

# **Health and Wellness Policy**

**6142.101(a)**

## **Instruction**

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

#### **Purpose and Goal**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our District's youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The input of staff, students, parents, the district food services program, administrators and community members has been sought and received in the development of this policy.

The Superintendent or his/her designee shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the Superintendent or designee shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Connecticut Frameworks. The curriculum will provide opportunities for developmentally appropriate instruction for grades K – 12.

Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place by the end of the 2008-2009 school year.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the District's nutrition, physical education and food services programs.

The District shall take a proactive effort to encourage students to make nutritious food choices and to engage in healthy physical activities.

## **6142.101(b)**

The Superintendent or designee shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served in district schools or at District-sponsored events;
- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. Nutritious meals served by the school nutrition and food services operation comply with state and federal law.

### **Nutrition**

#### **Nutrition Standards**

The District shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

The Superintendent or designee shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture, shall not be sold or served on school premises until 30 minutes after the end of the last lunch period.

Any food sales of an occasional nature must have the prior approval of the Superintendent or designee. Vending machines shall include items which are nutritionally healthful. No food or drink items shall be offered in vending machines unless they have been approved by the Superintendent or designee.

#### **Food Services**

The District supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the District's schools. The Board authorizes the Superintendent or designee to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board. Expenditures for food supplies shall not exceed the estimated revenues

Because of the potential liability of the District, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the Superintendent. The Superintendent or designee shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

### **Free and Reduced-Priced Food Service**

The District shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and state laws and regulations. The District shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-priced food services to the Superintendent or his/her designee.

### **Surplus Commodities**

The District shall use food commodities made available under the Federal Food Commodity Program for school menus.

### **Health and Fitness Curriculum**

The Superintendent or his/her designee shall adopt and implement a comprehensive health and fitness curriculum consistent with the curriculum frameworks of the Connecticut Department of Education. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2008-2009 school year.

All students in grades one through eight shall complete an average of 40 instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete one credit of physical education. The District shall strive at the high school level to offer a variety of health and fitness classes.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education or activities.

In addition to required physical education, students at the elementary (K-5) level should have the opportunity to participate in daily recess and physical activity. The District shall provide a daily recess period for elementary school students, featuring time for unstructured but supervised active play. The District shall also provide co-curricular physical activity programs, including interscholastic athletic programs, within available resources. The District shall also promote the use of school facilities for physical activity programs offered by District schools and/or community-based organizations outside of school hours.

**Instruction**

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

- (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 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.

10-215b-1 State board of education regulation – Competitive foods

PA04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004

Policy Adopted: April 5, 2006

ANSONIA PUBLIC SCHOOLS  
Ansonia, Connecticut

**Student Nutrition/Wellness Plan**  
**Guidelines for Food and Beverages Sold to Students at School Functions**

At any school function (parties, celebrations, receptions, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip.
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, Bean, Etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-o and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

**Foods to Avoid** – Consume only occasionally (recommended no more than once per month)

High sugar content candies and desserts

High fat foods (fried foods such as French fries, fatty meats, most cheeses, buttery popcorn)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and for whom consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings.

## 6142.101(b)

These foods may not be sold to students on school campus except during times approved by this policy\*:

- **Soda Water** – any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water Ices** – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **All Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e. Kool-Aid).
- **Certain Chips and Snack Foods** – any that contain more than 9 grams of fat per serving.

Due to their high sodium and fat content, traditional popcorn and pickles may be sold only one day per month. Low-fat popcorn would be acceptable for sale more often.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

### **\*Approved Times for the Availability of Foods of Minimal Nutritional Value**

Elementary Schools – no access any time

Junior High/Middle Schools – after the end of the regular school day

High Schools – 30 minutes after the end of the last lunch period