

Instruction-Policy**Student Wellness, Nutrition and Physical Activity**

The Guilford Public Schools strives to make significant contributions to the general well being, mental and physical capacity and learning ability of all students, affording them the opportunity to participate fully in the educational process. The Board of Education promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. In addition, staff are encouraged to model wellness, healthy eating and physical activity as a valuable part of daily life. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children.

Healthy eating and physical activity are linked scientifically to enhance academic performance and reduced risk for mortality and development of many chronic diseases as adults. To promote the health and well being of all students, it is the policy of the Board of Education to:

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding and habits as they relate to wellness, good nutrition and regular physical activity.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

Educators, administrators, families, health professionals, and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research indicating the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to health school environments. As such, all foods available on school grounds and at school-sponsored activities before and during the instructional day should meet the State Nutrition Standards. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety and packaging.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be incorporated into the school's education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the Connecticut Physical Education Framework, as well as co-curricular activities, and recess.

District Health Advisory Committee (HAC)

With the purposes of monitoring the implementation of the district's wellness policy, evaluating wellness policy progress, serving as a resource to school sites and the Administration, and revising the policy as necessary, a District Health Advisory Committee (HAC) will be established. The Health Advisory Committee will report directly to the Superintendent or his/her designee(s). The Health Advisory Committee will be responsible for preparing an annual report by June 15th of each year as outlined in the Regulation.

Role of the Administration

At the district level, the Board designates the Superintendent or his/her designee(s) with the operational responsibility for ensuring that each school meets the requirements of the district wellness policy. The Superintendent or his/her designee(s) shall provide an annual report to the Board as completed by the Health Advisory Committee and outlined in the Regulation.

In addition, the principal of each school, or his/her designee, shall be responsible for the implementation and evaluation of the effectiveness of this wellness policy at their respective school.

Program Evaluation

At the district level, the following procedure shall be used to evaluate the effectiveness of the wellness policy:

- The Health Advisory Committee shall monitor the implementation of the district's wellness policy and its nutrition and physical activity components; and evaluate policy progress, serving as a resource to school sites and the Administration.

- The Health Advisory Committee shall review the policy and any related regulation as needed to determine if it is meeting current needs and is workable in promoting wellness, healthy eating and physical activity, and make appropriate recommendations to the Board.

At the school level, the implementation of the wellness policy will be evaluated as described below:

In order to evaluate the effectiveness of the school wellness program in promoting healthy eating and physical activity and implement program changes as necessary to increase the program's effectiveness, the building principal or his/her designee is responsible for ensuring:

- Board policy and administration regulation are implemented as written;
- School staff, school nutrition and food services personnel have undertaken joint program planning and action;
- Families and community organizations are involved in nutrition education as appropriate.

Legal Reference:

Connecticut General Statutes
10-16b - Prescribed courses of study
10-19 - Health Requirements
10-215 – Lunches, breakfasts and feeding programs for public school children and employees.
10-221 - Boards of Education to prescribe rules, policies and procedures
10-221a - HS graduation requirements
10-221o - Lunch periods. Recess
10-216 - Payment of expenses
10-215b – 1 – State Board of Education regulation.
Competitive foods
PA 06-63 – An Act Concerning Healthy Food and Beverages in Schools.
PA 04-224 – An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks
National School Lunch Program and School Breakfast Program; Competitive Foods (7 CFR Parts 21- and 220, Federal Register Vo. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)
The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

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**GUILFORD PUBLIC SCHOOLS
Guilford, Connecticut**