

POLICY REGARDING WELLNESS

It is the policy of the Rocky Hill Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the board of education, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

I. Goals and Guidelines

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education and Promotion

1. Reviewing “Smarter Lunchroom” tools and strategies.
2. Including nutrition education as part of health education classes and/or stand-alone courses.
3. Integrating nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects, as appropriate.
4. Including nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, hallways, gymnasium and/or bulletin boards that are frequently rotated, updated or changed.
5. Providing developmentally appropriate and culturally relevant participatory activities, such as contests, surveys, promotions, food demonstrations and taste-testing, voting for school meal recipe names, and farm visits.
6. Offering information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

B. Physical Activity and Other School-Based Activities

1. Offering wellness activities for families and staff, as appropriate.

2. Sending school newsletters or dedicated parts of newsletters or school websites promoting healthy eating, healthy recipes and physical activity.
3. Setting minimum physical education requirements including time, frequency and intensity.
4. Setting minimum requirements for recess, including amount of time and scheduling of recess time.
5. Recommend that recess be outdoors whenever possible.
6. Support after school activity programs that encourage healthy habits.
7. Marketing healthy food in ways that increase its appeal.
8. Giving students and the community after-school access to school activity facilities.

C. Nutritional Guidelines for School Food

1. Whether the district is in compliance with updated meal patterns (e.g. offering fruits and vegetables each day, more whole grains and portion sizes and calories standards to maintain a healthy weight).
2. A description of nutrition standards for school meals.
3. The website address of current school menus.
4. How participation in the school meal programs will be promoted and how families are notified of the availability of Child Nutrition Programs and how to determine children's eligibility for such programs.
5. Information about the availability of free drinking water throughout the school day.
6. Regulating a la carte and vending machine offerings in each school.
7. Eliminate the use of candy and other unhealthy foods as fundraisers.
8. Training and certification of food preparation and food service staff.
9. Evaluating food and drink contracts.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing 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. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, as well as cups used for beverage dispensing.

II. Measuring the Implementation of the Wellness Policy

A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the Assistant Superintendent for Curriculum & Instruction to be responsible for the implementation and oversight of the school district's wellness program. The Assistant Superintendent for Curriculum and Instruction will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy, and that all school policies and school-based activities are consistent with the wellness policy.

B. Triennial Assessment

At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and will provide the basis for appropriate updates or modification to the wellness policy.

C. Informing and updating the Public

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in an accessible and easily understood manner. The Board will make its wellness policy and any updates to the policy available to the public on an annual basis.

D. Recordkeeping

The Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.

Legal References:

Connecticut General Statutes:

- §10-215f Certification that food meets nutrition standards.
- § 10-221o Lunch periods. Recess.
- § 10-221p Boards to make available for purchase nutritious and low-fat foods.
- §10-221q Sale of beverages

Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*
Public Act 16-132, *An Act Establishing a Red Ribbon Pass Program*

Federal Law:

42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1), 42 U.S.C. § 1758b and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

20 U.S.C. § 7118, as amended by Pub. L. 114-95, *Every Student Succeeds Act*.

- 7 C.F.R. § 210.10 Meal requirements for lunches and requirements for afterschool snacks.
- 7 C.F.R. § 210.11 Competitive food service and standards.
- 7 C.F.R. § 210.31. Local school wellness policy.
- 7 C.F.R. § 220.8 Meal requirements for breakfasts.