

**Students**  
**WELLNESS**

5519

**PHILOSOPHY**

The Fairfield Board of Education believes that all students who begin each day as healthy individuals have the potential to become better learners. The Board also believes that staff should model appropriate wellness behaviors for students. This policy encourages a comprehensive approach to staff and student wellness that is sensitive to individual and community needs.

**NUTRITION EDUCATION**

Nutrition education shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

- Participation in the Health/Nutrition Education Program shall be required for all students in grades preK-5. The district will strive to meet the Connecticut State Department of Education recommendation that Pre-K thru grade 4 receive 50 hours a year of Comprehensive Health Education and grade 5 – 12 receives 80 hours.
- Health/Nutrition Education is required each year for all students in grades 6-8.
- High school students shall be required to take and pass Health Education each year for a total of 5 marking periods for graduation.
- School officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families.
- School instructional staff members are encouraged to collaborate with agencies and groups (such as: local businesses, libraries, local health departments, local colleges and their students and local health care providers) conducting nutrition education in the community to send consistent messages to students and their families.

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#### NUTRITION EDUCATION

- The District shall include appropriate training for teachers and other staff members.
- Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages. Nutrition education is encouraged to be included in other classroom content areas such as math, science, physical education, language arts, social sciences, family and consumer sciences and elective subjects.
- Healthy living skills is recommended to be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
- The school District shall assess nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards.

#### SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES

The Board supports nutrition programs and nutrition education as an integral part of a high-quality education. (Policy #3712)

The Board shall operate and maintain a school lunch program, which shall function in accordance with State and Federal program requirements. The program, insofar as possible, shall be self-supporting. The Manager of Food and Nutrition Services shall be responsible for the immediate operation and supervision of the school lunch program and shall report to the Director of Operations. (Policy #3710)

The Board of Education supports nutrition programs and nutrition education as an integral part of a high-quality education. The Board believes that all students who begin each day as healthy individuals have the potential to become better learners.

- The Board of Education will strive to establish a breakfast program at schools, as appropriate, and operate and maintain a school lunch program which shall function in accordance with State and Federal program requirements.
- Foods beyond the school meals (a la carte) that are offered for sale to students in the cafeteria shall comply with Federal guidelines and State statutes.
- It is recommended that when possible foods offered for sale to students in the cafeteria are lower in fat, sugar, sodium, calories and trans fat free.
- The preferred methods for on-site food preparation are baked, boiled and steamed. Foods are never fried.

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**SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES**

- Efforts to increase participation in school meal programs may include the use of:
  - the District website
  - posting menus
  - newsletters/flyers
  - printed menus sent home
  - language translations
  - multiple meal selections
  - theme menus
  - specialty food bars
  - seasonal fresh fruits and vegetables
  - increase use of whole grain and low fat products
  - vegetarian items
- Students shall have a minimum of a twenty minute lunch period scheduled between 10am and 2pm.
- It is recommended that students wash or sanitize their hands before snack, lunch and after using the restroom.
- All staff and volunteers will not use food as a form of reward or punishment, except as part of a planned scientifically based intervention, e.g. ABA (Applied Behavioral Analysis) with administrative and parental approval.
- It is recommended that the Manager of Food and Nutrition Services have a Bachelor Degree in Nutrition, Food Management, Institutional Food Service Administration. Professional certifications such as those from the American Dietetic Association and School Nutrition Association are recommended.
- It is required that cafeteria managers or their designee hold certification in sanitation.
- The District shall provide the opportunity for foodservice staff to engage in professional development.
- The District shall provide a clean, pleasant meal environment to ensure an enjoyable dining experience.
- The District shall provide access to detailed information regarding the nutritional information of school meals and a la carte food.
- The District will strive to limit the use of questionable ingredients (e.g. trans fats, and artificial sweeteners) based on scientific evidence.
- Non cafeteria/competitive foods and beverages accessible to students throughout the school day including school stores will be sold in compliance with Federal guidelines, State statutes and District policy.
- The District will permit vending machines in the middle and high schools in accordance with Connecticut General Statutes.
- All beverages offered for sale will comply with Connecticut General Statutes 10-221q including portion sizes, sugar/calorie content, fat content, and caffeine content. Soda and sports drinks are not available for sale during the school day.

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#### SCHOOL MEALS/OTHER SCHOOL FOOD AND BEVERAGES

- The Board of Education will allow the sale of beverages not listed in Section 10-221q and will meet the restrictions outlined.
- Students are encouraged to access free drinking water provided from fountains located in all schools.
- The District will offer ½%, 1% and non-fat milk selections for sale in the cafeterias according to State guidelines.
- The District will strive to provide school groups with a list of suggestions for non-food fundraising and class parties, school celebrations and food from home for the whole class.
- It is recommended that foods available for purchase before, during and after school shall follow but not be limited to the Connecticut Healthy Snack List.

#### HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Participation in the Health Education Program shall be required for all students in grades PK-12 according to the curriculum as established by the Board of Education.

#### PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

A certified physical education specialist will teach physical education. Physical education shall be an essential element of each school's instructional program. The sequential program shall provide cognitive content and learning experiences in basic movement skills, physical fitness, games and sports skills. The physical education program shall foster physical, mental, emotional and social development in addition to promoting activities and sports that all students can enjoy and participate in for a lifetime of healthy physical activity. Students will be provided a variety of opportunities for enjoyment, challenge, self-expression, social interaction and learning how to work cooperatively in a group setting that will lead to a physically active lifestyle. The curriculum's alignment will be maintained with state and national standards and include performance assessments for each content area. Physical educators are encouraged to promote student participation in moderate to vigorous physical activity during physical education class time. The physical education program shall be designed to encourage healthy active lifestyles.

- Physical Education shall be required of all students in grades PreK-12. Currently, preschool students receive one class each week of 20 minutes, elementary students (K-5) receive two classes each week of 30 minutes, middle school students receive two classes each week of 40 minutes and high school students receive two classes each week of 45 minutes during a marking period.

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#### PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- The Board of Education encourages the district to strive to provide physical education instructional periods for a period of time up to 150 minutes per week for elementary schools and up to 225 minutes per week for middle and high schools as recommended by the National Association of Sport and Physical Education.
- Each school is encouraged to develop reasonable class size, provide a safe facility for students to participate in physical education and make available to all students safe and sufficient equipment to access the curriculum.
- The district shall provide the opportunity for physical education teachers to engage in professional development.
- The district will continue to implement the 3<sup>rd</sup> Generation Connecticut Physical Fitness Assessment to all 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> grade students.

#### PHYSICAL ACTIVITY

Recess should not be viewed as a reward but as a necessary educational support component for all children. Students should not be denied recess as a means of punishment or to be used as a measure to enforce completion of academic work. Appropriate alternative strategies should be developed as consequences for negative or undesirable behaviors.

- All teachers, including those that teach physical education, shall not prohibit participation in recess as a form of punishment unless the safety of the student and/or others is at risk.
- Elementary schools are encouraged to develop schedules that provide time to the extent possible, within every school day for students to enjoy supervised recess preferably outdoors.
- Students shall be encouraged to be physically active during recess to supplement the daily recommended activity time for children.
- It is recommended that elementary schools schedule recess before lunch.
- All staff, including certified and non-certified, including teachers and coaches, shall not order the performance of physical activity as a form of discipline or punishment.
- The classroom teachers shall not prohibit participation in physical education class as a form of punishment or as a measure to enforce the completion of academic work.

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### WELLNESS (continued)

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#### PHYSICAL ACTIVITY

Staff members are encouraged to integrate physical activity as part of the learning process.

- Middle and high schools are encouraged to provide intramural opportunities for all students and encourage their participation. The high schools shall maintain opportunities for students through their interscholastic athletic program.
- When appropriate, the District shall work together with local public works and the police department to make it safer and easier for students to walk and bike to school.
- The district will maintain its relationship with the recreation department and other groups to continue to make available opportunities to students and the community for physical activity outside of the regular school day.
- The Board of Education values the health and well being of staff members and supports their efforts to maintain healthy lifestyles. Staff members are encouraged to serve as role models for a healthy lifestyle.

#### COMMUNICATION AND PROMOTION

A District-wide Wellness Coalition shall be established with the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, developing and revising the policy as necessary and sharing positive strides being made to endorse a high level of wellness within buildings. The Coalition will meet regularly throughout the school year. Coalition membership shall consist of, but not limited to:

- District Food Service Coordinator
- Parent representatives
- Student representatives
- Staff member representatives
- Administrative Representative
- School Nurse
- Health Education Coordinator/Teacher
- Physical Education Coordinator/Teacher

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**COMMUNICATION AND PROMOTION**

It is recommended that this team use the Centers for Disease Control and Prevention's Coordinated School Health Program model to work as a cohesive group when evaluating the District Wellness Policy.

- It is recommended that students receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel are encouraged to help reinforce these positive messages.
- The District is encouraged to develop long-term effective partnerships in order to communicate and receive feedback on the planning and implementation of health promotion projects and events throughout the school district and community.
- In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, it is recommended that the building Principal provides:
  1. Nutrition education materials and cafeteria menus are sent home with students.
  2. Requests to parents to send healthy snacks/meals to school.
  3. Families with invitations to attend exhibitions of student nutrition projects or health fairs.
  4. Nutrition education workshops and offers screening services.
- Schools are encouraged to promote healthy food choices and encouraged to not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

The following procedure is recommended in order to evaluate the effectiveness of the Wellness Policy:

- The District-wide Wellness Coalition shall monitor the implementation of the Wellness Policy; evaluate progress in implementing policy; serve as a resource to school sites; and recommend revisions of the policy through the Superintendent or her designee.
- It is encouraged that the policy shall be annually reviewed to determine if it is meeting current needs and promoting healthy eating and physical activity.
- The district will strive to support the district-wide wellness policy through local education budget, public and private grants and local community contributions.

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