

## **Instruction**

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

**Thomaston School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Thomaston Board of Education is committed to providing the best school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students can learn about and participate in positive dietary and lifestyle practices that can improve student achievement.**

To ensure the health and well-being of all students, the Board of Education establishes that the District shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access to reasonable cost foods and beverages that meet established nutritional guidelines.
- Physical education courses and/or opportunities for developmentally appropriate physical activity.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the State Board of Education curriculum regulations and academic standards.

The Superintendent or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building Principal or designee shall report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall report to the Board on the District's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Review activities and programs that promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from District, staff students, parents/guardians, community members and Wellness Committee.

## **Instruction**

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

An assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines for schools. In accordance with federal law, guidelines shall be provided annually by the:

- Food Service Director
- Cafeteria Manager
- Business Manager
- Superintendent

### **Wellness Committee**

The Board of Education shall appoint a Wellness Committee comprised of at least one but not limited to each of the following: Board member, District administrator, District food service representative, student, parent/guardian, member of the public.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with state guidelines for recommendation to the Board for adoption.

- The Wellness Committee may examine related research and laws, assess the student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.
- The Wellness Committee, in conjunction with the Superintendent and the Board, may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities; within the budget established for these purposes.

### **Nutrition Education**

- The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Department of Education curriculum regulations and the academic frameworks for Health, Safety and Physical Education.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

## **Instruction**

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

#### **Nutrition Education** (continued)

- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition education may be integrated into other subject areas.
- Lifelong lifestyle balance shall be encouraged by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and may have the option to participate in appropriate professional development.
- District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Consistent nutrition messages shall be disseminated throughout the District schools, classrooms, cafeterias, homes, community and media.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities, since we know that issues related to lack of physical activity and poor nutrition are neither exclusively, nor primarily “school problems”.

#### **Physical Activity**

- District Schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- Students shall be given the opportunity to participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Age-appropriate physical activity opportunities, such as recess (before and/or after lunch); clubs; and interscholastic athletics; shall be provided, to meet the needs and interests of all students, in addition to planned physical exercise. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Physical activity shall not be used as a form of punishment.

#### **Physical Education**

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

## Instruction

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

#### Physical Education (continued)

- A comprehensive physical education course of study that focuses on providing students the skills, knowledge, and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- All physical education shall be taught by certified health and physical education teachers.
- Physical Education staff may be offered the opportunity for appropriate professional development.

Legal Reference: Connecticut General Statutes

10-16b Prescribed courses of study.

10-215 Lunches, breakfasts and the feeding programs for public school children and employees.

10-221 Boards of education to prescribe rules, policies and procedures.

10-215a Non-public school participation in feeding program.

10-215b Duties of state board of education re: feeding programs.

## **Instruction**

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

Legal Reference: Connecticut General Statutes (continued)

10-216 Payment of expenses.

10-215b-1 State board of education regulation – Competitive foods

10-221o Lunch periods. Recess

10-221p Boards to make available for purchase nutritious low fat foods and drinks.

PA 06-63 An Act Concerning Healthy Food and Beverages in Schools

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004

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THOMASTON PUBLIC SCHOOL  
Thomaston, Connecticut