

**OLD SAYBROOK PUBLIC SCHOOLS
WELLNESS POLICY**

It is the policy of the Old Saybrook Public Schools 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), school administrators, the board of education, and members of the public and may also involve teachers of physical education, and school health professionals.

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

- Nutrition education programming is aligned to the Healthy and Balanced Living Curriculum Framework in grades PreK-12.
- School nutrition education will partner with the school meal programs and provide students with food facts and dietary information in the school cafeterias.
- School staff will work with outside agencies and community groups to provide student learning related to nutrition and wellness when appropriate.
- Nutrition education is part of health education classes and/or stand-alone courses and are also available to students through multiple venues including, but not limited to, assemblies, guest speakers, instructional units and teachable opportunities in the classroom, lunchroom and/or extra curricular activities. The district supports 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.

- Nutrition education is integrated into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.
- Old Saybrook Public Schools use 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 to educate students as appropriate.
- Old Saybrook Public Schools is committed to working to provide 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.
- Elementary school nutrition education is offered at each grade level and is sequential and comprehensive in scope addressing nutrition, exercise, sleep, healthy hobbies and rest and relaxation.
- Students in grades 6-8 will take a health and fitness class each year and high school courses offering conform with state law regarding credits for high school graduation. All ninth-grade students take a health/nutrition class and elective classes are offered in grades 9-12.
- Appropriate staff will regularly be provided professional development opportunities in the area of nutrition education.
- Schools will disseminate information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families
- Old Saybrook Public Schools will partner with community health agencies or organizations for school wellness activities when appropriate.

B. Physical Education, Physical Activity and Other School-Based Activities -

Old Saybrook Public School understands the importance of physical activity for its students. We look to provide as many opportunities for our student population to regularly participate in physical activity and to teach them the benefits associated with living a healthy lifestyle. To achieve this goal, the following is recommended:

- Provide a standards-based and developmentally appropriate curriculum that will assess student content knowledge, motor skills and social skills that is aligned with national and/or state education standards.
- The district will strive to meet the Connecticut State Department of education recommendations for minutes of physical education minutes per week. (150 minutes per week for elementary school students and 225 minutes for middle and high school students)

- Ensure that state-certified physical education teachers teach all of the physical education classes and have opportunities for training and professional development to keep their practices current.
- Old Saybrook Public Schools is committed to 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.
- Ensure that physical education classes have an appropriate teacher/student ratio comparable to those of other classes.
- Ensure that students are moderately to vigorously active for at least 50% of the time while participating in physical education.
- Provide a safe and enjoyable environment for all children regardless of ability level.
- Old Saybrook Public Schools require physical education waiver documentation (e.g. doctor's note) for all K-12 students that are unable to participate or request an exemption from physical education class.
- Ensure that physical activity is never used as a punishment.
- Recess at the elementary levels, grades Pre-K to 8 are daily-supervised activities where students are encouraged to be physically active.
- Encourage physical activity as appropriate during the school day, including physical activity options for "indoor recess" and use as rewards for expected behavior.
- Administer the Connecticut Physical Fitness Assessment aligned to State Department of Education regulation.
- Promote walking and biking to school through safe routes.
- The district creates after school activity clubs/intramural programs and community/family programs that encourage healthy habits.
- Old Saybrook Public Schools discourages marketing of food and beverage on signs, scoreboards and sport equipment.
- The district allows students and the community after-school access to school activity facilities.
- Old Saybrook Public Schools will communicate through school newsletters or dedicated parts of newsletters or school websites promoting healthy eating, healthy recipes and physical activity.

C. Nutritional Guidelines for School Food

Old Saybrook Public Schools will provide students varied, appealing and nutritious food choices that meet student's health and nutritional needs through participation in the USDA National School Lunch Program (NSLP)

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320678> and School Breakfast Program(SBP)
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662>.

The National School Lunch Program and School Breakfast programs are accessible to all students. Nutrition guidelines for all foods offered to students for sale at all times on school premises must be, at a minimum, consistent with the meal pattern requirements and nutrition standards for all reimbursable school meals, competitive food (Smart Snacks) https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf and the Connecticut Healthy Food Certification Program. Old Saybrook Public Schools participation in Connecticut Healthy Food Certification ensures that all foods sold to students meet or exceed standards set by the USDA.

Examples of the types of goals and guidelines that might be recommended under this section include, but are not limited to, the following:

- All food and beverages sold a la carte, in vending machines, in school stores and concessions during and after the school day shall meet or exceed Smart Snacks and Connecticut Nutrition Guidelines, Connecticut State Beverage Standards and comply with Connecticut Healthy Food Certification regulations(<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>)
- School meals shall offer varied and nutritious food choices that are consistent with USDA nutrition standards and Dietary Guidelines.
- Old Saybrook Public Schools encourages all students to eat a healthy breakfast and school breakfast will be available to all students in all schools daily.
- School menus will be posted on the District Website, individual school website and in all school buildings.
- The District Food Service Department is self operating and all meals are prepared in each schools' fully equipped cafeteria kitchen.
- Healthy food and beverage offerings will encompass Smarter Lunchroom tools and strategies.
- A variety of fruits and vegetables will be offered daily in schools.
- Old Saybrook Public Schools participate in the Connecticut Farm to School program and sources locally grown and produced items for school meals.
- Whole grain rich foods will be incorporated into school meals.
- Only fat-free and low-fat milk selections and low-fat dairy products that meet the Connecticut Nutrition Standards will be served in schools.
- Foods moderate in sodium, low in saturated fat and zero trans fats per serving that meet age appropriate calorie requirements will be offered.

- To promote and enhance the participation in this program, samples of food offerings and their nutritional facts will be made available in the cafeterias. Nutrition information is accessible to students and parents.
- School meals shall be served in clean and pleasant settings. The cafeteria environment will have adequate space to eat.
- Students will have opportunities to eat breakfast and have at least 20 minutes to eat lunch in all schools. Old Saybrook Schools maintains a closed campus environment for school lunch and breakfast.
- Recess is scheduled before lunch in the elementary grades for 20 minutes daily.
- Free, potable water is available during all meals and throughout the school day.
- The district recommends and provides parents with the option to purchase healthy alternatives for classroom celebrations and other celebrations as permitted under the Connecticut Healthy Food Certification program
- Food related fundraisers will meet Connecticut Healthy Food Certification Guidelines at all times on school premises
- All families receive information of the District's participation in the National School Lunch Program and School Breakfast Program and information for determining eligibility for free/reduced meals at the beginning of each school year or upon enrollment in the district.
- The District protects the privacy of all students eligible for free and reduced meals and maintains strict confidentiality.
- Old Saybrook Public Schools takes steps beyond federal law and regulations to protect the privacy of students who qualify for free or reduced priced meals.
- The use of food as a reward is discouraged within the district.
- The District child nutrition program will accommodate students with special dietary needs.
- All Food Service staff will meet or exceed Professional Standards as outlined in the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) and maintain annual training requirements for school nutrition professionals.
- Addressing issues such as nutritional values and portion size
- Regulating a la carte, vending machine, concession and school store offerings
- Regulating after school activity, field trip, school event and school party offerings
- Eliminating the use of food as a reward
- School meals shall be served in clean and pleasant settings. The cafeteria environment will have adequate space to eat.

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

A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the **The chairperson of the wellness committee** to be responsible for the oversight of the school district's wellness program. **The chairperson of the wellness committee** will be responsible for ensuring that the goals and guidelines relating to nutrition 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.

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. These updates will be made available through the Old Saybrook School District website or other means.

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:

Pub. L. 108-265, § 204, codified at 42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1) 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*

ADOPTED: June 6, 2017