

## **Instruction**

### **Student Nutrition and Physical Activity (Student Wellness)**

The New Milford Board of Education shall use a coordinated school health model in order to make wellness a cornerstone of our educational program. This well-rounded approach to school health connects the various components of health education, physical education, nutrition services, health promotion activities for staff, school health services, counseling and psychological support services, a safe and healthy school environment, and parent and community involvement. The teamwork that is inherent in this comprehensive model is intended to build momentum toward a program that supports positive dietary and lifestyle practices that are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being.

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

#### **Guiding Principles:**

- The Board of Education delegates the responsibility for developing, implementing, monitoring, reviewing and revising the school district's wellness policy guidelines (administrative regulations) to a Wellness Advisory Council comprised of the following members: parents, students, school food service personnel, members of the board of education, administrators, the public, school nurse, physical education teacher, health education teacher and any other person that the team wishes to invite to help achieve its goals.
- The Wellness Advisory Council will create a wellness plan that addresses goals and standards for nutrition promotion and education, physical education and physical activity, school meals, beverages and other food, communication and promotion and measurement and evaluation of the plan.
- During the regular school day, all students will be provided with opportunities, support, and encouragement to be physically active. Physical activity shall not be used as a form of discipline. Preventing elementary students from participating in the time devoted to physical exercise shall not be used as a form of discipline.
- Curriculum:
  - The physical education program shall be a standards-based, sequential physical education curriculum taught in grades K-12 by qualified physical education teachers. A key component of this program is to teach students how to achieve and maintain a healthy level of personal fitness.

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- Nutrition education shall be offered in grades K-12 as part of a planned, sequential, standards-based comprehensive health education program taught by highly qualified teachers.
- Foods and beverages sold or served under school auspices during the instructional school day will meet or exceed the nutrition recommendations of the *USDA Dietary Guidelines for Americans*.
- Foods and beverages provided, but not sold, to students during the school day shall meet or exceed state and federal nutrition standards.
- Foods and beverages marketed to students during the school day shall meet or exceed federal Smart Snacks in School nutrition standards.
- The District shall provide meals that follow the USDA requirements for Federal School Meal Programs under 7CFR Part 210 and 220.
- Highly qualified nutrition professionals will administer the school meal programs, and will provide affordable, nutrient-dense foods. Guidelines for age-appropriate portion size and maximum amount of fat, sodium, sugar and other additives in foods served and sold will be established and reviewed according to current scientific and medical research.
- Meals will be served in a relaxed, enjoyable climate, with adequate clean, safe space for eating.
- School menus shall be planned in order to meet or exceed state and national nutritional standards. Nutritious and healthy foods, such as fresh or dried fruits, vegetables, low-fat dairy foods, whole grains, and 100% natural fruit and vegetable juices and water, shall be made available wherever food is sold in the District.
- Healthy foods and beverages shall be encouraged at school sponsored activities, such as fundraisers, parties and sporting events. In addition, the District will only permit those foods and beverages that are permitted under state law (in particular, Connecticut General Statutes §§ 10-221p and 10-221q and the guidelines established by the State Department of Education) to be sold to students.
- The district highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

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- Measurement and evaluation:
  - Establish a baseline of school wellness in each school by conducting a self-assessment using standard instruments.
  - Assign school-based leadership and responsibility in each site to monitor compliance to achieve policy goals.
  - The Superintendent and/or his/her designee is responsible for the implementation and oversight of the District's wellness policy.

Legal Reference: 42 USCA 1751, Richard B. Russell National School Lunch Act (as amended by the Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204).

Connecticut General Statutes:

10-215e Nutrition standards for food that is not part of lunch or breakfast program  
10-215f Certification that food meets nutrition standards  
10-221o Lunch periods and recess  
10-221p Boards to make available for purchase nutritious and low-fat foods  
10-221q Sale of beverages

Action Guide for School Nutrition and Physical Activity Policies, Connecticut State Department of Education, (Revised April 2009)

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NEW MILFORD PUBLIC SCHOOLS  
New Milford, Connecticut