

## **6142.101**

### **Instruction**

#### **Student Nutrition and Physical Activity (Student Wellness Policy)**

Student **wellness**, including good nutrition and physical activity, shall be promoted in the Branford Public Schools' educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

#### **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 Branford Public Schools' 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 Branford Public Schools' physical education program.

## **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 Pyramid, 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 Branford Public Schools' nonprofit food service in compliance with the Child Nutrition Act. The

Branford Public Schools 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. Branford shall ensure that all beverages sold to students comply with the requirements of state statute. Branford Public Schools 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 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, and improvement of the school **wellness** policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

(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 State 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.

Policy Adopted: January 20, 2010

## **Instruction**

## **Regulations**

### **Student Nutrition and Physical Activity (School Wellness)**

The Branford School 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**

Reimbursable meals served in the U. S. Department of Agriculture's (USDA) National School Lunch Program and School Breakfast Program will follow the USDA meal pattern requirements and nutrient standards. 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, 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
  
- Ensure that half of the grains served are whole grains.

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. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms and preferences. Schools shall engage students and parents, through surveys, taste-tests and other activities, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices.

### **Cafeteria A La Carte Sales**

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.

At all times when food is available for purchase by students during the school day, nutrition 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;
  
- 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, nor 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.

### **Other Foods Offered or Sold**

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. Branford Public Schools' nutrition standards and the Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at

school shall meet the requirements of state statute at all times. Branford Public Schools strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.

### **Access to Drinking Water**

Students and staff will have access to safe, fresh drinking water throughout the school day.

### **Food Brought Into School**

Branford Public Schools shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the Connecticut Nutrition Standards. Parents are encouraged to provide children snacks that meet the state requirements for allowable beverages and the Connecticut Nutrition Standards. Foods brought from home to be shared with other students is strongly discouraged.

### **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.

### **Fundraising**

School fundraising activities shall not involve food or beverages or shall only use foods that meet Branford Public Schools' nutrition standards and beverages that meet the requirements of state statute. Schools shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate non-food fundraisers. Any fundraising requires administrative approval.

Competition with nutritious meals served by the school food services operations must be minimized. Income from any competitive foods or beverages sold from 30 minutes prior to the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account.

### **Concessions**

Organizations operating concessions at functions on school premises must sell only those food items that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.

Food items that do not meet the Connecticut Nutrition Standards and beverages 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.

### **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 shall be developed and promoted.

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

### **Student Nutrition Education**

Nutrition education shall 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. Branford Public Schools shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

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:

- My Pyramid and the Dietary Guidelines for Americans (Healthy Eating Plan)

- Identify and limit foods of low nutrient density
- Healthy heart choices
- Food labels
- Sources and functions of major nutrients
- Multicultural influences
- Guide to a healthy diet
- Serving sizes
- Diet and disease
- Proper food safety and sanitation
- Understanding calories

- Body-size acceptances, healthy weight and dangers of unhealthy weight-control practices
  
- Healthy snacks

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

The school District shall assess all nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards. Materials developed by food marketing boards or food corporations shall be examined for appropriateness of commercial messages.

### **Consistent Health Messages**

Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages. Foods and beverages sold or served at school shall not contradict healthy eating 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 punishment (e.g., running laps, doing pushups).

## **Staff as Role Models**

Branford Public Schools shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong **wellness**. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

## **Education Links with School**

The nutrition education program links with school meal programs, other school foods, and nutrition-related community services that occur outside the classroom or that link classroom nutrition education to the larger school community, such as school gardens, cafeteria-based nutrition education and after-school programs. Nutrition education shall be offered in the school cafeteria and classroom, with coordination between school food service and teachers. The district shall link nutrition education with other coordinated school health initiatives.

## **Professional Development for Teachers**

Branford Public Schools shall include appropriate training for teachers and other staff members. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities.

## **Staff Wellness**

Branford Public Schools highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

## **Engaging Students**

Schools shall consider student needs in planning for a healthy school environment. Students shall be asked for input and feedback through the use of student surveys and other means, and attention shall be given to their comments. Key health messages shall be promoted by coordinating classroom and cafeteria, and through planned promotions such as health fairs, nutrition initiatives, programs and contests.

## **Parent Nutrition Education**

Branford Public Schools shall encourage family involvement to support and promote healthy eating and physical activity habits. Branford Public schools shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school.

Nutrition education will be provided to parents beginning at the elementary or pre-k level. The goal will be to continue to educate parents throughout the elementary, middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the Branford Public Schools' website or presentations that focus on nutritional value and healthy lifestyles. Additional strategies are suggested in the Connecticut State Department of Education's "Action Guide for School Nutrition and

Physical Activity Policies” at:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action>

Branford Public Schools shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families’ efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

### **Family and Community Involvement**

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

1. Nutrition education materials and cafeteria menus are sent home with students or posted on the website;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.).

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, servicing as a resource to school sites, and revising the policy as necessary, a District-wide **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
  
- Staff member representative from each school level
  
- Administrative representative
  
- School nurse
  
- Health Education Coordinator/Teacher
  
- Physical Education Coordinator/Teacher

- Other individuals appropriate to the evaluation process

## **District Nutrition Standards**

Branford Public Schools 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 Branford Public Schools will follow the beverage requirements of state statute and has adopted the Connecticut Nutrition Standards governing the sale of food on school grounds.

### **Food:**

1. Any given food item offered for sale to students separately from reimbursable meals will:

- meet the portion 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.

## **Monitoring and Evaluation**

### **Monitoring**

The Superintendent or designee shall insure 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 district level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the Superintendent. 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.

### **Policy Review**

Branford Public Schools shall identify a strategy and schedule to help review policy compliance, assess progress and determine areas in need of improvement. As part of that process, Branford Public Schools shall review nutrition and physical activity policies; new research and evidence on health trends and effective programs; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

### **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 Superintendent is encouraged to review and consider implementing physical activity and physical education program improvements.

The goals of the District are:

A. All children, from pre-kindergarten through grade 12, will participate in a daily, quality, standards-based physical education program;

B. All schools will have certified physical education teachers providing instruction; and

C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and/or national standards.

Schools shall strive for students in grades pre-k through five to engage in physical education an average of 80 instructional minutes per week. The middle school grades (5-8) shall strive to offer physical education an average of 100 minutes per week, and high school students to engage in 225 minutes per week and shall complete, at a minimum, one credit of high school physical education (required for graduation).

### **Incorporating Physical Activity Into the Classroom**

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall 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 shall 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 shall provide short physical activity breaks between lessons or classes, as appropriate.

## **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. Grades PreK-5, 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. Middle school students (grades 6-8) shall have 20 minutes a day of physical activity each day, either physical education, recess or both. Branford Public schools shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services. Branford Public 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.

## **Safe Routes to School**

When appropriate, the District shall work together with local public works, public safety and/or police departments to make it safer and easier for students to walk and bike to school.

## **Family and Community Involvement**

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

- A. Physical education activity ideas are sent home with students;
  
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
  
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
  
- D. Physical education curriculum includes homework that students can do with their families; and
  
- E. School staff considers the various cultural preferences in development of physical education programs.

Regulations approved: January 20, 2010