

## **Series 6000 – Instruction**

### **1. Elementary and Secondary**

#### **D. Curriculum**

##### **(2) Basic Instructional Program**

##### **(c) Wellness Policy**

###### **Overview**

In advancing student achievement, the Board of Education recognizes the strong connection between academic performance, health and wellness. The Board embraces a district-wide culture aimed at enhancing student outcomes and decreasing childhood obesity by promoting health and wellness in schools for students and staff. This policy seeks to achieve such a culture by establishing a wellness committee, as well as goals and guidelines for the following areas of focus:

- 1) Nutrition Promotion and Education
- 2) Physical Activity and Physical Education

In accordance with federal and state law, this policy provides students access to healthy foods and beverages; provides opportunities for developmentally appropriate physical activity; and requires all meals served by the District to meet or exceed federal nutritional guidelines issued by the U.S. Department of Agriculture and Connecticut Nutrition Standards for Foods in Schools, whichever are greater.

###### **Wellness Committee**

A community-wide Wellness Committee shall convene to review and consider best practices, as well as evidence-based strategies and techniques to advance wellness for students and staff. The Committee shall consist of teachers of physical education/health, teachers of family consumer science, school health professionals, school/district administrators, the food services director, members of the Board of Education, parents, students, and additional community members/public. The Committee responsibilities are as follows:

- The Committee shall meet at least three times per school year, with minutes taken and made available to the public.
- The Committee shall develop an action plan, informed by current evidence-based strategies, regarding wellness improvements in this policy's two focus areas: 1) nutrition promotion and education, and 2) physical activity and physical education.
- The Committee shall monitor and ensure the action plan aligns with the goals set forth in this policy for those two focus areas.
- The Committee shall demonstrate progress in each focus area every school year.
- The Committee shall present a formal three-year assessment and evaluation report to the Board regarding implementation of the action plan, annual progress made, and ongoing opportunities for improvement.

- Upon presentation of the triennial assessment to the Board, the Superintendent or his/her designee shall ensure the results are made available to the public via the District website, email, and other methods deemed appropriate by the Board.

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

1. The District will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
2. The District will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
3. Nutrition education shall be part of the District's comprehensive standards-based school health education program and curriculum and will be integrated into other classroom content areas, as appropriate. Students shall be able to demonstrate competence through application of knowledge, skill development and practice, when applicable.
4. The District shall encourage a broader health and wellness culture outside of school settings to involve family and community partnerships regarding nutrition education and promotion.

### **Guidelines Supporting Above-Mentioned Nutrition Promotion and Education Goals**

#### **Cafeteria, Vending Machines, and School Stores:**

- The District shall offer varied, nutritious and age appropriate food and beverage choices in cafeterias, vending machines, and school stores that are consistent with federal and state requirements and guidelines, as well as nutritional guidelines recommended for each age group. The focus shall be on moderating calories; limiting saturated fats, sodium, sugars, and processed foods; and increasing consumption of nutrient-rich foods such as fresh fruits and vegetables, organic foods, whole grains, low-fat dairy, lean meats and legumes.
- The Superintendent or his/her designee shall establish administrative procedures to control food and beverage sales that compete with the District's food service provider in compliance with the Child Nutrition Act. The District shall prohibit the sale of foods and beverages of minimal nutritional value as defined by the USDA and will ensure all foods and beverages sold to students separately from school meals meet Connecticut Nutrition Standards.
- Cafeteria environments at all schools shall include adequate space for students to eat in clean and pleasant surroundings with convenient access to hand washing or sanitizing facilities before and after meals.
- The District shall provide meals at appropriate 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.)
- The District shall participate in the National School Breakfast and Lunch Program as defined by the federal and state government. Reimbursable school meals served shall meet, at a minimum, federal nutrition requirements and regulations established for each program. The District shall make every effort to eliminate any social stigma attached to the identification of students receiving free or reduced price meals. A summer food service program is currently not available.
- Based on State Health Department requirements, Qualified Food Operators will administer the school meal program. The Food Services Director, as advised by a

registered dietitian, will be responsible for staff development according to an individual's level of responsibility.

- 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.

#### **Classroom and Other Settings:**

- The District shall strive to promote the sale and consumption of nutritious food and beverages throughout all district activities including classroom snacks, classroom activities, celebrations and fundraisers.
- The Board encourages families to provide healthy classroom snacks for their children. At the start of each school year, the District shall provide families with a list of suggested healthy classroom snack choices (see Appendix 1).
- The distribution of homemade goods for consumption in classrooms or school buildings is not permitted, due to the unknown nutritional content and ingredients.
- Student birthday celebrations shall be food-free. At the start of each school year, the District shall provide staff with a list of ideas for food-free birthday celebrations (see Appendix 2). Teachers shall choose appropriate options for their classrooms.
- Classroom and/or grade-level celebrations involving non-homemade treats shall be limited to three per year, per classroom. All treats must include ingredient labels. Such celebrations shall be approved in advance and tracked by the building principal or his/her designee.
- Other than approved classroom celebrations, students shall not be permitted to share food due to allergies and other restrictive dietary concerns.
- The Board encourages PTO/PTAC organizations to engage in healthy fundraising opportunities that limit the sale of candy, chocolate and other food items.
- Staff and parents shall avoid using food or beverages as positive reinforcement, except in approved situations involving extenuating circumstances. At the start of each school year, the District shall provide staff and parents with a list suggested alternatives (see Appendix 3).
- Staff shall not withhold food or beverages as a punishment.
- Nutrition education shall be a part of comprehensive school health education and shall 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 shall be encouraged to incorporate nutritional themes from current state frameworks into daily lessons, when appropriate, and to reinforce and support health messages.
- The District shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and families.
- Staff shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition.
- The District shall disseminate information to parents, students and staff about community programs that offer nutrition assistance to families.

#### **Goals for Physical Activity and Physical Education**

1. Schools will support and promote an active lifestyle for students.

2. Physical education will be taught in all grades using current national standards and/or state-developed frameworks. Programs shall utilize 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. Students shall be able to demonstrate competence through application of knowledge, skill and practice.
3. All students will be required to engage in the District's physical education program, unless otherwise exempted.
4. Recess and other physical activity breaks; before and after school activities; and walking and bicycling to schools, where safe to do so, are supported by the Board.
5. The District encourages children and adolescents to participate in 60 minutes of physical activity every day before, during and after school.
6. The District shall encourage a broader health and wellness culture outside of school settings to include family and community partnerships regarding physical activity and physical education.

### **Guidelines Supporting Above-Mentioned Physical Activity and Physical Education Goals**

#### **Physical Activity**

- In classroom settings, students shall be provided with opportunities for physical activity, in addition to physical education. Classroom teachers shall provide short physical activity breaks between lengthy lessons or classes, as appropriate, and are encouraged to increase the amount of movement breaks offered during the school day. In addition, opportunities for physical activity shall be integrated into subject lessons, as appropriate, and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments.
- Teachers and other school and community personnel shall not use physical activity or exercise, such as running laps and pushups, as punishment. They shall not withhold opportunities for physical activity, such as recess and physical education, as punishment or to enforce the completion of academic work.
- 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.

#### **Physical Education**

- Content for physical education classes shall include movement, personal fitness, and personal and social responsibility.

- 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, playing video games, etc.
- The Board encourages the District to not only meet, but exceed, state standards with regards to physical education requirements. Options for doing that include, but are not limited to, exploring ways to increase classroom physical education time during the school day and developing protocol to give children credit for being involved in sports and activities outside the school day, which would be in addition to credits required under current standards.

### **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 to promote student health, as well as improve school nutrition and physical activity

Health and wellness information will be available to all staff members through newsletters, school websites, or other means deemed appropriate by the District. In addition, the Board encourages the District to engage in partnerships with community organizations, such as Parks and Recreation and YMCA, to offer classes for staff in school buildings, such as yoga or healthy cooking workshops. The Board also encourages the Wellness Committee to develop additional activities for staff that promote nutrition, health and wellness for team building and other purposes. The Board encourages staff to use the fitness room at the high school after school hours.

### **Student, Family and Community Engagement and Partnerships**

- The District 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 in both classroom and cafeteria settings.
- The 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 communication strategies that allow sharing of information from school to home and from home to school.
- The district shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
- Schools shall partner with community organizations to deliver consistent health messages and support school-based activities that promote healthy eating and physical activity.

### **Marketing**

Any food 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. In addition, the marketing of food and beverages at school during the school day may only be permitted for food and beverages that promote student health and are helpful in reducing childhood obesity.

Food and beverage marketing includes oral, written, or graphic statements made for the purpose of promoting the sale of food or beverages made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Examples include, but are not limited to, products on the exterior of vending machines, scoreboards, posters, menu boards, coolers, tray liners, trash cans, beverage cups and other food service equipment. Such items do not need to be immediately replaced if non-compliant with these marketing standards, however as the District, School Nutrition Services, Athletic Department, PTO, or PTAC review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the marketing standards established by this policy. The requirements do not apply to marketing that occurs at events outside of school hours.

The District shall promote clear, consistent, positive and motivating messages, both verbal and nonverbal, that explain and reinforce healthy eating and physical activity habits. The District shall build awareness among students, parents, teachers, food service staff, coaches, nurses, other school staff members, and PTO/PTAC organizations about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.

### **Monitoring and Evaluation**

The Board designates the Superintendent or his/her designee to ensure compliance with this policy. He/she is responsible for retaining all documentation of compliance with this policy, including, but not limited to, copies of this wellness policy, the wellness committee’s action plan, the wellness committee’s three-year assessment and evaluation report, and compliance with community involvement requirements (wellness committee membership). The Superintendent or his/her designee will also be responsible for public notification of the three-year assessment and evaluation report, including any future updates to this policy.

The Superintendent or his/her 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 current policy and latest three-year assessment shall be made available annually, at a minimum, to students and families by means of school registration, student handbooks, and/or the District’s website. In addition, the annual notification shall include information on opportunities for public involvement.

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.  
10-215e 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)  
National School Lunch Program or School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013)  
Local School Wellness Policy Requirements, 42 U.S.C. 1758b

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SUFFIELD PUBLIC SCHOOLS  
Suffield, Connecticut

### **Nut-Free Healthy Snack Ideas**

1. Popcorn
2. Fresh fruit
3. Cheese and crackers
4. Salsa with veggies, tortilla or pita chips
5. Frozen grapes
6. Turkey roll-up: roll turkey around string cheese and serve alone or with honey mustard dipping sauce
7. Sweet potato chips or crackers
8. Olives
9. Rice cakes, plain or with assorted toppings
10. Roasted chickpeas
11. Baby carrots or cucumbers with hummus
12. Hard boiled or deviled eggs
13. Cottage cheese with fruit
14. Old-fashioned oatmeal with chia seeds
15. Apple chips
16. Pumpkin or sunflower seeds
17. Nut-free trail mix
18. Kale chips
19. Mini quiche
20. Greek yogurt with honey
21. Cinnamon apple (cut, dip in orange juice and sprinkle with cinnamon)
22. Applesauce (add cinnamon or apple pie seasoning if desired)
23. Guacamole with veggies, tortilla or pita chips
24. Snap peas
25. Edamame
26. Banana chips
27. Fruit leather
28. Fruit or veggie and cheese mini kabobs
29. Fresh veggies (tomatoes, peppers, cucumbers, carrots) with Greek yogurt-based dip
30. Celery sticks with cream cheese or Wow!Butter with raisins
31. Raisins

#### Websites: Healthy Snack Options

1. [Amazon.com](https://www.amazon.com)
2. [Vitacost.com](https://www.vitacost.com)
3. [Thrivemarket.com](https://www.thrivemarket.com)
4. [Thespruce.com](https://www.thespruce.com)
5. [Brandless.com](https://www.brandless.com)

### **Ideas for Food-Free Birthday Celebrations**

- Birthday child selects book to donate to the library. Their name goes in front of the book.
- Birthday child shares an item special to them with their classmates (e.g. favorite book, favorite song, favorite stuffed animal, favorite picture or souvenir, etc.).
- Birthday child chooses game classmates play at recess.
- Birthday child is the classroom “leader” for the day.
- Classmates design and decorate a Birthday crown to be worn by the Birthday child.
- Classmates prepare a page about the Birthday child; teacher compiles pages and then reads “book” to the class.
- Birthday child wears a special button for the day.
- Birthday child invites a special visitor to the class to read a story to classmates.
- Birthday child brings in photos of their life and explains pictures.
- Birthday child brings in special gifts to share with classmates (e.g. pencils, stickers, notepads, erasers etc.)
- Birthday child’s name is announced over the school PA system or at “All School Meeting.”
- Birthday child’s name is announced at lunch in the cafeteria and everyone sings “Happy Birthday To You.”
- Birthday child and friend eat lunch with teacher in cafeteria.
- Additional recess time.

## **Ideas for Alternatives to Using Food as a Reward**

### **Elementary Schools**

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher or principal
- Eat lunch, read, or enjoy class outdoors
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Offer stickers, pencils, or bookmarks
- Extra recess or physical activity break
- Trip to treasure box filled with non-food items (stickers, pencils, erasers, or bookmarks)
- Dance to favorite music in class
- Bank system – earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (signing, cartwheel, guitar, playing etc.)
- Have “Free Choice” time at the end of the day or end of class period
- Listen to a book on tape with headset

### **Middle School Students**

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or no homework pass
- Earn extra credit
- Fun brain teaser activities
- Computer time
- Eat lunch outside or have class outside

### **High School Students**

- Reduced homework
- Late homework or no homework pass
- Earn donated coupons to video stores, music stores, or movies
- Drawings for donated prizes among students who meet certain grade standards
- Earn extra credit