

Instruction

Student Wellness

Student Nutrition and Physical Activity

The Cheshire Public Schools strives to make significant contributions to the general well being, mental and physical capacity and learning ability of all students, affording them the opportunity to participate fully 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.

Healthy eating and physical activity are linked scientifically to enhance academic performance and reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Board of Education to:

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not limited to the classroom, shall be aligned with healthy school goals that influence the understanding, beliefs, and habits related to good nutrition and regular physical activity for each student.
- B. **Support and promote proper dietary habits that contribute to the health status and academic performance of each student.** All foods available on school grounds and at school-sponsored activities during the instructional day must meet the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. **Provide continuing 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 incorporated into the schools' education program. Physical activity should include regular instructional physical education in addition to co-curricular activities or recess.
- D. **Support the District's commitment to improving academic performance in all students.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research indicating the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. Cheshire Public Schools will always consider the diversity of the student population (i.e. economic, religious, racial, cultural, and medical status) to ensure that each child's needs are met.

District Health and Wellness Committee

With the purposes of monitoring the implementation of the district's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a districtwide Health and Wellness Committee shall be established. The committee will meet a minimum of four times annually. Committee membership shall consist of, but not be limited to:

- School Administrators
- Food Service Director
- Dietitian
- Staff members
- Parents/Guardians
- Students
- Board of Education member(s)
- Physical and Health Education Teachers
- Health Care Professionals
- Community members

At the district level, the Board designates the Assistant Superintendent for Instruction 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.

Program Evaluation

At the district level the following procedure shall be used to evaluate the effectiveness of the wellness policy:

- A District Health and Wellness Committee shall be established for the purpose of monitoring 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.
- The committee will meet a minimum of four times yearly.
- The policy shall be reviewed as needed to determine if it is meeting current needs and is workable in promoting healthy eating and physical activity.

At the school level the implementation of the wellness policy will be evaluated as described below.

In order to evaluate the effectiveness of the school wellness program in promoting healthy eating and physical activity and implement program changes as necessary to increase the program's effectiveness, the building principal or his/her designee is responsible for ensuring:

1. Board policy and administrative regulation are implemented as written;
2. School staff and school nutrition and food services personnel have undertaken joint project planning and action;
3. Families and community organizations are involved in nutrition education as appropriate.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

(cf. 3542 – Food Service)
(cf. 3542-33 – Food Sales Other Than National 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.
10-19 Health Requirements
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.
10-221a HS graduation requirements
10-221o Lunch periods. Recess
10-221p Boards to make available for purchase nutritious, low-fat foods
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
S-10-2210 Lunch periods. Recess.
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

Instruction**Student Wellness****Student Nutrition and Physical Activity**

The Cheshire Public Schools promote healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The Cheshire Public Schools support 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.

District Nutrition Standards

Meals provided through the national school lunch program and school breakfast program shall comply with Federal Nutrition Standards and all applicable USDA regulations. All foods sold separately from school meals on school grounds and at activities on school grounds must meet the Connecticut Nutrition Standards. All beverages sold to students on school premises must meet the requirements of state statute.

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the Cheshire Public Schools has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds.

Food items that do not meet Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute can only be sold to students on school premises if the local board of education votes to permit them and the following three exemption conditions are met: (1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event; and (3) the food/beverages are not sold from a vending machine or school store.

Food:

- At all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods shall also be available for sale. Such foods include, but are not limited to, low-fat dairy products and fresh or dried fruit.
- Encourage the consumption of nutrient dense foods, those foods providing substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Examples include fruits, vegetables, whole grains, low-fat dairy, lean meats, legumes, nuts and seeds.

Beverages:

- Milk, water, 100 percent juice (fruit, vegetable or combination), nondairy milk (e.g., soy or rice milk), and beverages containing only water and fruit or vegetable juice may be sold to students on school grounds. All beverages must meet the requirements and portion sizes specified by state statute.
- Beverages not meeting the requirements of state statute will not be sold on school grounds, except when the sale occurs at the location of an event that occurs after the end of the school day or on the weekend, and the beverages are not sold from a vending machine or school store.

Candy:

- Candy sales are not permitted on school grounds.
- Candy sales are not permitted on school grounds unless they are sold at the location of an event that occurs after the school day or on the weekend, provided the sale is not from a vending machine or school store.

Food and Nutrition Services

The school meal program will comply with Federal, State and local requirements.

The food service provider must ensure that the Connecticut Nutrition Standards are followed when determining the items for a la carte sales. All beverages sold to students must meet the requirements of state statute.

Food sold or served in the school shall include nutritious, low-fat foods, which shall include, but are not limited to, low-fat dairy products, and fresh or dried fruit, at all times when food is available for purchase by students during the school day.

If our district has chosen to implement Healthy Food Certification, the Connecticut Nutrition Standards must be the District's Nutrition Standards. The Connecticut Nutrition Standards apply to all food sold separately from reimbursable meals (not just snacks), at all times and from all sources, including but not limited to school stores, vending machines, a la carte sales in school cafeterias, concession stands and any fundraising activities on school premises. They include five different food categories (entrees, fruits and vegetables, soups, cooked grains, and snacks and desserts), with different standards for each food category. A summary of the standards is at

www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/summaryctnutritionstandards.pdf.

Any beverages sold to students must meet the beverage requirements of state statute (CGS Section 10-221q) at all times and from all sources. The statute allows only the following five categories of beverages to be sold to students: (1) milk (flavored or plain) with no more than 4 grams of sugar per ounce and no artificial sweeteners; (2) nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35 percent of calories from fat per portion and no more than 10 percent

of calories from saturated fat per portion; (3) 100 percent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners; (4) beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners; and (5) water, which may be flavored but contains no added sugars, sweeteners, artificial sweeteners or caffeine. Portion sizes of allowable beverages are limited to no more than 12 fluid ounces, with the exception of water. (See allowable beverages in Connecticut schools, www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/allowable_beverages.pdf.)

Guidelines for Food and Beverages Offered to Students at School

The Cheshire Public Schools strongly encourage the use of nutrient dense foods at all school functions and activities. Nutrient dense foods are those foods providing substantial amounts of naturally occurring vitamins, minerals and other nutrients with relatively few calories. Examples include fruits, vegetables, whole grains, low-fat dairy, lean meats, legumes, nuts and seeds.

At any school function (parties, celebrations, feasts, etc.) healthy food choice options should be available. Some suggested foods that may be offered to students are listed below:

- Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Fruit juice and vegetable juice (at least 50% full strength) and bottled water
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Low-sodium crackers
- Baked corn chips and baked potato chips with salsa and low-fat dips (Ranch, Fresh Onion, Bean, etc.)
- Low-fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits (low-fat/non-fat yogurt)
- Gelatin and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pretzels
- Bread products such as bread sticks, rolls, bagels and pita bread
- Ready-to-eat low sugar cereals
- Low-fat (1 percent) and skim milk

Lunchroom Climate

A lunchroom environment that provides students with a relaxed climate shall be developed. It is encouraged that the lunchroom environment be a place where students have:

- Adequate space to eat and pleasant surroundings; and
- Convenient access to hand washing facilities before meals

Schools are required to provide all full day students a daily lunch period of not less than 20 minutes.

Fundraising Activities and Concessions

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. Fundraising projects and concessions at school functions must follow the Connecticut Nutrition Standards and the beverage requirements of state statute, unless they are held at the location of an event that occurs after the school day or on the weekend, provided the sale is not from a vending machine or school store. Organizations operating fundraisers or concessions at any exempted school functions must also include some healthy food choices in their offerings. The Connecticut Nutrition Standards and State Beverage Statute do not apply to fundraisers occurring off school premises. However, if the student brings in money to school for orders taken in advance, the fundraiser must be structured so that parents/guardians pick up the food/beverage item instead of students.

Teacher-to-Student Incentive

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Physical Education and Physical Activity

It is the Board's position that all students have equal and equitable opportunities for physical activity and fitness education in the Cheshire Public Schools. The goals of the district are:

- A. Students will participate in a quality, standards-based physical education program;
- B. Schools will have certified physical education teachers providing instruction; and
- C. Schools will have facilities, equipment, and supplies needed to deliver quality physical education.

Physical education promotes a physically active lifestyle in an inclusive environment with a goal of implementing moderate to vigorous activity levels for 85%– 90% of each class. Monitoring of student learning in physical education includes the use of common assessments addressing the knowledge and skills of our students and to help guide instructional changes. Our physical educators participate in professional development workshops each school year designed specifically to meet the needs of the physical education department.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs.

In general, schools shall discourage the withholding of recess as a form of punishment.

Nutrition Education

The Cheshire Public Schools shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Nutrition education instruction is interactive and participatory through the use of technology applications and cooperative groups.

Instructional staff is encouraged to integrate nutritional themes when appropriate. The health benefits of good nutrition should be emphasized.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education and physical education in the schools, the building principal or designee is responsible for ensuring:

1. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website, or presentations that focus on nutritional value and healthy lifestyles.
2. Nutrition education materials, physical education activity ideas, and cafeteria menus will be distributed.
3. Parents are encouraged to send healthy snacks/meals to school;
4. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
5. Parents and other family members are invited to periodically eat with their student in the cafeteria;
6. Parents are discouraged from bringing food into the cafeteria from outside vendors, thirty minutes prior to the start of the instructional day through thirty minutes after the end of the instructional day.
7. Physical education and nutrition education activities that students can do with their families may be assigned periodically;
8. School staff members are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs; and
9. School staff members are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

District Health and Wellness Committee

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