

Instruction

Student Wellness

The Board promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Board recognizes that proper nutrition is related to students' physical well-being, growth, development and readiness to learn. A healthy school environment gives students consistent, reliable health information and ample opportunity to use it.

The link between good nutrition and good education is clearly demonstrated by better attendance, higher test scores, and fewer behavior problems in school.

The Waterford Board of Education supports and promotes a healthy school nutrition environment, which includes the following:

- A. Quality school meals with an emphasis on nutrient dense foods
- B. Other healthy food choices
- C. Pleasant eating experience
- D. Nutrition education
- E. Opportunities for physical activity within the school day

The Waterford School District will promote knowledge and behavior that improve health, intellectual development and overall quality of life. Students, parents, teachers, school officials, community and business leaders must be actively involved in ensuring that the school environment promotes good health.

Goals:

A. Strive to maintain a comprehensive learning environment for developing and practicing lifelong wellness behaviors:

The entire school environment, not just the classroom, shall be aligned with the healthy school goal to positively influence students understanding, beliefs and habits as they relate to good nutrition and regular physical activity. The wellness curriculum in areas of health, physical education and nutrition will be consistent with the Connecticut frameworks. Staff development in the area of nutrition, health and physical activity will enable teachers to deliver ongoing health education as well as maintain and improve their own health. Additionally, good indoor air quality in the schools will be maintained to provide a healthy learning environment at all times.

B. Provide opportunities for students to engage in physical activity:

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education that is standards based, using national or

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state-developed standards. Physical education classes should be planned, ongoing and systematic, building from year to year. Physical activity should also include co-curricular activities such as intramural and interscholastic athletic programs, recess and before and after school programs. All areas of the curriculum will be encouraged to incorporate physical activity where appropriate.

C. Support and promote proper dietary habits contributing to students' health status and academic performance:

All foods available on school grounds and at school-sponsored activities (including fundraisers) should meet or exceed District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served in a comfortable and clean eating area, with consideration toward the food variety, appeal, taste, safety and packaging to ensure high quality. It is suggested that a healthy school environment not be sacrificed because of dependence on revenue from the sales of foods with low nutritional value to support school programs. Annually, the Food Service Director and Business Manager will provide assurance to the Superintendent that guidelines for school meals are not less restrictive than the USDA has established for reimbursable meal.

D. Provide consistent health messages throughout the school:

The classroom, cafeteria and school activities will provide and promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. In this environment teachers will be encouraged to model healthy choices inside and outside of the classroom and use food in the classroom as a means of improving student nutrition and not as a reward. The school will also take an active role in partnering with parents and the community organizations in promoting the wellness message.

E. Create School and District Wellness Teams:

Individual and District Wellness Teams will be created to implement and monitor the wellness programs in the schools. School teams will consist of an Administrator, the School Nurse, Cafeteria Manager, teacher and a parent. The District Wellness Advisory Council will comprise of the Assistant Superintendent, Human Resources Director, food Service Manager, and a representative from each school team. In order to determine wellness policy success, evaluation will take place on an ongoing basis. Individual school wellness teams (including indoor air quality teams) as well as a District Wellness Advisory Council will do annual assessments of the level of policy implementation and progress. The evaluation process should have the goal of determining areas needing improvement and developing strategies to implement change and improvement. The District Wellness Advisory Council will have the function of:

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- Recommending regulations to accompany this policy
- Monitoring the implementation of this policy
- Serving as a resource to the district schools
- Implementing district nutrition and physical activity standards
- Assuring integration of nutrition and physical activity into the overall curriculum
- Assuring that staff professional development includes health, nutrition and physical activity issues
- Maintaining consistent healthful choices among all school venues that involve the sale of food.

(cf. 3542 – 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 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

PA 04-224 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)

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

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WATERFORD PUBLIC SCHOOLS
Waterford, Connecticut