

## **STUDENT NUTRITION AND PHYSICAL ACTIVITY: STUDENT WELLNESS**

The LEARN Board of Directors believes that LEARN programs should make a significant contribution to the general well-being of each student, promoting healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

Children who eat well-balanced meals and are physically healthy are more likely to learn in the classroom. The link between good nutrition and good education is clearly demonstrated by better attendance, higher test scores, and fewer behavioral problems in school.

To promote the health and well-being of all students, LEARN shall adhere to the following components of a coordinated approach to achieving student wellness:

### **Goals for Nutrition Education and Promotion**

The goals for addressing nutrition education and promotion 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 LEARN's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.

### **Goals for Physical Activity and Other School-based Activities to Support Wellness**

The goals for addressing physical activity and other school-based activities 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 LEARN's physical education program.

- School employees shall not deny a student's participation in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, nor should they cancel it for instructional make up time. Further, any student in kindergarten through grade twelve shall not be required to engage in physical activity as a form of discipline in the regular school day.
- Staff are encouraged to consider physical activities/movement breaks throughout the school day, especially shortened days in which recess is not held.
- Outdoor recess should be encouraged whenever possible, even during minor inclement weather episodes.
- Continue to follow state guidelines for recess requirements at the elementary level.

#### Nutrition Guidelines for Foods Available 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 Executive Director or designee shall establish such administrative procedures to control food and beverage sales that compete with LEARN's nonprofit food service in compliance with the Child Nutrition Act. LEARN 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.

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. LEARN shall ensure that all beverages sold to students comply with the requirements of state statute. LEARN shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

- A comprehensive nutrition program consistent with federal and state requirements will be provided.
- Any celebrations held during school hours which may include food must provide food options which are consistent with Healthy Foods Certification standards. (please refer to Connecticut Nutrition Standards).
- See CSDE website for a list of healthy food guidelines and options [Summary of CT Nutrition Standards](#)
- The LEARN Board of Education discourages the use of food as reinforcement.
- Exceptions for curriculum-based events will be made.

- The LEARN Board of Education encourages food-free celebrations in school.

#### 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.

#### Marketing

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" nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. As the District/School Nutrition Services/Athletic 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.

#### Monitoring

The Executive Director 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.

#### Nutrition Health and Wellness Council

The Wellness Leadership Committee will be established by the Executive Director (or designee) to set goals for and oversee school health nutrition and wellness policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The Wellness Leadership Committee will seek opportunities and initiatives to encourage wellness activity among students, staff, families, and the community.

The Committee will review nutrition education, physical activity, and school-based activities that promote student and staff wellness.

The members of the committee shall include, but not be limited to, school administrators, the food service director, food service staff, teacher (physical and health education and classroom) other staff, parents/guardians, students, health care professionals and interested community members.

## Program Evaluation

The Board designates the Executive Director (or designee) with the operational responsibility for ensuring that each school meets the requirements of LEARN's wellness policy. In addition, the principal of each school, or his/her designee, shall be responsible for the implementation and evaluation of the effectiveness of this wellness policy.

At the school level, the building principal or his/her designee will ensure: that the board policy and regulations are implemented as written; that nutrition education is consistent with LEARN's educational goals and standards and is provided throughout the students' school years as part of the health/wellness curriculum; that teachers received adequate professional development to teach nutrition education; and that to the extent possible, families and community organizations are involved in nutrition education.

The School Wellness Policy shall be made available annually, at a minimum, to students and families by means of student handbooks and the LEARN's Wellness Leadership Committee website [LEARN Wellness Leadership Committee](#). 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 contact information for the leader(s) of the wellness policy team; and information on how individuals and the public can get involved.

(cf. 3542 - Food Service)

(cf. 3542.33 - Food Sales Other Than National School Lunch Program)

(cf. 3542.34 - Nutrition Program)

(cf. 3542.45 - 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 programs.

[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)

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