

6114.2 Student Wellness Policy

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, an Advisory Council on Wellness (“Advisory Council”) meets 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. This Advisory Council involves parents, students, representatives from the district Nutrition Services Department, teachers of physical education, school health professionals, school administrators, member(s) of the board of education, and community member(s). The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

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 and Promotion

- Reviewing “Smarter Lunchroom” tools and strategies with nutrition services staff
- Including nutrition education as part of secondary health education classes and/or stand-alone courses including curricula that promote skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods
- Integrating nutrition education into other core subjects such as math, science, language arts, and social sciences, as appropriate
- Including nutrition and health posters, signage, or displays in the cafeteria food service and cafeterias, classrooms, hallways, gymnasium and/or bulletin boards that are frequently rotated, updated or changed
- Offering information to families that encourages them to teach their children about health and nutrition which can assist them in planning nutritious meals for their families
- Partnering with community health agencies or

- organizations for school wellness activities
- Scheduling school meals at appropriate times in appropriate settings
- Marketing healthy food in ways that increase its appeal

B. Physical Activity and Other School-Based Activities

- Offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity and other activities that support staff and wellness
- Sponsoring health fairs, school supported/PTO events and/or family wellness activities
- Sending information via school/faculty newsletters promoting healthy eating, healthy recipes and physical activity
- Setting at least minimum physical education requirements including time and frequency
- Setting reasonable/appropriate teacher to student ratios for physical education classes
- Setting at least minimum requirements for recess, including amount of time/scheduling of recess time
- Requiring recess to be outdoors, if possible
- Encouraging walking and biking to school through safe route programs, where possible

C. Nutritional Guidelines for School Food

- District compliance with current meal patterns (e.g., offering fruits and vegetables each day, more whole grains and portion sizes and calories standards to maintain a healthy weight)
- 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)
- District website includes current school menus and description of the National School Breakfast and Lunch Programs
- Participation in the school meal programs will be promoted and families are notified of the availability of Child Nutrition Programs as well as how to determine children's eligibility for such programs
- Supporting healthy eating by considering evidence-based research and providing appropriate time for and duration of school meals

- Information about the availability of free drinking water throughout the school day is noted in student handbooks
- Regulations for a la carte, vending machine, concession and school store offerings in each school are available to all staff
- Regulations for after school activities, field trips, school events and school party offerings are clearly communicated to school staff and families—including the rationale for eliminating the use of food as a reward.
- Training and certification of food preparation and food service staff.

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

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