home to drink during the school day. The Superintendent or designee has the right to revoke that privilege at any time based on misuse of the water bottle or its contents.

Sharing of Foods

Students shall not share their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children's diets.

Teacher-to-Student Incentives and Punishments

Schools shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individualized education plan (IEP). Alternative rewards should be developed and promoted (Appendix 4).

Schools shall not withhold foods or beverages (including food served through school meals) as a punishment.

Nutrition Guidelines for Foods Available in Schools

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.

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 ensure compliance with the established district-wide school wellness policy. In each school, the Principal or designee shall ensure compliance with those policies in his or her school and shall report on the school's compliance to the school district Superintendent or designee. School food service staff members, at the school or district level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the Superintendent (or if done at the school level, to the school Principal). 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.

Community Input

The Superintendent or designee will invite 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.

Wellness: Physical Activity and Physical Education

The East Windsor Board of Education intends that every child be knowledgeable of the values of physical activity and physical education and both the long term and short term effects of physical fitness as an ongoing part of healthy lifestyle. Also, every child is required to participate in physical education classes (unless medically exempted in writing by a physician) and every child is encouraged to participate in extracurricular physical activity (whether it is in an organized interscholastic sport or physical activity outside of school). The East Windsor Board of Education believes that students should develop an understanding of the benefits and the relationship between physical activities, good nutrition and learning.

The physical education program helps students become more physically active and fit. Physical education shall be standards based using the current Connecticut State Standards.

Development guidelines

Physical education classes shall be sequential and will focus on movement and personal fitness and social responsibility as well as allow students to demonstrate competency through the application of knowledge, skill and practice. Students shall spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

The East Windsor Board of Education believes that recess is an essential component of education and that children grades PreK-5 must have an opportunity to participate in regular periods of active free play with peers. There are physical, emotional, and social benefits to students regularly engaging in recess.

Therefore, the schools will provide

- Every student in grade K-8 to participate in a year-long vigorous physical education program.
- Every High School student (grades 9-12) will be provided with an opportunity to participate in a vigorous physical education program.
- The High School will provide opportunities for students to participate in interscholastic athletic programs. The Middle School will determine ability to provide interscholastic and/or intramural programs based on financial, space and staffing constraints. Such programs will abide by Title IX guidelines.
- A daily time for every student in grades K-5 to engage in supervised recess. These students will not be denied participation in recess or other physical activity as a form of discipline or punishment nor should this physical activity be cancelled in lieu of academic instruction. However, if a student displays aggression towards another student, the school administrator may restrict or prohibit recess for that student due to safety reasons. Recess shall complement not substitute for physical education classes.
- The teaching staff shall not order performance of physical activity as a means to instill discipline or punishment.
- An introduction of developmentally appropriate components of a health related fitness program
- No exemption from physical education classes due to a student's participation in interscholastic sports or a sport/physical activity
- Assistance to both staff and students to establish and maintain lifelong habits of being physically active
- The State of Connecticut Physical Assessment will be used to teach students how to assess their fitness levels set goals for improvement and monitor progress in reaching their goals.

Wellness: Health Education

The East Windsor Board of Education promotes health and education within all of its schools for the purpose that students can better choose a healthier lifestyle and understand the components of a healthy lifestyle and the pursuit of lifelong health. The Health education program should be based upon theories and methods proven effective by published research and consistent with Connecticut's health education standards.

The schools will provide:

- A health program at the elementary level, middle school level and the high school level that will follow the guidelines of the current Connecticut State Standards.
- A health program that will integrate nutritional information in conjunction with the food and service program to better allow students to understand the reasons for these nutritional offerings and the benefits of the food service program.

Wellness: Health and Safety

The East Windsor Board of Education believes it is imperative that students and staff learn in a safe and secure environment. The intent of this policy is to minimize injuries and illnesses related to physical activity.

The schools will:

- Provide rules and procedures concerning safety, infection control, and provision of first aid and the reporting of injuries and illnesses to student's families and appropriate school and community authorities.
- Require school officials to inform parents of their school's health and safety rules at least annually.
- Provide play areas, facilities, and equipment used for physical activity on school grounds to meet accepted safety standards for design, installation and maintenance. Spaces and facilities should be kept free from environment hazards on a regularly scheduled basis.
- Provide student physical activities on school grounds during school hours that shall be supervised (to enforce safety rules and prevent injuries). Staff should be familiar with how to handle emergency situations.

Wellness: Communication/Promotion

East Windsor Public Schools are encouraged to promote clear and consistent messages to explain and reinforce healthy eating and physical activity habits. Through the use of a variety of means (school assemblies, school newsletters, open house, PTO meetings, website) each school is encouraged to promote healthy lifestyle using consistent health messages. Families will be encouraged to support and promote healthy eating and physical activity habits. Community organizations may also be engaged to partner with our schools in an effort to support healthy life styles and provide a consistent message to promote healthy eating and physical activity. All fundraising efforts must follow district's guidelines for nutrition and it is recommended that school fundraising be geared towards healthy programs.

Evaluation of Wellness Policy

In an effort to measure the implementation of this policy, the Board of Education designates the Superintendent, or designee as the person who will be responsible for ensuring that each school meets the goals outlined in this policy.

The District will make available to the public an assessment of the implementation, 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

School District Wellness Advisory Committee (District Health Advisory Council)

With the purposes of monitoring the implementation of the District’s policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a Districtwide wellness committee shall be established. *(Required by federal law only for districts that participate in the USDA child nutrition programs.)* The committee will meet a minimum of four times annually. Committee membership shall consist of:

- District Food Service coordinator
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative representative, (Co-Chair)
- Physical Education and Health Program Leader, (Co-Chair)
- School Nurse
- Health Education Coordinator/Teacher
- Physical Education Coordinator/Teacher
- Other individuals appropriate to the evaluation process
- Board of Education Member

Student Nutrition and Physical Activity

(cf. 3542 – Food Service)

(cf. 3542.31 Food Service)

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.
10-215a 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.

Student Nutrition and Physical Activity (continued)

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

Nutrition Standards in the National School Lunch and School Breakfast
Programs, 7 CFR Parts 210 & 220

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751

Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)

School Breakfast Program, 7 C.F.R. Part 220 (2006)

Policy revised/adopted: 8/28/13

Policy revised: Approved: 5/14/14

Wellness Regulations

6142.101(a)

Student Nutrition and Physical Activity (School Wellness)

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

National School Lunch Program and School Breakfast Program

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber. In addition, school meals shall:

- Offer and promote a variety of fruits and vegetables, as required by U.S. Department of Agriculture rules emphasizing fresh and locally grown produce, when available.
- Include only low-fat (1%) and fat-free milk that meets the requirements of the state beverage statute and federal regulation.
- Ensure that half of the grains served are whole grains. All grains must be whole grain rich, effective July 1, 2014 (2014-2015 school year).
- Reduce the levels of sodium, saturated fats and trans fats in meals (per Department of Agriculture Nutrition Standards).
- Meet the nutrition needs of school children within their calorie requirements (per Department of Agriculture and Nutrition Standards).

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Meal patterns and nutrition standards of federal regulations will be fulfilled as required.

The District will share information regarding the nutrition content of school meals with students, families and school staff upon request. Nutrition information for a la carte foods and beverages sold in schools will also be available upon request

Student Nutrition and Physical Activity (School Wellness)

National School Lunch Program and School Breakfast Program (continued)

With appropriate medical documentation and submission of a required state form, modified meals shall be prepared for students with food allergies or other special dietary needs.

Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent/guardian submits a signed request that includes a medical statement signed by a physician, physical assistant, registered dietician or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of foods that may be substituted in place of the lunch or breakfast menu being served.

The District shall help ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. Schools will:

- To the extent possible, operate and promote the School Breakfast Program
- To the extent possible, arrange bus schedules and use methods to serve school breakfasts and provide adequate time to eat breakfast
- Notify parents and students of the availability of the School Breakfast Program (if the school serves breakfast to students); and
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

6142.101(c)

Student Nutrition and Physical Activity (School Wellness)

Cafeteria A La Carte Sales (continued)

The school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All beverages sold to students in school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must also be available for sale at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.

The sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories defined by state statute:

1. Milk, which may be flavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce; (federal regulation require non-fat or 1% low fat milk)
2. Nondairy milks, such as soy or rice milk, which may be flavored but contains no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
5. Water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed. It is encouraged that the lunchroom environment be a place where students have:

- Adequate space to eat and pleasant surroundings;
- Appropriate supervision; and
- Convenient access to hand washing facilities before meals
- Breakfast and lunch will be consumed in the cafeteria at all times unless approved by Superintendent or designee.
- Students are not allowed to consume foods/beverages in the classrooms.

Student Nutrition and Physical Activity (School Wellness) (continued)

Meal Schedules

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00 a.m. and 2:00 p.m. in all schools. Pursuant to state statute, schools are required to offer all full day students a daily lunch period of not less than 20 minutes. Activities such as tutoring, clubs or organizational meetings or activities shall not be scheduled during meal times. Recess should be scheduled before lunch if possible.

Qualifications of Food Service Staff

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for school food service directors, managers and cafeteria workers, according to their levels of responsibility.

Training for Food Service Staff

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.

Student Nutrition Education

Nutrition education will be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades.

The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework. Nutrition themes include but are not limited to:

Student Nutrition Education (continued)

- ❖ My Pyramid and the Dietary Guidelines for Americans (Healthy Eating Plan)
- ❖ Healthy heart choices
- ❖ Sources and functions of major nutrients
- ❖ Guide to a healthy diet
- ❖ Diet and disease
- ❖ Understanding calories
- ❖ Healthy snacks
- ❖ Identify and limit foods of low nutrient density
- ❖ Food labels
- ❖ Multicultural influences
- ❖ Serving sizes
- ❖ Proper food safety and sanitation
- ❖ Healthy habits for weight control

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education will also be included in other classroom content areas where appropriate. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

Materials developed by food marketing boards or food corporations shall be examined for appropriateness of commercial messages.

Educational Reinforcement

School instructional staff members should collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. School staff members shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition, such as assisting with food recovery efforts and preparing nutritious meals for home-bound people. School officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families.

Consistent Health Messages

The school district shall not use practices that contradict messages to promote and enjoy physical activity; for example withholding recess or using physical activity as a punishment (e.g. running laps, doing push-ups)

Food Marketing in Schools

Schools shall promote healthy food choices and shall not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students
2. Parents are encouraged to send healthy snacks/meals to school
3. Physical activity is encouraged

District Nutrition Standards

The District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals with relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. In an effort to support the consumption of nutrient-dense foods in the school setting the District will follow the beverage requirements of state statute and has adopted the Connecticut Nutrition Standards governing the sale of food on school grounds. Sites are encouraged to study these standards and must develop building policy using the following Connecticut Nutrition Standards and state beverage requirements as minimal guidelines.

Food:

1. Any given food item offered for sale to students separately from reimbursable meals will:
 - Meet the portion size requirements of the Connecticut Nutrition Standards
 - Not contain any chemically altered fat substitutes and will meet the fat requirements of the Connecticut Nutrition Standards
 - Meet the saturated fat requirements of the Connecticut Nutrition Standards
 - Meet the trans-fat requirements of the Connecticut Nutrition Standards
 - Not contain any artificial sweeteners or sugar alcohols and will meet the sugar requirements of the Connecticut Nutrition Standards
 - Meet the sodium requirements of the Connecticut Nutrition Standards
2. Foods and beverages will not contain caffeine, with the exception of trace amounts of naturally occurring substances.
3. Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.
4. Increase choices of whole grains and foods containing fiber.
5. Encourage the consumption of nutrient-dense foods, e.g., whole grains, fresh fruits and vegetables, lean meats, legumes and low-fat dairy products.

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Candy:

- Vending sales of candy will not be permitted on school grounds.
- Candy and gum (including sugarless candy and sugarless gum) shall not be sold to students on school premises.
- Candy and gum (including sugarless candy and sugarless gum) can only be sold to students on school premises if they are sold at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store.

Beverages:

Pursuant to state statute, the sale of beverages to students on school premises shall be limited to the following five categories:

1. Milk, which may be flavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce; (federal regulation requires milk to be non-fat or low-fat (1%))
2. Nondairy milks, such as soy or rice milk, which may be flavored but contains no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
5. Water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

Portion sizes of the beverages specified above are limited to no more than 12 fluid ounces, except water, which is unlimited.

Vending sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time.

School store sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time

The sale of any beverages that do not meet the requirements of state statute is allowed at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store.

Student Nutrition

At any event outside the school day where foods and beverages are sold or served to students, healthy choices meeting the Connecticut Nutrition Standards and beverage requirements of state statute are strongly encouraged to be made available. A list of the suggested foods and beverages can be found @ <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>. This list is developed by the State Department of Education and published annually.

Student Nutrition and Physical Activity

Physical Education

It is the Board's position that all students have equal and equitable opportunities for physical activity and physical education in District schools. The goals of the District are:

- A. All children, from pre-kindergarten through grade 8 will participate in a quality standards-based physical education program;
- B. All students in grades 9-12 will participate as necessary in the required physical education credits to fulfill graduation requirements
- C. All schools will have certified physical education teachers providing instruction; and
- D. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and/or national standards.

All students enrolled in grades kindergarten through five, inclusive, 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.

Incorporating Physical Activity into the Classroom

Students in all grade levels should be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity should be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers should be encouraged to incorporate physical activity breaks between lessons or classes, as appropriate.

Use of School Facilities Outside of School Hours

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs. School spaces and facilities shall be available to students, staff members, and community members before, during, and after the school day, on weekends and during school vacations. The spaces and facilities shall also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety shall apply at all times.

Prohibiting Physical Activity as Punishment

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment. Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work.

Daily Recess

- All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity.
- Districts shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services.
- Districts 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.

Physical Activity Opportunities Before and After School

All middle and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, shall offer interscholastic sports programs. Districts shall offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs. After-school, childcare and enrichment programs shall provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.