

Wellness Policies on Physical Activity and Nutrition

MISSION STATEMENT

The Derby School District 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 students and staff can benefit by healthy dietary and lifestyle practices. We can facilitate learning through the promotion of good nutrition and physical activity. Health and wellness optimizes student performance and ensures that no child is left behind.

Thus, the Derby Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Derby Public Schools that:

- The school district will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
- All students in grades K – 12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *US Dietary Guidelines for Americans*. Public Act 06-63 – an act concerning healthy food and beverage in schools.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Committee

The school district and/or individual schools within the district has created a School Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. (A school wellness committee consists of a group of individuals representing the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages

Schools Meals:

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve milk and nutritionally equivalent non-dairy alternatives
- Ensure a portion of the grains served will be whole-grain

Schools should encourage students and parents to select foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a web-site, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate a School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Price Meals:

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Meal Times and Scheduling:

Schools:

- Will provide students with a sufficient period of time for meals according to the individual school's schedule.

- Should schedule meal periods at appropriate times, for example, lunch should be between 11am and 1pm. Students with a later lunch should have time in the morning for a healthy snack.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during these activities.
- Will provide students access to hand washing or hand sanitizing before they eat their meals or snacks.
- Should take responsible steps to accommodate the tooth-brushing regimens of students with special oral health needs, for example, orthodontia or high tooth decay risk.

Qualifications of School Food Service Staff:

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing Foods and/or Beverages:

Schools should discourage students from sharing their foods and/or beverages with one another during meal or snack time, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (Vending Machines, Cafeteria a la carte)

Elementary Schools:

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle Schools, Junior High Schools, and High Schools:

Beverages:

- Allowed-water, fruit and vegetable juices and fruit-based drinks that contain at least 100% juice and that do not contain additional caloric sweeteners, unflavored or flavored milk and nutritionally equivalent non-dairy beverages to be defined by USDA.
- Not Allowed-soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners, beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

Foods:

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Will have no more than 35% of its weight from added sugars.
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items.
- Will contain no more than 480 mg of sodium per serving for pastas, meats, and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruit and vegetables, 100% fruit or vegetable juice, fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners, cooked, dried, or canned fruits, and cooked, dried, or canned vegetables.

Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, fried fruit, or jerky.
- One ounce for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces for non-frozen yogurt.
- The portion size of a la carte entrees and side dishes, including, but not limited to, potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

Fundraising Activities:

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks:

Snacks served during the school day or in an after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snacks to teachers, after-school program personnel, and parents. Elementary school students should be allowed to have unbreakable water bottles at their desks during the warm weather months to maintain hydration. These bottles may contain water only.

Rewards:

Schools will limit the use food or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment. When foods do not meet the nutrition standards are offered, a healthy choice reward will also be offered, allowing the student to make a choice between the two. The school should encourage the student to be mindful of the choice made so that adjustments can be made later in the day or the next day to balance their intake of non-healthy foods/beverages.

Celebrations:

Schools should limit celebrations that involve food during the day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion:

Derby School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects.
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens.

IV. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities

Daily Recess:

All students in grades Pre K through 5 will have at least 20 minutes a day of supervised recess, preferably outdoors (weather permitting). During this recess, schools should encourage moderate to vigorous physical activity both verbally and through the provision of space and equipment. Schools should discourage extended periods of inactivity when activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time. Schools should give students periodic breaks, during which they are encouraged to stand and be moderately active.

P.A. 13-173, “An Act Concerning Childhood Obesity and Physical Exercise in Schools,” effective October 1, 2013, requires that elementary schools offer each enrolled student time devoted to physical exercise of not less than 20 minutes in total, unless altered by a PPT for a child receiving special education services. **Students will have outside recess daily as long as the temperature is no less than 25 degrees.**

Physical Education:

All students in grades Pre K through 12, including students with disabilities, special health care needs, and in alternative educational settings will receive physical education as required by the state and local mandates. The Wellness Committee will review the physical education program to ensure compliance with state and local physical education requirements, and make reasonable attempts to increase the number of minutes each student receives physical education per week.

Physical Activity and Punishment:

Teachers and other school community personnel will not use physical activity (e.g. running laps, pushups, etc.) or withhold opportunities for physical activities (e.g. recess, physical education) as punishment. Schools will provide opportunities to increase physical activities and wellness and integrate them throughout the curriculum.

Legal References: Connecticut General Statutes

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

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

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

10-216 Payment of expenses.

20-215b-1 State board of education regulation.

10-221o Lunch periods. Recess (as amended by P.A. 12-116, An Act Concerning Educational Reform, and P.A. 13-173, An Act Concerning Childhood Obesity and Physical Exercise in Schools)

Adopted: July 20, 2006

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