

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.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. Board of Education shall appoint a District Health Advisory Committee (DHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guides annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged.
- D. The school food services staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. The District will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs.
- B. School foodservice staff that is properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Programs.

- C. Food safety will be a key part of the school food service operation.
- D. Menus will meet the nutrition standards established by the Connecticut State Department of Education and the US Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume complete balanced meals. Positive nutrition statements will be provided to students on a regular basis.

Component 3: Other Healthy Food Options

- A. The District Health Advisory Committee will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See *attachment A*.
- B. All food and beverages available to students at school are recommended to be food items low in saturated fat, sodium, and sugar and are in compliance with state law.
- C. The sale of food and beverages of minimal nutritional value (see attachment b) can occur on all school campuses only when the following criteria are met:
 - 1. The sale is in connection to an event occurring at after the end of the regular school day or on the weekend.
 - 2. The sale is at the location of the event.
 - 3. The food is not sold from a vending machine or a school store.
- D. School staff shall use food as a reward for student accomplishment sparingly.
- E. The District will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Component 4: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for students to get water at meals and throughout the day.
- C. School personnel will encourage all students in developing the healthy practice of washing hands before eating.
- D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- E. A minimum 20-minute uninterrupted lunch period should be established to allow students to eat, relax, and socialize. *(required by state law)*
- F. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise cafeterias and serve as role models to students by demonstrating proper conduct and voice level.

Component 5: Nutrition Education

- A. The District will follow health education curriculum standards and guidelines as stated by the State Department of Education. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. School will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Healthy eating and physical activity will be actively promoted.

- D. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper, district and school websites and television stations.

Component 7: Implementation

- A. The District Health Advisory Committee (DHAC) shall be composed of parents and school district staff. Members of the committee shall be composed of: the Superintendent or his/her designee, Athletic Director, the Food Service Director, parent, Board of Education member, student, school nurse, and PE/Health Teacher insuring representation from each school level.
- B. The District Health Advisory Committee members from each school will conduct a review of their schools in the winter semester of each year to identify areas of strength. These groups will report their finding to the building principal and consider appropriate plans of action.
- C. The District Health Advisory Committee will hear reports from each school group after each review period. Before the end of each school year the DHAC will recommend to the Superintendent or designee any revisions to the Student Nutrition/Wellness Plan it deems necessary.
- D. The District Health Advisory Committee, via the Food Service Director, will report annually to the Superintendent or his/her designee the progress of the committee and the status of compliance by the campuses.

(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 Times)

(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
 10-221o Lunch periods. Recess
 10-221p Boards to make available for purchase nutritious, low-fat foods.
 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)

Policy Adopted: June 8, 2006

STONINGTON PUBLIC SCHOOLS
Stonington, Connecticut

Policy Revised: September 14, 2006

Stonington Public School

Student Nutrition/Wellness Plan
Guidelines for Food and Beverages Offered 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)
- 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)

Carbonated and caffeinated beverages (soft drinks, tea & coffee)

High sugar content candies and desserts

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

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

- In selecting foods items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) 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. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Stonington Public Schools

**Student Nutrition/Wellness Plan
Foods of Minimal Nutritional Value**

These foods may not be sold to students on a school campus except when the following criteria are met:

1. The sale is in connection to an event occurring at after the end of the regular school day or on the weekend.
 2. The sale is at the location of the event.
 3. The food is not sold from a vending machine or a school store.
- **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 predominately from sweeteners or artificial sweeteners with a variety of other ingredients, including powered 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.