

District Wellness

PURPOSE: Wallingford Public Schools recognizes the vital connections that exist between student health and success in school. Therefore, student wellness, including good nutrition, development of health habits, and physical activity shall be promoted in the District's educational offerings, school activities, and meal program.

GOALS:

- Support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Foster the positive relationship that exists between good nutrition, physical activity, and the capacity of students to develop and learn.
- Provide nutrition education as part of the district's comprehensive program.
- Encourage an active lifestyle for our students and staff.
- Provide instruction in physical and health education at every level to promote the actions and attitudes required to help students develop and maintain skills needed to ensure their personal well-being.

The District will comply with state statutes regarding physical education, health education, and physical activity. The policy shall be interpreted in accordance with Section 204 of the Healthy Hunger-Free Kids Act of 2010 (Public Law 111-296).

District Wellness**I. Health Education**

- A. Health education will be provided at all levels (elementary, middle, and high) and a curriculum that is comprehensive, sequential, and standards-based to provide all students with the knowledge and skills necessary to promote and protect their overall well-being. The framework for the curriculum will be based on The National Health Standards and the Connecticut Healthy and Balanced Living Frameworks.
1. The school health program shall be designed to incorporate skills and concepts to help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
 2. The District will promote appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity such as: staff wellness programs, non-food reward systems and fundraisers that offer healthier choices.

District Wellness

Health Education (continued)

3. The school health curriculum at levels (elementary, middle, and high) will include nutrition education that is based on state and national standards. Teachers will be encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable. The nutrition content shall include, but not be limited to:
 - Making healthy eating choices while considering various factors.
 - Analyzing factors that impact eating choices.
 - Assessing accurate information about healthy eating.
 - Understanding the relationship between healthy eating habits and well-being.

II. Physical Education and Physical Activity

- A. Physical education will be provided at all levels (elementary, middle, and high) with a curriculum that is comprehensive, sequential, and standards-based. The framework for the curriculum will be based on The National Physical Education Standards and the Connecticut Healthy and Balanced Living Frameworks.
 1. Students will be motivated and prepared with the skills and knowledge to develop and maintain overall wellness through lifelong activities and healthy practices.
 2. The District's physical education program will provide information and opportunities to learn and practice activities that emphasize how students can be "physically fit" for life, rather than only becoming skilled in specific sports.
 3. Physical education teachers will regularly monitor students' fitness in compliance with state standards.
 4. The District will promote physical activity opportunities for students by promoting, programming, and collaborating with local organizations.
 5. Students will begin fitness or activity logging in elementary school and will continue through middle and high school. Physical education teachers will assist students to interpret their personal attainments and compare them to national physical activity recommendations. The 2004 Guidelines from the National Association for Sport and Physical Education (NASPE) recommended:
 - Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week.

District Wellness

Physical Education and Physical Activity (continued)

- Children should practice each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.
- NASPE recommendations for physical education are 150 minutes per week for elementary students and 225 minutes per week for middle and high school students. Recess in elementary schools provides opportunities for physical activity which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide time within every school day for preschool, kindergarten and elementary school students to enjoy supervised recess. Recess shall complement, not substitute for, physical education classes. Staff shall not deny a student's participation in recess or other physical activity as a form of discipline or punishment, nor should they cancel it for instructional make-up time. Recess at the elementary level is recommended to be 25 minutes per day. This is in compliance with state statute which requires a minimum of 20 minutes per day and 100 minutes per week, where there is an opportunity for the student to engage in physical exercise, in addition to any physical education requirements.

III. Nutrition Standards for Foods at School

- A. The school district is committed to serving healthy nutritious meals to improve diet and health thereby helping to mitigate childhood obesity. Meals served in our schools will also model healthy eating to support the development of lifelong healthy eating habits while accommodating cultural food preferences and special dietary needs. Nutrition guidelines that require the use of products that are high in fiber, low-fat, contain zero trans-fat, low in added sugar and sodium and served in appropriate portion sizes consistent with USDA standards shall be established for all food offered by the District's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- B. Nutrition services policies and guidelines for reimbursable meals shall follow the federal and state regulations. These guidelines call for whole grain rich products, fresh and canned fruits, a variety of vegetables from each of the USDA vegetable groups, fat free flavored and unflavored milk, and low fat milk, to meet the nutrient and calorie needs of each specific age group. Whenever possible, foods from local sources will be used as part of the school nutrition program.

INSTRUCTION

6142.10

District Wellness

Nutrition Standards for Foods at School (continued)

- C. The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Food and beverages sold and served outside of the school meal programs will meet either the Federal Smart Snacks regulations or the State Healthy Food Certification regulations based on an annual decision by the Board of Education. Foods not meeting the regulations can be served because the Board of Education agreed to waive compliance with the beverage and snack regulations provided the exemption criteria established and located on the state website: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420> and in this document as follows www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/HFC/reqHFC.pdf, are met.
- D. A la carte offerings to students shall be nutritious and meet federally recommended guidelines and shall be selected with input from students, parents, and staff whenever possible.
- E. The District will promote healthy snacks served during the school day, in before and after-school care, and in enrichment programs by encouraging snacks that will make a positive contribution to children's diets and health with an emphasis on serving fruits, vegetables, and water.
- F. The District will comply with the Connecticut General Statutes Section 10-221q with regard to beverages. C.G.S. Section 10-221q applies to all sources of beverage sales, including but not limited to school cafeterias, school stores, vending machines, fundraising activities on school premises and any other sources of beverage sales to students including culinary arts programs, family and consumer science classes, and recipient schools under interschool agreements. Foods not meeting the regulations can be served because the Board of Education agreed to waive compliance with the beverage and snack regulations provided the exemption criteria established and located on the state website: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420> and in this document as follows www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/HFC/reqHFC.pdf, are met.
- G. The District will comply with the Administrative Regulation of the State Board of Education (section 10-215b-1) which states:
1. No school food authority shall permit the sale of dispensing to students of extra food items anywhere on the school premises from thirty minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after any such program.
 2. "Extra food items" means tea, coffee, soft drinks and candy.
 3. "School food authority" means the governing body which has the legal authority to operate one or more school feeding programs and receive state or federal subsidies for the operation of any such program.

INSTRUCTION

6142.10

District Wellness

Nutrition Standards for Foods at School (continued)

4. The District will comply with the Administrative Regulation of the State Board of Education (section 10-215b-23) which states in part: The income from the sale to the students of food items, anywhere on the school premises from thirty minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after any such program, shall accrue to the school food authority for the benefit of state of federally subsidized milk or food service programs.
- H. The District will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and after-school snack and summer food service programs).
- I. The District shall ensure that individuals who provide meals for its students are properly qualified according to current USDA standards for child nutrition professionals. These individuals shall have received adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors, and other appropriate topics.

IV. Marketing and Promotion

- A. School-based marketing shall be consistent with nutrition and health promotion. Schools shall support healthy food choices. The promotion of nutrient-dense foods, including fruits, vegetables and whole-grains and low-fat dairy products, shall be encouraged. The student nutrition program will ensure that all students have access to varied and nutritious foods.
- B. Students will receive motivating messages, about positive lifestyle habits, healthy eating, and physical activity throughout the school setting. School personnel will help reinforce these positive messages. Food and beverages sold or served shall not contradict health eating messages.
- C. Schools will promote healthy food and physical activity choices. The school District shall conduct nutrition education activities and promotions that involve parents, students, and the community.
- D. Healthy eating and physical activity will be promoted to students, parents, teachers, administrators, and community at meetings, health fairs, and on the District website and through newsletters. The District Wellness policy will be shared with school staff, families and community agencies through the District website.

District Wellness

Marketing and Promotion (continued)

- E. The District highly values the health and well-being of every staff member and shall encourage participation in activities that support personal efforts to maintain a healthy lifestyle and that encourages staff members to serve as role models.
- F. **Community Partnerships:** The District will continue relationships with local partners (i.e. hospitals, universities/colleges, local businesses, community-based organizations and agencies) in support of its wellness policy initiatives. New and existing community partnerships and sponsorships will be evaluated to ensure that they are consistent with this policy and its goals.
- G. **Community Health Promotion and Engagement:** The District will provide families with guidance regarding the importance of healthy eating, physical activity, and positive, healthy lifestyle choices. Families will be invited to share in school-sponsored, health related activities and will receive information about health promotion efforts.
- H. **Staff Wellness and Health Promotion:** The District will encourage staff members to take part in activities that promote wellness to help them maintain good health while serving as positive role models for our students.

V. Review and Evaluation

- A. This policy will be reviewed every three years by the District Wellness Committee.
- B. The effectiveness of the District's Wellness Programs may be determined by analyzing data gathered from these sources.
 - 1. District Curriculum Review Process (includes student performance results on common District assessments).
 - 2. Input from students and parents through periodic focus groups and surveys.
 - 3. Annual evaluation of the school lunch program (i.e., participation rates, nutritional profile of menus, changes in school menus based on student preference).
- C. The District Wellness Committee will report its findings/recommendations to the Central Office Administration for their consideration.

INSTRUCTION

6142.10

District Wellness

Legal References: Connecticut General Statutes:

- Duties of State Board of Education re-feeding programs 10-215b
- Sales of Beverages 10-221q
- Administrative Regulations of the State Department of Education 10-215b.1
- Administrative Regulations of the State Department of Education 10-215b.23
- The Child Nutrition and WIC Reauthorization Act of 2004
- Public Law 108-265 – Section 204, Local Wellness Policy

Physical Education Statutes

- Connecticut Education Laws, Chapter 164, Section 10-16b. (a) Prescribed courses of study. A program of physical education must be included and taught by legally qualified teachers (currently certified to teach physical education in Connecticut - endorsement 044)
- 10-16b. (c) Physical education is required ... and that such program of instruction is planned, ongoing and systematic. (same as all required subjects). The key phrase is “planned, ongoing and systematic.” Each District determines how its instructional programs will comply with this expectation with the Department of Education review/approval/accreditation. Each District must determine what the requirements are for high school students’ earning at least one physical education credit -- see notation below**. Also, note that health education has its own requirements for credit and for content (Sections 10-16b and 10-19), and is not to be confused with or substituted for physical education. The earning of high school credits is expected to be commensurate across content areas. There are physical activity requirements that should not be confused with or substituted for physical education (CGS, Sec. 10-221o) and Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requiring that physical activity goals be included in the local development of wellness policies effective at the beginning of the 2006-07 school year.
- State law requires that each local and regional Board of Education must provide time devoted to physical exercise for students in elementary school, of not less than 20 minutes in total for each regular school day. This provision is required pursuant to Section 10-221o of the Connecticut General Statutes, as amended by Section 9 of Public Act 12-116, Section 5 of Public Act 12-158 and Section 2 of Public Act 13-173.
- Public Act 13-173 requires that not later than October 1, 2013, each local and regional Board of Education must adopt a policy concerning the issues of (1) any school employee preventing a student from participating in the entire time devoted to physical exercise during the regular school day and (2) any school employee involved in requiring any students enrolled in Grades K-12, inclusive, to engage in physical activity as a form of discipline during the school day. In addition, the Public Act amended Section 10-221o to include in the regular school day for each student enrolled in elementary school time devoted to physical exercise of not less than 20 minutes. Previously, the state statute required 20 minutes of physical exercise for students enrolled in Grades K-5.

INSTRUCTION

6142.10

District Wellness

Physical Education Statutes continued:

- To be in compliance with this legislation, school districts are advised to ensure a daily period of physical exercise for all elementary school children, including kindergarten and pre-kindergarten (PK) students regardless of whether their regular school day is a full day or half-day. If an elementary school includes Grades PK-8, the school must provide opportunity for physical exercise for ALL students, including those in Grades 7 and 8 as well as PK. Opportunities for physical exercise may be (1) recess, (2) other sustained opportunities for physical activity during classroom learning in addition to regularly scheduled physical education, or (3) some combination of (1) and (2). Transitions between classes should not be considered as “time devoted to physical exercise.”

Health Education Statutes

- Section 10-16b of the Connecticut General Statutes (C.G.S.), which prescribes courses of study in public schools. A program of study in health and safety education must be offered in kindergarten through Grade 12 in a planned, on-going and systematic fashion and include, at a minimum, human growth and development; nutrition; first aid; disease prevention; community and consumer health; physical, mental and emotional health, including youth suicide prevention, substance abuse prevention, safety, which may include the dangers of gang membership, and accident prevention. Health and safety education is included as a planned program of study and must be treated like any other content area with regard to quality of curriculum and instruction.
- C.G.S. Section 10-16c directs the CSDE to develop a curriculum guide to aid local and regional boards of education in developing family life education programs within the public schools.
- C.G.S. Section 10-163 says students are not required to participate in family life education programs.
- C.G.S. Section 10-19(a) requires instruction regarding the use of alcohol, nicotine, tobacco and drugs every academic year to all students in kindergarten through Grade 12 in a planned, ongoing and systematic fashion. Required content includes teaching about the knowledge, skills and attitudes required to understand and avoid the effects of alcohol, of nicotine or tobacco and of drugs on health, character, citizenship and personality development.
- C.G.S. Section 10-19(b) requires that instruction in Acquired Immune Deficiency Syndrome (AIDS) be offered in kindergarten through Grade 12, during the regular school day in a planned, ongoing and systematic fashion. Parents/guardians have the right to opt their child out of such instruction.

INSTRUCTION

6142.10

District Wellness

Health Education Statutes (continued)

- Public Act 14-196 An Act Concerning a State-Wide Sexual Abuse and Assault Awareness Program. (Topic may be included in health education or elsewhere in the comprehensive curriculum) No later than October 1, 2016, a program shall be implemented in each local and regional school district in grades k-12, inclusive, and may include but not be limited to: the skills to recognize child abuse and assault, boundary violations and unwanted forms of touching and contact, ways offenders groom or desensitize victims, strategies to promote disclosure, reduce self-blame, and mobilize bystanders. Parents or legal guardian may exempt their child out of such instruction.

Policy Adopted: 4/17/06

Policy Revised: 7/19/10, 05/16/11, 02/27/17