

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

The Board of Education promotes healthy schools and communities by supporting and encouraging wellness, good nutrition, and regular physical activity as part of the total learning environment. The Board of Education further supports a healthy environment where children learn skills and receive positive reinforcement to participate in wholesome dietary and lifestyle practices. Parents are encouraged to be active participants in this process. Improved health optimizes student performance potential and ensures that no child is left behind.

Specifically, the Board supports healthful student eating through the provision of a well-balanced, nutritionally sound breakfast and lunch program that meets USDA requirements, while being modified, as appropriate, for special dietary needs. Meal patterns and nutrition standards of federal regulations will be fulfilled as required. The nutrition needs of school children within their caloric requirements, per USDA nutrition standards, will be met. Furthermore, in compliance with Connecticut Nutrition Standards and the state beverage statute (CGS 10-221q), the Board promotes only the consumption of appropriate healthy foods and beverages throughout the schools, as well as through products offered for school sponsored fundraisers. Nutritious eating habits will be encouraged as part of the District's developmentally appropriate, planned, and sequential health curriculum. Moreover, appropriate school meal procedures will encourage adequate time allotted for students to eat.

The Board of Education also provides for a variety of physical activity opportunities for every student that incorporate state and federal guidelines, as fiscally practicable. All students enrolled in grades K through 5 inclusive, shall have included in the regular school day, time devoted to physical exercise of not less than twenty minutes in total, except that a planning and placement team ("PPT") may develop a different schedule for students requiring special education and related services. Students will be encouraged to develop knowledge and skills to be applied in specific moderate to vigorous physical activities and to maintain physical fitness, to regularly participate in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle. Assessments to measure students' levels of fitness and knowledge of physical education and healthy lifestyle principles will be developed. In addition to physical education classes, there will be a range of accessible and safe opportunities to be active which meet the needs, interests, and abilities of all students.

To that end, strategies that discourage the withholding of recess to enforce the completion of academic work or the use of physical activity as a consequence of misbehavior or lack of responsibility will be put in place. Additionally, food will not be withheld as a consequence or punishment.

Furthermore, the Board of Education highly values the health and well-being of every staff member. Staff is encouraged to engage in activities that promote a healthy lifestyle and to serve as role models for students.

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

10-221p Boards to make available for purchase nutritious and low fat foods.

10-221q Beverages.

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 (as amended by P.L. 108-269, July 2, 2004)

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

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STAFFORD PUBLIC SCHOOLS
Stafford Springs, Connecticut

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General Food and Drink Guidelines

All food sold to students at all times separately from school meals must meet the Connecticut Nutrition Standards. All beverages sold to students on school premises at all times must meet the requirements of state statute CGS Section 10-221q. The statute only allows 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% of calories from fat per portion, and no more than 10% of calories from saturated fat per portion; (3) *100% 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. Water is allowed at all times throughout the school day.

The Stafford Board of Education shall allow exemptions to the requirements of the Connecticut Nutrition Standards for foods and State statute (CGS Section 10-221q) for beverages when 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.

Classroom Events and Activities

Lists of approved food/beverages for classroom events and activities will be drawn up by a nutritionist or from lists provided by school nutrition organizations/the Connecticut State Department of Education (CSDE) website nutrition updates, and the CSDE's *List of Healthy Food and Beverages*. Parents, students, teachers, and administrators will be provided with the Internet address for the Connecticut Nutrition Standards for foods and the CSDE's *List of Healthy Food and Beverages*, and for accessing CGS Section 10-221q that specifically addresses beverages. A copy of the Connecticut Nutrition Standards and CGS Section 10-221q will also be available in each school office. There will be a variety of foods/beverages to choose from. Teachers/students will choose foods/beverages that reflect this variety. Then, teachers will send home the name of a food or beverage item from the list to those parents who volunteered to provide food/beverages for the event or activity.

The school kitchen could also be used as a resource and be asked beforehand to supply healthy foods and beverages purchased for classroom celebrations, for a fee. All foods and beverages purchased from the cafeteria must meet the Connecticut Nutrition Standards and beverage requirements by state statute.

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Classroom Events and Activities (continued)

The following are guidelines for classroom events and activities at which food may be provided:

Pre-K – Grade 1: birthdays, events and activities as part of holiday curriculum units, 100th Day celebration, end-of-school.

Grades 2 – 5: events and activities as part of holiday curriculum units, end-of-school.

Grades 6 – 12: events and activities as part of curriculum units, end-of-school.

Fundraising

Fundraising items will not be food items of low nutritional value, such as candy, potato chips, etc. Moreover, parent and booster groups also will be asked to provide a balance of fundraising items that are non-foods and/or foods of good nutritional value. Informational lists of such items will be made available to these groups on a regular basis. Individual candy bars, small packages of cookies, and other foods of low nutritional value cannot be sold by students for parent and booster groups. While students can bring home brochures regarding fundraising that might involve food items of low nutritional value and return the money and orders to the school, students cannot deliver the products.

Promotion and Information

Reminders for healthy eating habits and physical fitness activities will be updated periodically and sent home to parents. There will also be a website health link called the Stafford Schools' Students & Parents: Health & Wellness Info. Posters in all schools will remind students of healthy eating habits and the importance of physical fitness. A uniform message for healthy eating habits will be posted in all school cafeterias. Information will be updated for staff at faculty meetings and for parents at parent-school group meetings. At these parent-school meetings, input from parents will also be sought.

Staff Wellness

Participation in before and after school staff physical fitness activities such as: walking, yoga, volleyball, etc. will be encouraged. Notice of such activities will be distributed via written and/or digital communications. Health promotion programs will be offered to staff in a variety of formats/topics. For example, school nursing staff will be encouraged to institute screening programs such as, blood pressure, weight management, etc. During Professional Development

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Staff Wellness (continued)

Days healthy snacks and lunches, as well as brief periods of physical exercise will be encouraged. In addition, a portion of each school's professional library will be devoted to health and fitness topics, including videos/DVDs that could be signed out for use at home.

Nutrition and Physical Education

A standards-based, developmentally appropriate, sequential nutrition and physical education program that meets state health and physical education standards found in Connecticut's Healthy and Balanced Living Curriculum Framework will be provided to students K-12 yearly as part of Stafford's health and physical education curriculum. In depth curriculum units on nutrition are taught every two years in grades K-8, and during the .5 credit health class at Stafford High School. Hand hygiene education is taught yearly from grades Pre-K through 5. From grades 6-12 hand washing is encouraged through posters, teacher reminders during flu season, etc.

The current health curriculum meets all national health education standards. In addition, the principles and practices of the Health Education Assessment Project (HEAP) that stresses the building of health literacy in a comprehensive, sequential manner and in which several health and physical education teachers have been trained, will be followed. The current physical education curriculum incorporates State and national physical fitness standards, assessments, and rigorous activity recommendations. Waivers for the substitution of other physical activities in place of physical education classes are prohibited, unless medically exempted or at the discretion of Administration. The district encourages a teacher-student ratio of 25 to 1 in all physical education classes. Equipment used during physical education classes is reviewed regularly to conform to safety standards.

Moreover, in addition to physical education classes, there will be a range of accessible and safe opportunities to be active, including but not limited to intramural programs, extended day programs, and interscholastic sports, which meet the needs, interests, and abilities of all students. Students in elementary school shall have daily outdoor recess for at least fifteen minutes, weather permitting, and/or individual condition, as determined by the Principal in consultation with the school nurse. During recess, a variety of physical activity for elementary students is encouraged.

Educational Reinforcement and Nutrition/Physical Exercise Promotion

At all grade levels there will be programs before, during, and/or after the school day throughout the school year to promote healthy eating and exercise behaviors. Printed nutrition/ physical exercise educational materials that are age/grade appropriate will be sent home at least periodically. Physical fitness results will be distributed to parents along with suggestions for establishing healthy fitness habits for children. Efforts will be made to coordinate with the town's Park and Recreation Department to expand the opportunities for physical activity for

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Educational Reinforcement and Nutrition/Physical Exercise Promotion (continued)

school age children. The district promotes the use of school facilities for physical activity programs offered by community-based organizations.

Withholding of Recess and Food as a Punishment

As a regular practice, recess will not be withheld from students as a time to make up uncompleted homework assignments, nor withheld as a consequence for misbehavior. An exception to this will be the withholding of recess as a consequence for misbehavior during a previous recess or in instances where the student's behavior poses a health and/or safety concern.

School meals will not be withheld as a consequence of misbehavior or uncompleted homework/classroom assignments.

Any employee who fails to comply with the requirements of these requirements regarding the withholding of recess or food as a punishment may be subject to discipline, up to and including termination of employment. Any contracted individual who provides services to or on behalf of students enrolled in the district and who fails to comply with these requirements may be subject to having his/her contract for services suspended by the district.

School Breakfast and Lunch

School breakfast and lunch will be served in well-lit, clean cafeterias in each school. Meals provided through the National School Lunch Program shall comply with federal nutrition standards and all applicable USDA regulations. Emphasis should be placed on nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats, legumes, nuts, and seeds. All food sold to students separately from school meals must meet the Connecticut Nutrition Standards.

Meal Planning: All menus will be written in accordance with USDA regulations and meet Connecticut Nutrition Standards, with menus focusing on increasing fruit, vegetables and whole grains. Menus will follow a traditional meal pattern. This pattern will meet specific food components including meat/meat alternate, vegetables/fruit, grains/breads and milk. For each food item, the meal patterns will specify a minimum number and size of servings. All of these food components will be made available each day for all students. The nutritional content of meals will be available to students, families and school staff members. No additional salt is

added to any meal or food item, other than what is specified by USDA regulations and Connecticut Nutrition Standards.

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

School Breakfast and Lunch (continued)

Summer Food Service Program (when applicable): The Stafford school district realizes a student's need for nutrients does not end when school does. The district will coordinate with other agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.

Nutrition and Breakfast Promotion: All foods available in the schools will meet or exceed USDA nutrition standards and meet Connecticut Nutrition Standards. Emphasis should be placed on nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats, legumes, nuts and seeds. To ensure high-quality, nutritious meals, food should be served with consideration toward variety, appeal, taste, safety, and packaging. Research has shown that breakfast consumption is clearly linked to academic achievement. The district will help ensure that all students have breakfast, either at home or at school. Breakfast will be readily available at all schools. Posters encouraging healthy eating and the importance of breakfast should be prominently displayed throughout the schools. Students are encouraged to participate in creating displays that promote healthy eating habits.

Free and Reduced-Price Meals: The district notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply twice yearly. Qualifications for free and reduced-price breakfast and lunch will vary annually in accordance with the annual eligibility schedule. The Stafford school district maintains the confidentiality of students and families applying for and receiving free or reduced-price meals in accordance with the National School Lunch Act. The district follows federal regulations that require schools to ensure that a child's eligibility status is not overtly identified.

Food Pricing: Food prices set by the Stafford school district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.

Special Dietary Needs and Alternate Foods

The Stafford Public Schools will comply with all state and federal laws regarding students who may require modifications or accommodations to meals based on disabilities or documented medical need.

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

A La Carte Food Sales

The Stafford school district's food service operation should be financially self-supporting. However, budget neutrality or profit generation will not take precedence over the nutrition needs of students. Any foods sold to students must meet Connecticut Nutrition Standards, although the standards do not apply to reimbursable meals served in the USDA school nutrition programs, because nutrition standards already exist for school meals. Nutrition information is available for all a la carte foods, since these are packaged.

The district will ensure that 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, including but not limited to, low-fat dairy products and fresh or dried fruits.

Competitive Foods and Beverages

Competitive foods include all foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. All foods sold to students on school premises separately from school meals must meet the Connecticut Nutrition Standards at all times. All beverages sold to students on school premises must meet the requirements of state statute at all times. Foods and beverages meeting these requirements are contained in CSDE's *List of Healthy Food and Beverages*, a brand specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.

During the period of 30 minutes before any meal program up until 30 minutes after the end of the program, competitive foods may only be sold anywhere on school premises if they meet the Connecticut Nutrition Standards, and the income they generate accrues to the nonprofit school food service account. Outside of this timeframe, competitive foods may only be sold if they meet the Connecticut Nutrition Standards.

No competitive foods and beverages may be sold unless they meet all applicable federal and state requirements and have the prior approval of the Superintendent.

Qualifications and Training for Food Service Staff Members

Qualified school nutrition professionals shall administer the school meal programs. As part of the Stafford school district's responsibility to operate a food service program, continuing professional development shall be provided for all school nutrition professionals. All food service personnel shall have adequate training in school food service operations and receive regular training that address requirements for Child Nutrition Programs, menu planning and

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Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Qualifications and Training for Food Service Staff Members (continued)

preparation, food safety, strategies for promoting healthy eating behaviors, and other appropriate topics.

Food Safety

All foods made available by the Stafford school district shall comply with state and local food safety and sanitation regulations. Specifically, the district food service operations will comply with the requirements of the State of Connecticut Public Health Code *Sanitation of Places Dispensing Food or Beverages*. This includes compliance with the Connecticut Qualified Food Operator legislation. All district kitchens shall have on duty each day at least one kitchen worker who holds State of Connecticut approved certification in food safety and sanitation.

Federal Hazard Analysis Critical Control Points Requirement: Furthermore, the Child Nutrition and WIC Reauthorization Act of 2004 requires all schools participating in Child Nutrition programs to implement a food safety program in the preparation and service of each meal served to children that complies with any hazard analysis and critical control point system established by the USDA. Thus, in the Stafford school district, all Hazard Analysis Critical Control Points plans and guidelines shall be implemented to help ensure the safety of school meals served to students.

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