

6114.3 Advisory Council on Wellness

It is the policy of the Simsbury Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students.

The Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the Board of Education, and members of the public.

I. GOALS AND GUIDELINES

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education Promotion

- Setting rules for marketing and promotion of nutritious foods and health habits outside the classroom.
- Developing curriculum to address nutrition education.

B. Physical Activity and Other School-Based Activities

- Setting minimum physical education requirements including time, frequency and intensity.
- Setting minimum requirements for recess.
- Creating after school activity programs, student health council, and community/family programs that encourage healthy habits.
- Scheduling school meals at appropriate times in appropriate settings.
- Marketing healthy food in ways that increase its appeal.
- Giving students and the community after-school access to school activity facilities.

C. Nutritional Guidelines for School Food

- Addressing issues such as nutritional values and portion size.
- Regulating a la carte, vending machine, concession and school store offerings.
- Regulating after school activity, field trip, school event and school party offerings.
- Training and certification of food preparation and food service staff.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy, the Assistant Superintendent for Teaching & Learning shall be responsible for the oversight of the school district's wellness program. The Assistant Superintendent for Teaching & Learning, in cooperation with the Advisory Council on Wellness, shall be responsible for ensuring that the goals and guidelines relating to nutrition education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met and that all policies and school-based activities are consistent with the Health and Wellness policy.

LEGAL REFERENCES:

Federal Law:

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, § 204, codified at 42 U.S.C. § 1751

Child Nutrition Act § 10(a)-(b), codified at 42 U.S.C. § 1799

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1) and 42 U.S.C. § 1766