

Administrative Regulation

Students**WELLNESS GUIDELINES**

The Regional School District #10 Public School District shall undertake the following actions to promote sound nutrition and health practices for students in school consistent with Board policy 5141.5.

Regional School District #10 will maintain a Coordinated School Health Team that will meet five-six times per year to develop, implement, monitor, review and revise the school district's wellness guidelines. Regional School District #10 will utilize the Coordinated School Health Program (CSHP) as a framework to improve children's health and remove barriers to learning. The model consists of eight components that collaborate to assist schools and the community to help students become healthy and productive. The eight components of a CSHP are:

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Counseling and Psychological Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community

I. NUTRITION EDUCATION

The nutrition curriculum will provide comprehensive and sequential nutrition education as part of the wellness curriculum and include:

- 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 Coordinated School Health Team in developing curriculum.
- Comprehensive nutrition education is part of grades 2 (4 hours) and 10 Wellness (16 hours) and grade 6 Family and Consumer Sciences (26 hours). In addition, grades 3-9 wellness offer approximately 15 hours total.

- Nutrition Education is part of Health Education (Wellness) as well as Family and Consumer Sciences
- Include instructional strategies and techniques that promote healthy eating behaviors
- Supply knowledge and skills-based activities that promote understanding about advocating and practicing life-long healthy choices and decisions.
- Professional development opportunities that focus on nutrition education will be offered to staff on an as-needed basis during in-service days and PLC times.
- Make available workshops regarding nutrition education to all K-12 department staff.
- Provide information through the Wellness Watch that promote healthful nutritional choices
- Display educational materials for parents that reinforce classroom lessons
- Provide opportunities for school staff to model healthy eating and food choices

II. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

The physical education curriculum will be in compliance with the CT Healthy and Balanced Living Curriculum Frameworks.

- Comprehensive and sequential with health and physical education integrated into wellness for grades 1-10.
- Provide professional development opportunities that will reinforce a program that encourages life-long fitness and activity.
- The short and long term benefits of physical activity, good nutrition and fitness.
- Incorporate physical activity into classroom routines where appropriate.
- Physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.
- Recess games and activities included in the K-5 curriculum.
- Rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.
- Provide daily recess of at least 20 minutes for students in grades 1-6 that provide opportunities for physical activity.
- During inclement weather, provide an indoor space(s) for physical education and recess.
- Periodic and ongoing programs to increase the activity and positive nutritional choices for faculty and staff.
- Use by faculty, staff and community of facilities and equipment before and after school.
- Nutritional snacks during meetings, workshops and school functions.
- All students in grades 3-10 will participate in the CT State Physical Fitness. Assessment each year at least once in the fall and preferably again in the spring.
- All students in grades 3-10 will set fitness goals along with a personal fitness plan based on the results of their fitness test.
- Introduce and practice personal fitness logs and electronic portfolios

- Promote before and after school activity programs such as intramural, interscholastic athletics, clubs and special events.
- Collaborate with families and organizations to provide opportunities for physical activity outside of the physical education classroom.
- Students are exposed to adult role models who engage in regular exercise
- Create an environment that is safe and supportive for physical activity, such as playscapes, walking trails, outdoor fields and play structures
- Procedures to prevent physical-activity injuries are established and reviewed yearly.
- Inform parents of recommended daily activity goals to encourage parents to promote physical activity at home

III. NUTRITION STANDARDS FOR SCHOOL FOODS AND BEVERAGES

Nutrition Standards for School Foods and Beverages

The committee should create and review school food practices in the following areas to support its mission statement: SCHOOL MEALS, BEVERAGES AND OTHER FOOD

1. Review and recommend to Superintendent annually a price structure that encourages healthy choices and maintains the quality of the food service program
2. Include a variety of food choices that meet USDA requirements and Dietary Guidelines for Americans and are modified for special dietary needs.
3. All full day students will have a daily lunch period of at least 20 minutes
 - Menu choices are linked with nutrition education curriculum and focus on nutrient density, decrease fat and added sugars, recommended portion sizes, which include whole grains, fresh fruits, vegetables and low-fat dairy products.
 - Promote pre-cut raw fruit and vegetable offerings
 - Limit high fat choices
 - Eliminate oil-fried foods
 - Increase vegetarian choices
 - Provide drink choices to include water, milk (flavored low fat milk, 2%, 1% skim, etc.) and 100% juices in appropriate serving sizes
 - Vegetables, when cooked, are steamed without butter or salt
 - Salt is not offered to students for seasoning

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 yogurt) will be promoted
- Fresh fruits and/or vegetables are offered daily

4. Provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu
 5. Periodically conduct student & family food preference surveys to develop and revise school lunch menu items
 6. Maximize utilization of food service provider resources such as nutritional planning, healthy eating promotions, dietitian consultation, special events, etc.
 7. Recognize and accommodate individual student's cultural and medical concerns
 8. When feasible, coordinate participation with local farmers to promote locally grown fruits and vegetables
- Plan menus with input from students, parents and other school personnel that take into account students' cultural norms and preferences.
 - Provide information for parents about the importance of a nutritionally sound breakfast and its impact on school performance through newsletters, Wellness Watch, take-home materials.
 - Modified meals will be prepared for students with food allergies or other dietary needs based on appropriate medical documentation.
 - Commercial vending machines have been removed from all buildings.
 - Provide administrators, teachers, students and parents a list of foods that meet USDA requirements for foods and snacks that are nutrient rich (fruits, vegetables, low-fat dairy products, low in sugar) and appropriate portion sizes for students
 - Serve water, milk or 100% juice
 - School Nutrition Director will provide PTA presidents with information about healthy food choices
 - School Nutrition Director will distribute a yearly newsletter with information about healthy snack and lunch options.
 - Coordinated School Health Team will provide incoming kindergarten parents with information about healthy celebrations and snack options
 - School meals will be served in clean and pleasant settings.
 - Provide cafeteria environment that has a relaxed and enjoyable climate
 - Offer clean and pleasant space to eat
 - Appropriate wipe cloths are available to clean and wipe tables and spills
 - Offer free and reduced priced meals
 - Social stigma attached to free or reduced meals are eliminated because students have 'pin' numbers for lunch payments instead of cash, which keeps their payment status confidential
 - The food service program is completely self-supporting.
 - Budget neutrality or profit generation shall not take precedence over the

nutritional needs of the students

- Discourage the raising of additional funds from the sale of foods that have minimal nutritional value and/or compete nutritionally with the program meals.
- Qualified nutrition professionals shall administer the school meal programs.
- Provide professional development when hired and then on an as-needed basis.
- The district is prepared for medical and food emergencies such as choking, allergic reactions and biological hazards.
- Professional development training opportunities for staff in first aid and breathing emergencies
- Continue to train staff to respond quickly and effectively to attempts to introduce biological hazards to the food supply.
- Implement Hazard Analysis and Critical Control Points (HACCP) plans and guidelines to prevent food-borne illness in school.

Students are not allowed to share foods or beverages with one another during meal or snack times.

- Signs are posted in school cafeterias
- 'Peanut-free' tables are designated in school cafeterias and are specially wiped down and cleaned after every lunch wave

IV. COMMUNICATION AND PROMOTION

District will encourage opportunities to increase partnerships with local community resources such as businesses, libraries, faith based organizations, health departments, colleges, health care providers and farms that support school based health activities.

- Identify school and community resources that provide food and beverages that are locally produced and could provide the school district foods or beverages that meet the USDA nutritional requirements and that are of competitive cost.

Offer developmentally appropriate, culturally relevant, participatory activities such as:

- contests and promotions
- farm visits
- culinary arts programs and events
- health fairs and events
- Parent nights

Offer information for parents about healthy eating and physical activity

- Wellness Watch
- Newsletters
- Posters
- Pamphlets
- Presentations to PTAs, kindergarten activity days, Open Houses, Conferences, Parent Nights, etc.

Collaborate with building health teams and their staff and students to best implement ideas for healthy food and non-food alternatives.

V. MEASUREMENT AND EVALUATION

Coordinated School Health Team will meet on a regular basis to assist with the implementation and evaluation of the Wellness Policy.

The CSHT will collect data from school buildings about the effectiveness of wellness policy

- Types of foods at classroom celebrations
- Attendance at Parent Nights
- Number of 'hits' at Wellness Watch
- Number of phone calls to team members or coordinator
- Success of pilot program, 'Physically active classrooms'
- Other qualitative or quantitative measures as deemed appropriate

February 4, 2005-

Regulation revised: 8/08

Regulation revised 6/7/10