

Students

POLICY REGARDING WELLNESS

It is the policy of the Hebron Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the board of education, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

I. GOALS AND GUIDELINES

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

- A. Nutrition Education and Promotion
- Reviewing “Smarter Lunchroom” tools and strategies
 - Setting an average weekly minimum time for classroom nutrition education
 - Including nutrition education as part of health education classes and/or stand-alone courses for all grade levels, including curricula that promote skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods
 - Integrating nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects
 - Providing a minimum number of hours per year of training to classroom teachers on how to integrate nutrition education into other basic subjects
 - 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
 - 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
 - Offering information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families
 - Partnering with community health agencies or organizations for school wellness activities

- Faculty are encouraged to integrate nutrition education. Such lessons can/should be integrated into science, math, or language arts lessons.
- Nutrition education program will focus on students' eating behaviors and be based on theories and methods proven to be effective by published research and be consistent with state's/district's health education standards/guidelines/frameworks.
- Materials and resources for nutrition education will be identified for use.
- Food service staff will market and educate students, staff, and families in a way that increases awareness of healthy eating habits, following federal, state, and local guidelines.

B. Physical Activity and Other School-Based Activities

- 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
- Sponsoring health fairs, TV-turnoff week, school-supported races, family wellness activities or family day activities that promote health and wellness
- Incorporating a school garden, Farm to School, Farm to Cafeteria or Chefs Move to Schools activities that promote healthy eating
- Sending school newsletters or dedicated parts of newsletters or school websites promoting healthy eating, healthy recipes and physical activity
- Encouraging and promoting the use of Let's Move and other healthy initiatives that promote physical activity and healthy eating
- Applying for the Healthier US School Challenge
- 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 local school wellness policy are being implemented in schools
- Using the Centers for Disease Control School Health Guidelines to Promote Healthy Eating and Physical Activity
- Setting minimum physical education requirements including time, frequency and intensity
- Setting maximum teacher to student ratios for physical education classes
- Setting minimum requirements for recess, including amount of time and scheduling of recess time
- Requiring recess to be outdoors if possible
- Encouraging walking and biking to school through safe route programs
- Creating after school activity programs, student health council, and community/family programs that encourage healthy habits
- Scheduling school meals at appropriate times in appropriate settings
- Marketing healthy food in ways that increase its appeal
- Giving students and the community after-school access to school activity facilities
- Participating in the Connecticut Red Ribbon PASS Program]
- Staff are encouraged to consider physical activities/movement breaks throughout the school day, especially shortened days in which recess is not held.
- Outdoor recess should be encouraged whenever possible, even during minor inclement weather episodes.
- Continue to follow state guidelines for recess requirements at the elementary level.

- The Advisory Council on Wellness will seek opportunities and initiatives to encourage wellness activity among students, staff, families, and the community.
- Food service staff will follow state guidelines for school meals.
- School facilities will be made available to the community for after school activities.

C. Nutritional Guidelines for School Food

- 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)
- A description of nutrition standards for school meals
- The website address of current school menus
- Description of federal Child Nutrition Programs in which the district participates (e.g. Fresh Fruit and Vegetable Program, Summer Food Service Program, etc.)
- 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
- Whether school meals are prepared onsite or offsite, and if a food service management company operates the school meal programs
- Timing and duration of school meals that consider evidence-based research to support healthy eating
- Information about the availability of free drinking water throughout the school day
- Regulating a la carte, vending machine, concession and school store offerings in each school
- Regulating after school activity, field trip, school event and school party offerings
- Eliminating the use of food as a reward
- Eliminate the use of candy and other unhealthy foods as fundraisers
- Training and certification of food preparation and food service staff
- Evaluating food and drink contracts
- Classroom celebrations that do not involve food are not subject to this policy.
- Classroom celebrations are at the discretion of building administration.
- Any celebration which include food must include a majority of healthy food options (please refer to the Healthy Food Guidelines for Elementary School)
- All food not distributed by the Hebron Public School's School Lunch Program must be approved by the School Nurse or designee, such food must be accompanied by a list of ingredients.
- Recognition of special days (i.e. birthdays) shall be recognized with non-food items or experiences.
- The Hebron Board of Education discourages the use of food as reinforcement.

Healthy Food Guidelines for Elementary Schools

Examples of Healthy Food (meet daily recommended nutritional values)

Healthy Beverages include: Water (including carbonated water without added sugar), milk, and juice (with no added sweeteners)

Fresh, frozen, dried, or canned vegetables and fruit, granola/cereal bars, cereal, crackers, baked chips, pretzels, popcorn, trail mix, Chex Mix, Fig Newtons, animal crackers, graham crackers, pudding, yogurt, gelatin, sherbet, cheese, peanut butter, frozen fruit slushies, frozen fruit bars, whole grain cookies, rice cereal treats (or other cereal)

Examples of food that does not meet daily recommended nutritional values:

Carbonated, sugary beverages

Popsicles that do not contain fruit or fruit juice

Chewing gum, hard candy, fruit snacks, jelly beans, candied fruit, marshmallow candies (except rice cereal treats), Fondant, licorice, spun candy, candy coated popcorn, cakes and cookies.

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.

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, as well as cups used for beverage dispensing.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy, the Board shall designate the Director of Educational Services to be responsible for the implementation and oversight of the school district's wellness program. The Director of Educational Services 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 that all school policies and school-based activities are consistent with the wellness policy.

B. Triennial Assessment

At least every three years, the Board will measure and make available to the public an assessment on 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 with model school wellness policies. 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 Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board 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 Certification that food meets nutrition standards.

§ 10-221o Lunch periods. Recess.

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

§ 10-221q Sale of beverages.

Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*

Public Act 16-132, *An Act Establishing a Red Ribbon Pass Program*

Federal Law:

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 Meal requirements for lunches and requirements for afterschool snacks.

7 C.F.R. § 210.11 Competitive food service and standards

7 C.F.R. § 210.31 Local school wellness policy

7 C.F.R. § 220.8 Meal requirements for breakfasts

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