

## **Instruction**

### **Student Nutrition and Physical Activity (School Wellness Policy)**

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

#### **Goals for Nutrition Education**

The goals for addressing nutrition education include the following:

- Support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Include nutrition education in the school health education curriculum and integrate nutrition education into other classroom content areas, as appropriate.

#### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- Support and promote an active lifestyle for students.
- Teacher physical education in all grades that includes a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in the school's physical education program.
- All teachers, including physical education teachers, shall not order the performance of physical activity as a form of discipline or punishment.
- All teachers shall attempt to refrain from the prohibition of participation in recess as a form of punishment.
- Classroom teachers shall not prohibit participation in physical education class as a form of punishment.

#### **Nutrition Guidelines for Foods Available in Schools**

Students will be offered and the school will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and My Pyramid, published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education in addition to federal and state statutes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food and beverage sales that compete with the District's nonprofit food service in compliance with the Child Nutrition Act. The District shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute.

All sources of food sales to students at school must comply with the Connecticut Nutrition Standards including, but not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. The District shall ensure that all beverages sold to students comply with the requirements of state statute. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

#### **Healthy and Safe Environment**

A healthy and safe environment for all, before, during and after school supports academic success.

The Sharon Public Schools shall maintain environments that are free of tobacco, alcohol and other illegal substances.

Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

Students and parents of students are notified of the prohibition against bullying and the penalties for violating the prohibition by ensuring inclusion of such information in student and parent handbooks.

It is recommended that all staff and volunteers refrain from using food as a form of reward or punishment.

It is recommended that all students wash their hands before snack and lunch.

### **Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### **Communication, Evaluation and Promotion**

Parents, administrators, the food service director, and school staff will meet as a Health and Wellness Advisory Committee to assist administration and provide feedback on the effectiveness of the school wellness policy.

Adherence to school health policies regarding nutrition and physical education will be evaluated, at least yearly, by the Health and Wellness Advisory Committee.

The Building Principal or a designee will be responsible for policy adherence and shall provide periodic implementation data and/or reports to the Board sufficient to allow the Board to monitor and adjust the policy.

The promotion of healthy foods including fruits, vegetables, whole grains and low fat dairy products is encouraged.

Students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and being physically active throughout the school setting.

Legal Reference: Connecticut General Statutes

[10-16b](#) Prescribed courses of study.

10215 Lunches, breakfasts and the feeding programs for public school children and employees.

[10-221](#) Boards of education to prescribe rules, policies and procedures.

10215a Nonpublic school participation in feeding program.

10215b Duties of state board of education re: feeding programs.

10216 Payment of expenses.

[10-215e](#) Nutrition standards for food that is not part of lunch or breakfast program.

[10-215f](#) Certification that food meets nutrition standards.

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious, low-fat foods.

Legal Reference: Connecticut General Statutes

[10-221q](#) Sale of beverages.

Regulations of Connecticut State Agencies

[10-215b-1](#) Competitive foods.

[10-215b-23](#) Income from the sale of food items.

National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12,)

The Child Nutrition and WIC Reauthorization Act of 2004

Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 CFR Parts 210 & 220

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751

Child Nutrition Act of 1966 (*see* P.L. 108-269, July 2, 2004)

School Breakfast Program, 7 C.F.R. Part 220 (2006)

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SHARON BOARD OF EDUCATION

Sharon, Connecticut