

Instruction

Student Nutrition/Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

The East Haddam Public Schools strives to contribute to the general wellbeing, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the educational process. The Board of Education 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. Students' qualification for Free and Reduced is confidential and protected information.

To ensure the health and wellbeing of all students, it is the policy of the Board of Education to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices. Drinking water is available at no charge in the cafeteria.
2. All district food services employees receive annual food safety training in accordance with the USDA guidelines.
3. Encourage and promote a healthy lifestyle for students by supporting the implementation of nutritionally adequate, educationally sound and financially accountable school food and nutrition programs.
4. Ensure the integrity of the school meals program by prohibiting food sales and marketing for students, held during school hours, which are in direct conflict with the lunch and breakfast programs. The District operates under the National School Lunch program regulations.
5. Encourage the practice of good nutrition by discouraging the sale and/or free distribution of foods of minimal nutritional value including classroom parties and celebrations, as defined in the federal regulations, during the school day. Encourage all staff to focus on the dietary guidelines for Americans and the Food Guide Pyramid.

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6. Educate all students to possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy habits as a valuable part of student education.
7. Coordinate school food service with this policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
8. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
9. Involve family members and the community in supporting and reinforcing nutrition, physical activity, education and the promotion of healthy eating and lifestyles.
10. All sources of food sales to students at school must comply with the District Nutrition Standards, including, but not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. The District shall ensure that all beverages sold to students comply with the requirements of state statute. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

Goals for Physical Activity

The goals for addressing physical activity include the following:

Schools will support and promote an active lifestyle for students.

1. 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.
2. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
3. Wellness activities are available to staff regularly.

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.

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Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, periodic review and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, members of the Board of Education, school administrators, and the public.

Other School-Based Activities that support wellness goals

The schools will provide opportunities and facilities that support and encourage students to participate in healthy lifestyle activities.

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.

Evaluation of Wellness Policy

In an effort to measure the implementation of this policy, the Board of Education designates the [Superintendent, principals] as the [person, people] who will be responsible for ensuring that each school meets the goals outlined in this policy.

The District will conduct and make available to the public a triennial assessment of the implementation, including the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of this policy. Assessment and policy will be posted on the district website.

Wellness Advisory Committee:

The Board shall establish a Wellness Advisory Committee to develop school district policies on nutrition and physical activity for recommendation and approval by the Board.

The members of the Committee shall include, but need not be limited to, Board member, school administrators, food service staff, parents/guardians, students, physical and health education teachers, school nurse.

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In developing such policies on nutrition and physical activity, the committee shall invite all interested citizens to attend meetings and shall ensure that the policies address the issues contained in applicable state and federal statutes.

At the District level, the Board designates the Superintendent with the operational responsibility for ensuring that each school meets the requirements of the district 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 District level, the following procedures shall be used to evaluate the effectiveness of the wellness policy:

1. The Wellness Advisory Committee shall monitor the implementation of the District's wellness policy and its nutrition and physical activity components; evaluating policy progress, serving as a resource to school sites and for recommending revisions of the policy, through the Superintendent or his/her designee, as determined necessary.
2. The policy shall be continually reviewed, at least annually, to determine if it is meeting current needs and is workable in promoting healthy eating and physical activity.

(cf. 3542.1 – Food Service)
(cf. 3452.45 – Vending Machines)

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
6142.101(d)
10-215f Certification that food meets nutrition standards.
10-221o Lunch periods. Recess.
6142.101(c)
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.

6142.101(d)
Pol.

Legal Reference: Connecticut General Statutes (continued)

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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EAST HADDAM PUBLIC SCHOOLS
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