

**District Wellness**

- I. **PURPOSE:** Healthy eating patterns and regular physical activity are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and regular physical activity can reduce the risk for developing many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain a healthy lifestyle. Well-planned and well-implemented school nutrition and physical education programs have been shown to positively influence students' health.
- II. **GOAL:** All students shall possess the knowledge and skills necessary to make positive decisions to enhance their health as it relates to food choices and physical activity. In addition, the staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. The Wallingford School 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.

**A. Nutrition Education and Promotion**

1. The school health curriculum at all three levels, elementary, middle and high schools will include nutrition education that is based on state 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 district will promote other 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 encourage fund raisers that offer healthier choices.

**B. Physical Activity and Promotion**

1. Students will learn how to achieve and maintain their physical health through instruction in both health and fitness. The school physical education curriculum will be based on state standards. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. The district's physical education program will provide information and opportunities to learn and practice activities that emphasize how students can be "physically fit," rather than only becoming skilled in specific sports. Physical education teachers will regularly monitor student fitness in compliance with state standards.
2. 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 National Association for Sport and Physical Education (NASPE) recommended:

**DISTRICT WELLNESS****II. GOAL (continued):**

- 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.
  - 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.
3. 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 makeup 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.

**C. Nutrition Standards for Foods at School**

1. Nutrition guidelines that require the use of products that are high in fiber, low-fat, and low in added sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all food offered by district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
2. Nutrition services policies and guidelines for reimbursable meals shall follow the federal and state regulations.

**DISTRICT WELLNESS****II. GOAL (continued):**

3. 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.
4. The district will promote healthy snacks served during the school day, in 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.
5. The school system will comply with the Administrative Regulation of the State Board of Education (section 10-215b-1) which states:
  - a. No school food authority shall permit the sale or 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.
  - b. "Extra food items" means tea, coffee, soft drinks and candy.
  - c. "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.
6. The school system will comply with the Administrative Regulation of the State Board of Education (section 10-215b-23) which states in part:
  - a. 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 or federally subsidized milk or food service programs.

**D. Other School-Based Wellness Activities**

1. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).
2. Employ a food service director, who is properly qualified, certified and/or credentialed according to the current professional standards, to administer the school food service program and satisfy reporting requirements.
3. All food service personnel shall have adequate pre-service training in food service operations.

**DISTRICT WELLNESS****II. GOAL (continued):**

4. School food service staff members who are properly qualified according to current professional standards and who regularly participate in professional development activities will administer the Child Nutrition programs.

**E. Marketing and Promotion**

1. The student nutrition program will ensure that all students have access to varied and nutritious foods.
2. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. School personnel will help reinforce these positive messages.
3. Schools will promote healthy food and physical activity choices.
4. Healthy eating and physical activity will be promoted to students, parents, teachers, administrators, and community at meetings, health fairs, and on the district web site and through newsletters.

**F. Measurement and Evaluation**

1. This policy will be reviewed every four years by the Physical Education, Health and Safety Management Team.
2. Report findings to the Health Advisory Committee.

**Legal References:** Connecticut General Statutes:  
10-215b. Duties of State Board of Education re feeding programs  
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

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