

Series 6000 – Instruction

1. Elementary and Secondary

D. Curriculum

(2) Basic Instructional Program

(c) Wellness Policy

Overview

The Suffield Board of Education promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

Nutrition Education & Promotion

Standards-Based Sequential Nutrition Education

Nutrition education shall be based on current science, research and national guidelines. Nutrition education shall be standards-based, using national or state-developed standards, such as the Connecticut State Department of Education’s *Healthy and Balanced Living Curriculum Framework*. 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. 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. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

Connecting with Existing Curriculums

Nutrition education shall be a part of comprehensive school health education and shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. All PreK-12 instructional staff members shall be encouraged to incorporate nutritional themes from the Connecticut State Department of Education’s *Healthy and Balanced Living Curriculum Framework* into daily lessons, when appropriate, and to reinforce and support health messages.

Educational Reinforcement

Suffield Public Schools’ staff members shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers and performers invited to address students shall receive appropriate orientation to

relevant district policies. Suffield staff members shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition, such as assisting with food recovery efforts and preparing nutritious meals for home-bound people. School officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families.

Staff Awareness

The Suffield school district 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.

Physical Activity and Physical Education

Standards-Based, Sequential Physical Education

Physical education shall be standards-based, using national standards or state-developed frameworks, such as *Connecticut's Physical Education - A Guide to K-12 Program Development* and *National Association for Sport and Physical Education (NASPE) Guidelines (2000)*. Physical Education classes shall be sequential, building from year to year, and content will include movement, personal fitness and personal and social responsibility. Students shall be able to demonstrate competencies through application of knowledge, skill and practice.

Physical Activity Opportunities Before and After School

All elementary, middle and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools, as appropriate, shall offer interscholastic sports programs. The district shall offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs. After-school enrichment programs shall provide and encourage, through the provision of space, equipment support and activities, daily periods of moderate to vigorous physical activity for all participants, as allowed by competing demands of the programs.

Incorporating Physical Activity into the Classroom

The Board of Education shall provide the necessary resources and staff to insure a reasonable class size, which can afford individual attention and differentiated planning. Students shall be provided with opportunities for physical activity in addition to physical education. Classroom health education shall compliment physical education by reinforcing the knowledge, decision-making and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television, computer games, etc. Opportunities for physical activity shall be integrated into other subject lessons as appropriate 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 lengthy lessons or classes, as appropriate.

Physical Activity and Punishment

Teachers and other school and community personnel shall be encouraged not to use physical activity or exercise (e.g. running laps and pushups) or withhold opportunities for physical activity (e.g. recess and physical education) as punishment. Recess or other opportunities for physical activity should not be withheld as a measure to enforce the completion of academic work.

Nutrition Standards

Nutrition Guidelines

Suffield Public Schools shall offer varied, nutritious and age appropriate food choices in cafeterias, vending machines and school stores that are consistent with the requirements and guidelines set forth by the federal and state governments and nutritional guidelines recommended for each age group.

Breakfast

Suffield Public Schools shall help ensure that all children have breakfast either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

Other Food and Beverages

Suffield Public Schools shall strive to promote the sale and consumption of nutritious foods and beverages throughout all district activities, including fundraising, celebrations and classroom activities.

School-Based Activities to Promote Student Wellness

Surroundings for Eating

The Suffield Public Schools shall create and maintain an environment for students with a relaxed, enjoyable climate. The cafeteria environment should be a place where students have adequate space to eat in clean and pleasant surroundings with convenient access to hand washing or sanitizing facilities before and after meals.

Time for and Scheduling of Meals

The Suffield Public Schools shall attempt to provide appropriate meal times with adequate time allotted for students to eat. (The School Nutrition Association recommends at least 20 minutes for lunch from the time a student is seated with their food.)

Free and Reduced Price Meals

The Suffield Public School shall participate in the National School Lunch Program as defined by **the federal and state government** and make every effort to eliminate any social stigma attached to the identification of students receiving free or reduced lunch benefits.

A summer Food Service Program is currently not available in the Suffield school system.

Financial Operation of Child Nutrition Programs

The school food service program shall aim to be financially self-supporting based on a nutritionally appropriate program for students.

Qualifications of Food Services Staff Members

Based on the State Health Department's requirements, Qualified Food Operators will administer the school meal program. The Food Service Director, as a registered dietician, will be responsible for staff development according to individual's levels of responsibility.

Food Safety

The schools shall comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food-borne illness in schools.

Food Rewards and Punishments

Staff and parents shall be encouraged to provide only food and beverage items that meet nutritional guidelines as rewards for academic performance or good behavior. Schools shall not withhold food or beverages as a punishment. Alternative rewards shall be developed and promoted.

Sharing of Food

Schools shall encourage students NOT to share their food due to allergy and other restrictive dietary concerns.

Staff Wellness

Every staff member shall be encouraged to improve their own health and wellness with the purpose of:

- improving quality of life
- improving staff morale
- creating positive role models for students
- building commitment of staff members to promote the health
- of students, as well as to help improve the school nutrition and
- physical activity of the school environment

Nutrition and physical activity information will be available to all staff members at each school level. This information can be made available in newsletters and/or school websites.

Communication and Promotion

Consistent Health Messages

The Suffield Public Schools will promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. There will be a variety of methods used to promote nutrition and physical activity to staff, parents, and the community.

Students shall receive positive, motivating messages, both verbal and non-verbal, 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.

Engaging Students

The schools will engage students in promoting a healthy school environment. Schools shall consider student needs in planning for a healthy school nutrition 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.

Engaging Families

The Suffield school district shall encourage family involvement to support and promote healthy eating and physical activity habits. The district 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. The district shall provide families with a list of foods that meet the district's nutrition standards and ideas for healthy snacks, celebrations and rewards. In addition, the district shall provide parent/teacher organizations with a list of fundraising activities that meet the district's healthy eating and physical activity habits. The district 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.

Partnering with Community Organizations

Schools shall partner with community organizations to provide consistent health messages and support school-based activities that promote healthy eating and physical activity.

Marketing Healthful Foods and Beverages

Food service programs and others selling foods and beverages in schools will market nutrient-rich options to students and staff members through the basic P's of marketing – product, placement, price, and promotion.

Measurement and Evaluation

Monitoring

The Superintendent of Schools shall ensure compliance with established district-wide nutrition and physical activity policies. The Superintendent of Schools will establish a plan for measuring implementation of the local wellness policy annually.

Policy adopted: June 20, 2006

SUFFIELD PUBLIC SCHOOLS
Suffield, Connecticut