

## **Instruction**

### **Wellness/Nutrition**

Research clearly shows that nutrition and physical activity are directly linked to academic achievement. Children who eat well and are physically active learn better, while poorly nourished and sedentary children tend to have weaker academic performance and score lower on standardized achievement tests. Student fitness levels have been correlated with academic achievement, including improved math, reading, and writing scores.

The Woodbridge School District recognizes the importance of the school's role in promoting good student/staff nutrition, physical fitness, and a healthful school environment. The Board authorizes the administration to develop integrated nutrition and physical activity programs to provide students/staff with the skills and support to adopt healthful lifestyles.

The district shall take the appropriate measures to implement a comprehensive nutrition/health curriculum, promote healthful student eating through the provision of a well-balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthful foods and beverages at designated times in classrooms, and encourage increased physical activity for students before, during, and after the school day, where appropriate.

The Woodbridge Board of Education is committed to creating a healthful environment for students and staff. Through collaboration of all stakeholders, we will educate our community to make healthful and positive choices regarding physical activity and nutrition.

### **District-wide School Wellness Team**

The Woodbridge School District has established a district-wide School Wellness Team.

Team membership may include, but will not be limited to:

1. District food services manager
2. Dietitian
3. Local health practitioner
4. School nurse representative
5. School psychologist
6. Parent representative

7. Student representative
8. Staff representative
9. School board member
10. Physical education teacher (~~co-chair~~)
11. Health education teacher (~~co-chair~~)
12. Family and consumer sciences teacher
13. District administrative representative (~~co-chair~~)
14. Local community member
15. School Administrative Representative (chair)

Guidelines for Team:

1. Developing guidance to explicate this policy
2. Monitoring the implementation of this policy
3. Evaluating the policy progress
4. Revising policy as necessary

Responsibilities of the School Wellness Team:

1. To implement the District Nutrition and Physical Activity Standards
2. To integrate nutrition and physical activity in the overall curriculum
3. To assure that **there are** staff professional development **opportunities to address** ~~includes~~ nutrition and physical activity issues
4. To serve as a resource to school sites (e.g. providing lists of healthful incentives and snacks, ideas for birthday celebrations, etc.)
5. To assure that students receive nutrition education and engage in rigorous physical activity
6. To pursue contracts with outside vendors that encourage healthful eating ~~and reduction of school/district dependence on profits from foods of minimal nutritional value~~
7. To encourage healthful choices among all school venues that involve the sale of food

8. The Wellness policy will be assessed every three years, making the results of the assessment available to the public.

The School Wellness Team will prepare an Annual Report ~~by June 15~~ of each year that includes, but is not limited to, the following information:

1. Monthly district menus ~~and meal counts~~
2. ~~Listing of all a-la-carte, vending, and competitive foods sold by school food service~~
3. 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.
4. Listing of physical activity programs and opportunities for students throughout the school year
5. Any state or federal assessments

### **Physical Activity**

The Woodbridge School District intends that every student be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, understand the short- and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle.

Every student will participate in physical education for the entire school year.

### **Physical Activity Opportunities**

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school (recess), and/or after school.
3. Supervised recess (outside) time should be provided within each school day for PK-6 students. Active play and socialization should be encouraged. 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.

\*Unless the safety of students is in question.

### **Physical Education Instruction**

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

1. Expose youngsters to a wide variety of physical activities
2. Teach physical skills to help maintain a lifetime of health and fitness
3. Encourage self-monitoring so youngsters can see how active they are and set their own goals
4. ~~Begin fitness or activity logging in elementary school~~
5. Individualize intensity of activities
6. Focus feedback on process of doing your best rather than on product
7. Be active role models
8. 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.
9. Collect and analyze fitness and physical activity data over time
10. Assist students in interpreting the data

### **Physical Activity Guidelines**

~~NASPE recommendations for physical education are 150 minutes per week for elementary students.~~

2004 NASPE Guidelines recommendations:

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most, days of the week.
2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
3. Children should participate each day in variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
4. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

The Woodbridge School District will make its best effort to meet these guidelines within the parameters of our instructional day.

## **Nutrition**

The Woodbridge School District intends that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.

### **District Nutrition Standards**

**Students will be offered and schools will promote nutritious food choices consistent with the current Dietary. Guidelines for Americans and My Plate, published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education ("Connecticut Nutrition Standards for Foods in Schools") in addition to federal and state statutes and national health organizations. The focus is on moderating calories, limiting fats, sodium and sugars and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food and beverage sales that compete with the District's nonprofit food service in compliance with the Child Nutrition Act. The District shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements. (Schools must follow whichever requirements are stricter).**

### **School Lunch Meal Planning**

All menus will be written in accordance with the National School Lunch Program (NSLP) guidelines. These guidelines follow a traditional food-based meal pattern. 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 school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All beverages sold to students in school meals and as a-la-carte sales must meet the requirements of state statute and USDA requirements for a-la-carte foods.**

**At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must also be available for sale at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.**

**All foods sold to students, separately from school meals, will meet the CT Nutrition Standards.**

The snacks sold at the K-6 level should follow an established standard minimizing the content of fat, sodium, and sugar. These standards are as follows and are sold at a limitation of one snack per child per day. *Changes- we must align with CT- Standards..need Jane to take a look*

1. Fat < 9g (CT State Standard <10g)
2. Sodium < ~~250mg~~ **200 mg** (CT State Standard)
3. Sugar < 12g (CT State Standard <15g)

### **Foods of Minimal Nutritional Value**

Foods defined as having minimal nutritional value will not be sold in the cafeterias or anywhere on school premises.

1. Soda
2. Water ice
3. Chewing gum and candy
4. Fried snacks

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

All foods provided by the school during instructional hours will meet the dietary and snack guidelines stated above. It will be strongly encouraged that all food-related events which take place in the classroom, during fundraising activities, PTO events, etc., will meet the same snack standard as defined by the present a la carte program at the K-6 level. Whether foods served at special events (ethnic fairs, etc.) meet this guideline is left to the discretion of the building Principal.

### **Nutrition Education**

Science-based, behavior-focused nutrition education will be integrated into the curriculum from PK-6 and in after-school programs. All staff members involved in nutrition education will have appropriate training.

Ideas and suggestions to consider when developing this component:

1. Make nutrition education interactive and teach students the skills they need to adopt healthy eating behaviors. Suggested curriculum topics include: essential nutrients, nutritional deficiencies, healthy weight management, safe food preparation, handling, and storage, and reading food labels.
2. Offer nutrition education in the school cafeteria as well as in the classroom, with coordination between the food service staff and teachers.
3. Include both nutrition and physical education standards in district health and physical education curricula.
4. Ensure that teachers providing nutrition education have appropriate training. Also consider ways to get all staff involved; the more role models students have, the more likely they are to change their own behaviors.
5. Encourage teamwork between staff to develop ways to integrate nutrition into numerous classes throughout the grade levels.
6. Offer parent/family nutrition education opportunities.

### **Teacher-to Student Incentive**

The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to use food items as an incentive, they are required to adhere to the District Nutrition Standards.

### **References**

(cf. 3542 - Food Service)  
(cf. 3542.33 - Food Sales Other Than National School Lunch Program)  
(cf. 3542.34 - Nutrition Program)  
(cf. 3452.45 - Vending Machines)  
(cf. 6142.6 - Physical Education)  
(cf. 6142.61 - Physical Activity)  
(cf. 6142.62 - Recess/Unstructured Time)  
(cf. 6142.10 - Health Education)

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.

[10-215b-1](#) State board of education regulation - Competitive foods.

[10-216](#) Payment of expenses.

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 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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WOODBIDGE PUBLIC SCHOOLS

Woodbridge, Connecticut