

SCHOOL WELLNESS

The Regional School District No.7 Board of Education recognizes the importance of promoting good student/staff nutrition and a healthy school environment. To this end, the Board authorizes the administration to implement an integrated nutrition program to provide students/staff with the skills and support to adopt healthy eating behaviors, obtain positive nutritional status and achieve improved academic success.

Additionally, the district shall take the appropriate measures to implement a comprehensive nutrition/health curriculum, promote healthful student eating through the provision of a well balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthy foods and beverages at designated times in classrooms, and encourage physical activity for students during and after the school day where appropriate. Through a collaboration of health, physical education, support, and food services, we believe that we can best educate our school community.

The school administration and Nutrition Advisory Committee shall develop guidelines indicating a plan of action for implementing this policy.

Legal Reference: Connecticut General Statutes  
10-16b Prescribed courses of study.  
10-215 Lunches, breakfasts and the feeding program 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.  
10-221o Lunch periods. Recess.  
10-221p Boards to make available for purchase nutritious, low-fat foods.  
PA 06-63 An Act Concerning Technical School Wiring for Technology and Healthy Food and Beverages in Schools.  
National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol 45, No. 20, Tuesday, January 19, 1980, pp. 6758 6772)  
The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265.

Administrative Regulations to Policy 6142.101  
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**WELLNESS GUIDELINES – STUDENTS  
CERTIFIED and NON-CERTIFIED PERSONNEL**

The Regional School District No.7 Public School District shall undertake the following actions to promote sound nutrition and health practices for students in school consistent with Board policy.

The nutrition curriculum will provide comprehensive and sequential nutrition education as part of the health/wellness curriculum to:

- Promote positive nutritional standards dealing with healthy lifestyle management, eating disorders, body image, and adequate nutrient intake (such as carbohydrates, proteins, fats), and weight management practices
- Promote consumer education in developing skills, such as label reading and evaluating influence of media on food selection, enabling students to evaluate food products.
- Consider recommendations from the Nutrition Advisory Committee in developing curriculum

The physical education curriculum will be in compliance with state physical education and health requirements and in addition will promote:

- The benefits of physical activity, good nutrition and fitness
- Physical activity being incorporated into classroom routines where appropriate
- All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons
- Rubrics that objectively evaluate and encourage active participation in physical education in all classes 7-12
- Periodic and ongoing programs to increase the activity and positive nutritional choices for faculty and staff
- Use by faculty and staff of facilities and equipment before and after school
- Nutritional snacks during meetings, workshops and school functions

Regional School District No. 7 will maintain a Nutrition Advisory Committee that will meet periodically under the direction of the Director of Athletics position. Members may include Board of Education representative(s), teachers, nurse, wellness coordinator, representative of the cafeteria food services provider, students and community members. The mission of the committee will be as follows:

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**WELLNESS GUIDELINES** (Continued...)

*To inform staff, students, and parents of the current obesity trends and obesity related diseases in children and adolescents, by creating an environment that promotes physical activity and establishes a healthy foundation that allows students to reach their full academic potential.*

The committee should create and review school food practices in the following areas to support its mission statement:

A. Food Service Program

1. Review and recommend to Superintendent annually a price structure that encourages healthy choices and maintains the quality of the food service program
2. All full day students will have a daily lunch period of not less than 20 minutes
3. Encourage menu choices linked with nutrition education curriculum, district and state guidelines
  - Promote pre-cut raw fruit and vegetable offerings
  - Increase vegetarian choices
  - Provide drink choices to include water, milk (whole, flavored low fat milk, skim, etc.) and 100% juices in appropriate serving sizes
  - A la Carte items will meet the following criteria:
    - Low fat, low sugar, high nutrient snacks (such as baked chips and crackers, graham crackers, frozen fruit bars, low fat string cheese, low fat yogurt, dried fruits) will be promoted
    - Fresh fruits and/or vegetables will be offered daily
4. Provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu
5. Maximize utilization of food service provider resources such as nutritional planning, healthy eating promotions, dietitian consultation, special events, etc.
6. Recognize and accommodate individual student's cultural and medical concerns
7. When feasible, coordinate participation with local farmers to promote locally grown fruits and vegetables

B. Nutrition Practices in School

**Teacher To Student Incentives**

Use of food items as student incentives is allowed and teachers are encouraged to follow district and state guidelines including the restriction of no soda in school. Healthy alternatives, including but not limited to fruit, vegetables, and milk, must be included in all incentive programs or celebrations.

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**WELLNESS GUIDELINES** (Continued...)

- Encourage the use of healthy snacks in appropriate portion sizes
- Discourage the use of food as either an incentive or a reward for good behavior or academic performance
- Encourage healthy party menus and non-food alternatives for celebrations

**Staff Meetings**

Healthy alternatives, including but not limited to fruit, vegetables, and milk, must be included in all staff meetings when food is provided by the district.

C. **Vending Machines**

Vending machines should offer a varied selection of nutritious food and beverage choices that are consistent with district and state guidelines. State guidelines will be followed and up dated on an as needed basis.

D. **Fundraising Activities**

- Encourage non-food promotional activities
- All fundraising should follow school district and state nutrition standards/guidelines including the offering of healthy alternatives
- All fundraising projects for sale and consumption during the school day should follow district and state guidelines. No fundraising candy sales will be held before the close of school. All food and beverage sales must not take place during school lunch waves as required by the state food service rules.

E. **Parent/Guardian/Staff Information**

Nutritional information should be provided as needed to parents and staff for the Middle School and High School through the school newsletters, website, and other informative means by the Nutrition Advisory Committee, the school nurse, food service manager, and others as deemed appropriate - the topics should include but are not limited to:

- Healthy snack ideas
- Healthy lunch ideas
- Healthy breakfast ideas
- Non food birthday celebration ideas
- Calcium needs of children
- Healthy portion sizes
- Food label reading guidelines
- Fun activities to encourage increased physical activity inside and outside of school