

SERIES 5300: STUDENT WELLNESS, NUTRITION AND PHYSICAL ACTIVITY

STUDENT WELLNESS, 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:

1. Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
2. Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
3. 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:

1. Schools will support and promote an active lifestyle for students.
2. 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.
3. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
4. 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 push-ups).

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 non-food 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.

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 4). This list will include all ingredients and must have parent approval. Parents, students, or staff 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. A list of non-food items for use in celebrations is attached. (Appendix 2)

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 3).

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 a 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:

1. Every student in grade K-8 will be provided with an opportunity to participate in a year-long vigorous physical education program.
2. Every High School student (grades 9-12) will be provided with an opportunity to participate in a vigorous physical education program.
3. 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.
4. 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.
5. The teaching staff shall not order performance of physical activity as a means to instill discipline or punishment.
6. An introduction of developmentally appropriate components of a health related fitness program.
7. No exemption from physical education classes due to a student's participation in interscholastic sports or a sport/physical activity.
8. Assistance to both staff and students to establish and maintain lifelong habits of being physically active.
9. 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:

1. 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.
2. 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:

1. 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.
2. Require school officials to inform parents of their school's health and safety rules at least annually.
3. 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 environmental hazards on a regularly scheduled basis.
4. 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 lifestyles and provide a consistent message to promote healthy eating and physical activity. All fundraising efforts must follow the 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 Director
- 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

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.

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)

ADOPTED: 07.01.25

REVISED:

**East Windsor Public Schools
Fundraising Ideas
Appendix 1**

Pledge a thon
Themed dress up day
Talent show
Charity auction
Fitness challenge
Virtual game tournament
Used book sale
Sponsor a mile
Charity sports tournament
Dances
Penny wars
Recycling cans/bottles

Food Free Birthday Celebrations

Appendix 2

- Birthday child selects book to donate to the library. Their name and picture goes in front of the book.
- Birthday child shares an item special to them with their classmates (e.g. favorite book, favorite song, favorite stuffed animal, favorite picture or souvenir, etc)
- Birthday child chooses game classmates play at recess.
- Birthday child is the classroom “leader” for the day.
- Classmates design and decorate a Birthday crown to be worn by the Birthday child.
- Classmates prepare a page about the Birthday child; teacher compiles pages and then reads “book” to the class
- Birthday child wears a special button for the day
- Birthday child invites a special visitor to the class to read a story to classmates
- Birthday child brings in photos of their life and explains pictures
- Birthday child brings in special gifts to share with classmates (e.g. pencils, stickers, notepads, erasers etc.)
- Birthday child’s name is announced over the school PA system or at “All School Meeting”
- Birthday child’s name is announced at lunch in cafeteria and everyone sings “Happy Birthday To You”
- Birthday child and friend eat lunch with teacher in cafeteria.

Ideas for Alternatives to Using Food as a Reward

APPENDIX 3

Elementary Schools

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with Teacher or Principal
- Eat lunch outdoors with class
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, or bookmarks
- Certificates
- Fun Video
- Extra recess
- Walk with Teacher or Principal
- Fun physical activity break
- School supplies
- Trip to treasure box filled with nonfood items (stickers, pencils, erasers, bookmarks, or desktop tents)
- Dance to favorite music in class
- Paperback book
- Show and Tell
- Bank system – Earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (signing, cartwheel, guitar, playing etc.)
- Read outdoors or enjoy class outdoors
- Extra Art time
- Have “ Free choice” time at the end of the day or end of class period
- Listen to headset to a book on tape
- Items that can only be used on special occasions (special art supplies, computer games, toys)

Middle School Students

- Sit with friends
- Listen to music while working at desk
- Five minute chat break at end of class
- Reduced homework or “no homework” pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Computer time
- Assemblies
- Eat lunch outside or have class outside

High School Students

- Extra homework or bonus points
- Fun video
- Reduced homework
- Late homework pass
- Donated coupons to video stores, music stores, or movies
- Drawings for donated prizes among students who meet certain grade standards

Use of Food in Lesson Permission Form
Appendix 4

Dear Parents/Guardians:

On _____, your child will participate in a lesson plan for _____ class that involves the use of food.

The foods that will be used will be:

(Foods and ingredients of all foods should be listed)

- _____
- _____
- _____
- _____
- _____
- _____

Please review this food list and alert me if any foods and food distributors pose a health risk for your child.

Please sign the permission slip below and return it to _____ class by _____ . Any student who does not return a signed slip will NOT be allowed to participate.

I give permission for my child _____ to participate in the _____ lesson on _____ .

Parent/Guardian Signature: _____ .