

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

Guilford Public Schools 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. By facilitating learning through the support and promotion of wellness, good nutrition and physical activity, schools contribute to the basic health status of children.

**A. District Nutrition Guidelines**

The nutrition policies described below apply only to those foods that are sold or distributed in school before or during the school day. This regulation does not apply to foods individual students or staff members bring to school for their own consumption. Decisions about what individual students may eat at school are left entirely to the student and his/her family. This regulation does not apply to foods sold through PTO or other group fundraisers taking place after the school day, although the District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following governing the sale and distribution of food, beverages and candy on school grounds.

**Food:**

- As required by Connecticut law, low-fat milk, 100% fruit juice, water, low-fat dairy products, such as, but not limited to low-fat yogurt and low-fat cheese shall be available for purchase by students during the regular school day.
- Any given food item for sale throughout the instructional day will follow the U.S.D.A. dietary guidelines for Americans.
- The consumption of nutrient dense foods shall be encouraged, i.e., whole grains, fresh fruits and vegetables.
- A teacher may, with the permission of the building principal, occasionally permit a meal or food to be used as part of the curriculum of a class, such as food of a country or region that is related to the instructional subject of the class, even if the food does not otherwise comply with this regulation. In order to consider how often food is used as part of the curriculum, the Superintendent will report to the Board at its meeting on July 2007 how often building principals permitted this use. The Board will reconsider what changes to make, if any, following the receipt of more complete information.

**Beverages:**

- Milk, nondairy milk, 100% fruit juices, water, fruit or vegetable juice, and flavored water containing no added sugars, sweeteners, or artificial sweeteners, not exceeding 12 ounces, may be sold to students on school grounds.
- Vending and non-vending sales of beverages not listed will not be sold on school grounds except when the sale occurs after the end of the regular school day or on the weekends, at the location of the event, and the beverages are not sold from a vending machine or school store.

### **School Lunch Meal Planning**

The schools meals program will comply with Federal, State and local requirements and will be written in accordance with the National School Lunch Program (NSLP) guidelines. This pattern meets specific food components including meat/meat alternate, vegetables/fruits, grains/breads, and milk. For each food item the meal patterns specify a minimum number and size of servings. All of these food components will be made available each day for all students.

### **A La Carte Food Sale Program**

The Food Service provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales. The snacks sold should follow an established standard minimizing the content of fat, sodium, and sugar. These standards are as follows:

- Fat < 9 g
- Sodium < 250 mg
- Sugar < 12g

Foods defined as having minimal nutritional value, as outlined by the Connecticut State Regulations, will not be sold or distributed in the cafeterias before or during the instructional day.

### **POS Cash Register System**

Efforts will be made to maintain a pre-payment program and develop a confidential system for managing the eligibility of students participating in the free/reduced-price lunch program; and extend the ability of families to restrict and monitor the purchase of food items in the school cafeteria.

### **Other Food-Related Events**

The District recognizes that the federal government standards requiring schools to provide National School Lunch Program meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods served outside the food services area as defined in this regulation or limited to in the following paragraph below. However, the District encourages the use of nutrient dense foods for all school functions and activities before and during the school day or limited to in the following paragraph below. All foods available on school grounds and at school-sponsored activities before and during the instructional day should make every effort to meet or exceed Connecticut's Healthy Snack Standards for Food and Beverages at School or limited to in the following paragraph below.

With regard to food-related activities and events that occur before and during the school day, they must be aligned with the specific curriculum or cultural related event. Food will not be allowed to be distributed purely for a birthday or celebratory event outside of the specific curriculum or cultural related activity. Accordingly, the following will NOT be allowed in the District as follows unless it relates to a specific curriculum or cultural related activity:

- Daily or monthly Birthday celebrations;
- Parent/caregiver supplying snacks to children other than their own;
- Sale of food/snacks by an individual or group/organization to other children.

At any school allowed function, healthy food choice options should be available. Some suggested foods are listed below:

- Raw/fresh vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Bottled water
- Trail mix (dried fruit)
- Low-fat meals and cheese sandwiches
- Low sodium crackers
- Baked chips with low-fat dips
- Low-fat muffins, granola bars, crackers and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits (low-fat/non-fat)
- Jello and low-fat pudding cups
- Low-fat and skim milk products
- Bread products such as whole wheat, whole grain in the form of sticks, rolls, bagels and pita bread

### **Nutrition Education**

Science-based, behavior-focused nutrition education will be integrated into the curriculum. All staff members involved in nutrition education will have appropriate training.

### **Incentives**

The use of food items and food coupons as part of a student incentive program is prohibited.

### **Marketing Healthful Foods and Beverages**

The Food Service Programs will market nutrient-rich options to students and staff members through the basic P's of marketing – product, placement, price, and promotion. All foods and/or beverages sold in vending machines must meet Connecticut's Healthy Snack Standards for Food and Beverages at School.

## **B. District Physical Activity Guidelines**

### **Physical Activity Opportunities**

- Physical education classes and physical activity opportunities will be available for all students. Due to limited meetings per week, students will not be pulled out of physical education instruction for instruction in other content area (e.g. music.)

- Physical activity opportunities should be offered daily before school, during school (recess) or after school. Intramural offerings should be maintained at present levels and steadily increased to accommodate lower grades and increased opportunity for all. All students should be encouraged to participate in intramural physical activities.
- Supervised recess time should be provided as outlined by Connecticut State Guidelines. Active play and socialization should be encouraged unless the safety of students is in question. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment, nor shall it be taken for instructional purposes.

### **Physical Education Instruction**

As recommended by the National Association for Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- expose students to a wide variety of physical activities;
- teach physical skills to help maintain a lifetime of health and fitness;
- encourage self-monitoring so students can see how active they are and set their own goals;
- individualize intensity of activities;
- focus on doing your best;
- be active role models; and,
- introduce developmentally appropriate components of a health-related fitness assessment (Connecticut Physical Fitness Assessment) to the students at an early age to prepare them for future assessments. Collect, analyze, and share fitness and physical activity data over time. Forward student fitness and performance data across grade levels.

### **Health Fitness Assessment**

Beginning in middle school and through high school, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve the goals.

- Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility.
- Students should be able to demonstrate competency through application of knowledge, skill, and practice.

- Increasingly, the connection of health and physical education content and standards to a wellness education model focused on positive choice, decision- making, constant long-term improvement and goal setting shall be developed and implemented.

### **C. Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing wellness, nutrition and physical education in the schools, the building principal or designee is responsible for ensuring:

- Nutrition education will be available to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website or presentations that focus on nutritional value and healthy lifestyles;
- Nutrition education materials, physical education activity ideas, and cafeteria menus will be distributed; and
- School staff members are encouraged to cooperate with other agencies and community groups to provide opportunities to students to participate in physical activity programs.

Parents are encouraged to do the following:

- Send healthy snacks/meals to school; and
- Promote their child's participation in the school's physical education programs and after school activities.

### **D. District Health Advisory Committee**

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 Committee will meet a minimum of four times annually. Committee membership shall consist of, but not be limited to:

- District Food Service Director/Manager
- Dietary Consultant
- School Medical Advisor
- School Nurse
- A parent representative from each level
- A student representative from Guilford High School
- Staff member representative from each level
- A Member of the Board of Education
- District Administrative Representative
- Physical Education and Health Program Leader
- Local Community Partner (e.g. PTO, GHS Connection Team)

Responsibilities of the Health Advisory Committee (HAC) include making recommendations to the Superintendent concerning the following:

- Implementation of District nutrition and physical activity standards;
- Integration of nutrition and physical activity in the overall curriculum;
- Staff professional development on nutrition and physical activity issues;
- Student nutrition education and physical activity;
- Encouraging contracts with outside vendors that support healthful eating and elimination of school-district dependence on profits from foods of minimal nutritional value;
- Consistent healthful choices among all school venues that involve the sale of food; and,
- Public awareness that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn.

The Health Advisory Committee will be responsible for preparing an annual report by June 15<sup>th</sup> of each year that includes the following information:

- Monthly district menus and meal counts;
- Listing of all a-la-carte, vending, and competitive foods sold by school food service;
- Listing of all other sales of foods throughout the District including vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.; and,
- Listing of physical activity programs and opportunities for students throughout the school year to assess alignment with the 2004 NAESP Guidelines.
- Listing of nutrition programs and opportunities for students throughout the school year to assess alignment with the Connecticut's Healthy Snack Standards for Food and Beverages at School.

**E. 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 above.

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.