

Wellness**I. GOALS AND GUIDELINES**

The Board, following consultation with the Wellness Council, adopts goals and guidelines in order to promote student wellness. Examples of the types of goals and guidelines that might be recommended include, but are not limited to, the following:

A. Nutrition Education and Promotion

1. The District will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
2. Nutrition education will be part of the District's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.
3. Including nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways, gymnasium and/or bulletin boards that are frequently rotated, updated or changed.
4. Providing developmentally appropriate and culturally relevant participatory activities, such as contests, surveys, promotions, food demonstrations and taste-testing, voting for school meal recipe names, cafeteria design or décor challenges, farm visits and school gardens.
5. Offering information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
6. Partnering with community health agencies or organizations for school wellness activities.

B. Physical Activity and Other School-Based Activities

1. Offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity and other activities that support staff and wellness.
2. Sponsoring health fairs, TV-turnoff week, school-supported races, family wellness activities or family day activities that promote health and wellness.
3. Incorporating a school garden, Farm to School, Farm to Cafeteria to promote healthy eating.
4. Sending school newsletters or dedicated parts of newsletters or school websites promoting healthy eating, healthy recipes and physical activity.
5. Encouraging and promoting the use of Let's Move and other healthy initiatives that promote physical activity and healthy eating.
6. Applying for the Healthier U.S. School Challenge.
7. Completing and reporting the results of the School Health Index self-assessment process to assess the extent to which some or all components of the District Wellness Policy are being implemented.
8. Using the Centers for Disease Control School Health Guidelines to Promote Healthy Eating and Physical Activity.

9. Setting minimum physical education requirements including time, frequency and intensity.
10. Setting minimum requirements for recess, including the amount of time and scheduling of recess time.
11. Requiring recess to be outdoors, if possible.
12. Encouraging walking and biking to school through safe route programs.
13. Creating after school activity programs, student health council, and community/family programs that encourage healthy habits.
14. Scheduling school meals at appropriate times in appropriate settings.
15. Marketing healthy food in ways that increase its appeal.
16. Giving students and the community after-school access to school activity facilities.
17. Participating in the Connecticut Red Ribbon PASS Program.

C. Nutritional Guidelines for School Food

These guidelines should be selected by the District for all foods available during the school day, including non-sold food and beverages, with the objectives of promoting student health and reducing childhood obesity. Nutrition guidelines for all foods offered to students for sale must be, at a minimum, consistent with the meal pattern requirements and nutrition standards for school meals and competitive foods. Examples of the types of goals and guidelines that might be recommended under this section include, but are not limited to, the following:

1. Whether the district is in compliance with updated meal patterns (e.g. offering fruits and vegetables each day, more whole grains and portion sizes and calories standards to maintain a healthy weight).
2. A description of nutrition standards for school meals.
3. The website address of current school menus.
4. Description of federal Child Nutrition Programs in which the District participates (e.g. Fresh Fruit and Vegetable Program, Summer Food Service Program, etc.).
5. How participation in the school meal programs will be promoted and how families are notified of the availability of Child Nutrition Programs and how to determine children's eligibility for such programs.
6. Whether school meals are prepared onsite or offsite, and if a food service management company operates the school meal programs.
7. Timing and duration of school meals that consider evidence-based research to support healthy eating.
8. Information about the availability of free drinking water throughout the school day.
9. Regulating a la carte, vending machine, concession, and school store offerings in the school.
10. Regulating after school activity, field trip, school event, and school party offerings.
11. Eliminating the use of food as a reward.
12. Eliminate the use of candy and other unhealthy foods as fundraisers.
13. Training and certification of food preparation and food service staff.
14. Evaluating food and drink contracts.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY**A. Oversight of the Wellness Policy and Regulations**

Pursuant to the Wellness Policy, the Board shall designate the Superintendent to be responsible for the implementation and oversight of the District's Wellness Program. The Superintendent will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the Wellness Policy and Regulation, and that all school policies and school-based activities are consistent with the Wellness Policy and Regulation.

B. Triennial Assessment

At least every three (3) years, the Board will measure and make available to the public an assessment of the implementation of the Wellness Policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the Wellness Policy and how the Board's Wellness Policy compares. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the Wellness Policy and will provide the basis for appropriate updates or modification to the Wellness Policy.

C. Informing and Updating the Public

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its Wellness Policy as well as the results of the Triennial Assessment. The results of the Triennial Assessment will be made available in an accessible and easily understood manner. The Board will make its Wellness Policy and any updates to the Policy available to the public on an annual basis.

D. Recordkeeping

The Superintendent will retain records to document compliance with the District's Wellness Policy requirements. The Superintendent shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the Triennial Assessment and documentation to demonstrate compliance with public notification requirements.

Legal References: Connecticut General Statutes § 10-215f
 Connecticut General Statutes § 10-221o
 Connecticut General Statutes § 10-221p
 Connecticut General Statutes § 10-221q
 Public Act 16-37
 Public Act 16-132
 42 U.S.C. § 1751

INSTRUCTION

Regulation 6142.101(d)

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1), 42 U.S.C. § 1758b and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, Healthy, Hunger-Free Kids Act of 2010

20 U.S.C. § 7118, as amended by Pub. L. 114-95, Every Student Succeeds Act

7 C.F.R. § 210.10

7 C.F.R. § 210.11

7 C.F.R. § 210.31

7 C.F.R. § 220.8

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