



## REGIONAL SCHOOL DISTRICT 13 WELLNESS POLICY



### Wellness Guidelines:

**Regional District 13** shall undertake the following actions to promote sound nutrition and health practices for students in school consistent with Board of Education policy.

The nutrition curriculum will provide comprehensive and sequential nutrition education as part of the wellness curriculum and will:

- Promote positive nutritional standards dealing with healthy lifestyle management, eating disorders, body image, and adequate nutrient intake (such as carbohydrates, proteins, fats and weight management practices).
- Promote consumer education in developing skills, such as label reading and evaluating influence of media on food selection, enabling students to evaluate food products.
- Consider recommendations from the Nutrition Advisory Committee in developing curriculum. The physical education curriculum will be in compliance with state physical education and health requirements, and in addition will promote:
  - The benefits of physical activity, good nutrition and fitness.
  - Physical activity being incorporated into classroom routines where appropriate.
  - All physical education classes to include at least 50 percent of moderate to vigorous activity in all or most lessons.
  - Recess games and activities in the K-6 curriculum.
  - During inclement weather, efforts to provide an indoor back-up plan for physical education and recess.
  - Periodic and ongoing programs to promote wellness and to increase the activity and positive nutritional choices for faculty and staff members.
  - Use by faculty and staff of facilities and equipment before and after school.
  - Nutritional snacks during meetings, workshops and school functions.

Regional District 13 will maintain a Health and Wellness Advisory Committee that will meet a minimum of 2 times per year. Members shall include a Board of Education representative, a physical education teacher, health educator, health coordinator, a representative of the food service provider, students, parents, and community members. The mission of the committee will be as follows:



***The mission of the committee will be as follows:***  
***To combat the current obesity and obesity related diseases in children and adolescents, by creating an environment that promotes physical activity and establishes a healthy foundation that allows students to reach their full academic potential.***

The committee should create and review school food practices in the following areas to support its mission statements:

#### **A. Food Service Program:**

1. Review and recommend to the Superintendent annually a price structure that encourages healthy choices and maintains the quality of the food service program.
2. All full-day students will have a daily lunch period of not less than 20 minutes.
3. Encourage menu choices linked with nutrition education curriculum.
  - \* Promote pre-cut raw fruit and vegetable offerings.
  - \* Promote and Purchase fresh local produce.
  - \* Limit high-fat choices.
  - \* Increase vegetarian choices.
  - \* Provide drink choices to include water, milk (flavored low-fat milk, skim, etc.) and 100 percent juices in appropriate serving sizes.
  - \* A la carte items will meet the Healthy Snack Certifications following criteria:
    - > All foods must meet the Connecticut Nutritional Standards and beverages meet the requirements of State statute.
    - > Low-fat, low-sugar, high-nutrition snacks (such as baked chips and crackers, graham crackers, frozen fruit bars, low fat string cheese, low-fat yogurt, dried fruits) will be promoted.
    - > Fresh fruits and/or vegetables will be offered daily.
4. Provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
5. Form a committee of food service providers, students, faculty, parents, or others that are interested to develop and discuss school lunch menu items.
6. Maximize use of food service provider resources such as nutritional planning, healthy eating promotions, dietitian consultant, special events, etc.
7. Recognize and accommodate individual students' cultural and medical concerns.
8. When feasible, coordinate participation with local farmers to promote locally grown or produced food (i.e. fruits, vegetables, eggs).

#### **B. Nutrition Practices in Classroom:**

1. Encourage the use of healthy snacks in appropriate portion sizes.
2. Discourage the use of food as either an incentive or a reward for good behavior or academic performance.
3. Encourage healthy party menus and nonfood alternatives for birthday celebrations.



**C. Fundraising Activities:**

Encourage nonfood promotional activities.

1. Food fundraisers on school premises must comply with the Connecticut Nutrition standards unless the Board of Education votes to allow exemptions and the sales meet the three exemption conditions.
2. Most school fundraisers can be conducted as usual or modified to meet the HFC requirements, except for food sales during the school day, e.g., bake sales and candy sales.
3. Foods that meet the Connecticut Nutrition Standards can be used as fundraisers at any time, as long as the time frame complies with the State competitive foods regulation.

**D. Parent/Guardian/Staff Information:**

Nutritional information should be provided to parents and staff members through website, newsletters, publications, health fairs and other activities focusing on, but not limited to:

- Healthy snack, lunch and breakfast ideas
- Nonfood birthday celebration ideas
- Calcium needs of children
- Healthy portion sizes
- Food label reading guidelines
- Fun activities to encourage increased physical activity inside and outside of school

The Health and Wellness Advisory Committee will establish a plan for measuring implementation and sustaining local efforts, including evaluation, feedback and documentation based on sound evidence.

Regulation Adopted: August 23, 2006

Regulation Revised: February 12, 2014

