

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

The Griswold Board of Education recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To ensure the health and well-being of all students, the Board establishes that the District shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades PreK-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Superintendent or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each Building Principal or designee shall report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the District's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools during the school day for compliance with established nutrition guidelines.

Instruction

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

- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members and Wellness Committee.

An assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.

Wellness Council

The District shall establish a Wellness Council. Representation may include: an administrator, the Food Service Director, school nurse, teacher(s), coach, students and parents/guardians. The Council shall use state and other appropriate resources to guide its activities.

The Wellness Council shall serve as an advisory committee regarding student health and nutrition issues.

- The Wellness Council may develop and recommend informational materials that will assist in implementing this policy.
- The Wellness Council may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.
- The Wellness Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.
- The Wellness Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.
- The Wellness Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

Nutrition Education (continued)

Nutrition education will be provided within the comprehensive health education program.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall focus on children's eating behaviors/habits.

School food service and nutrition education classes shall complement one another.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

The District and schools shall promote consistent nutrition messages.

The District and schools shall promote partnerships with families and the community regarding good nutrition.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Planned physical education shall be supplemented by age-appropriate physical activities such as recess, intramurals, interscholastic athletics, clubs, events and embedded routines and activities.

District schools shall encourage students to accumulate at least sixty (60) minutes of age-appropriate physical activity daily. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

After-school programs that provide developmentally appropriate physical activity for participating children shall be encouraged.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy) - (continued)

Physical Activity (continued)

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Students and the community shall have access to physical activity facilities outside school hours.

Physical activity should be purposeful.

Physical Education

Physical education instruction shall promote confidence and dispositions that lead to lifelong physical activity.

Students shall learn, practice and be assessed on developmentally appropriate skills and knowledge in physical education classes.

A sequential physical education program that reflects state curriculum recommendations shall be developed and implemented.

Appropriate standards and tools shall be used to track student progress on fitness.

Students shall be moderately to vigorously active as much time as possible during a physical education class.

Appropriate accommodations should be made for students with documented medical conditions and disabilities.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

All physical education shall be taught by certified teachers.

Appropriate professional development shall be provided for physical education staff.

Care shall be taken so that students do not associate physical activities with punishment.

Guidelines for School Day Nutrition and Food Services

Foods offered through the National School Lunch or Breakfast Programs shall comply with federal nutrition standards.

District schools shall provide adequate space, as defined by the District, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

Guidelines for School Day Nutrition and Food Services (continued)

Students shall be provided adequate time to eat.

Meal periods shall be scheduled at appropriate hours, as defined by the District.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the District shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Withholding access to regularly scheduled food services in the schools shall not be used as a punishment.

→ Foods provided for classroom activities or rewards during the school day will be consistent with those recommended by the State of Connecticut.

Guidelines for healthy snacks and lunches carried from home will be recommended to parents.

Other Wellness Guidelines

Staff shall be trained in components of the Wellness Policy including the importance of nutrition and physical activity to academic success and the District shall utilize available outside funding, programs, and resources to the extent possible.

The District shall encourage fundraisers to consider student wellness when planning their fund raising campaigns.

The District shall support the efforts of parents and guardians to provide a healthy diet and daily activity for children by communicating relevant information through various methods.

The District shall support efforts of staff to maintain healthy lifestyles for themselves.

The District shall encourage community efforts that promote safe walking and biking routes for children.

Instruction

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

- (cf. 3542 – Food Service)
- (cf. 3542.33 – Food Sales Other Than National School Lunch Program)
- (cf. 3542.34 – Nutrition Program)
- (cf. 3452.45 – Vending Machines)
- (cf. 6142.6 – Physical Education)
- (cf. 6142.61 – Physical Activity)
- (cf. 6142.62 – Recess/Unstructured Time)
- (cf. 6142.10 – Health Education)

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.

10-215b-1 State board of education regulation. Competitive foods

PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

Policy adopted: May 22, 2006

GRISWOLD PUBLIC SCHOOLS
Griswold, Connecticut