

## **Instruction**

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY (SCHOOL WELLNESS)**

**6142.101(a)**

The Fairfield Board of Education believes that all students who begin each day as healthy individuals have the potential to become better learners. The Board also believes that staff should model appropriate wellness behaviors for students. This policy encourages a comprehensive approach to staff and student wellness that is sensitive to individual and community needs and addresses overall wellness. Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. In accordance with federal and state law, it is the policy of the Board of Education to provide students access to healthy foods and beverages, provide opportunities for developmentally appropriate physical activity, and require all meals served by the District to meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture and the "Connecticut Nutrition Standards for Foods in Schools," whichever are greater. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

In developing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, the District will, as required, review and consider evidence-based strategies and techniques.

#### **Goals for Nutrition Promotion and Education**

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive standards-based school health.
- Education program and curriculum and will be integrated into other classroom content areas, as appropriate.

#### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.

## **Instruction**

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY (SCHOOL WELLNESS)**

**6142.101(b)**

#### **Goals for Physical Activity** (continued)

- Physical education shall be taught in every grade from PK through 8 and at the high school level as outlined in high school graduation requirements per BOE Policy 6146. Physical education shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students scheduled for physical education are required to participate in the District's physical education program.
- Recess, in accordance with Administrative Regulations for this policy, is required in all elementary schools, and recess should be scheduled before lunch when possible. Physical activity breaks, before and after school physical activities, and walking and/or biking to and from school, where safe to do so, are encouraged at all schools.
- Schools will encourage daily physical activity for all students, seeking to balance this goal with all the requirements of the curricular program.
- All staff members, including coaches and teachers who teach physical education, shall not order the performance of physical activity as a form of discipline.
- All staff members, including teachers who teach physical education, shall not prohibit participation in physical education class or recess or use the prohibition in these activities as a form of discipline during the school day unless the safety of students is in question.

#### **Goals for School Meals and Beverages**

- 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.

**Instruction**

**STUDENT NUTRITION AND PHYSICAL ACTIVITY  
(SCHOOL WELLNESS)**

**6142.101(c)**

**Goals for School Meals and Beverages (continued)**

- All students, regardless of the type of payment they make for school meals, or if they receive free or reduced priced meals, and regardless of the type of food being purchased (meal or a la carte), will be given a number or code to provide at the cash register in the cafeteria.
- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the day. The District will make drinking water available where school meals are served during mealtimes. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- The focus of the District’s meal program 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 at school will be healthy choices that meet the requirements of state statute and USDA beverage requirements. (Schools must follow whichever requirements are stricter).

All sources of food sales to students during school hours must comply with the “Connecticut Nutrition Standards for Food in Schools” including, but not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. The District shall ensure that all beverages sold to students comply with the requirements of state statute and USDA beverage requirements. When state and federal regulations are different, the stricter standard will be followed. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

## **Instruction**

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY (SCHOOL WELLNESS)**

**6142.101(d)**

#### **School Nutrition Staff**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards](#) website to search for training that meets their learning needs.

#### **Celebrations and Rewards**

All in school celebrations in elementary schools shall be food free to comply with District policy 5141.25, Students with Special Health Care Needs – Life Threatening Allergies and Glycogen Storage Device Management. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

#### **Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

#### **Marketing**

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA “Smart Snacks in School” nutrition standards.

#### **Monitoring**

The Board designates the Superintendent or his/her designee to ensure compliance with this policy and its administrative regulations. He/She is responsible for retaining all documentation of compliance with this policy and its regulations, including, but not limited to, each school's three-year assessment and evaluation report and this wellness policy and plan. The Superintendent or designee will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the three-year assessment and evaluation.

The District shall strive for broad-based involvement by school community stakeholders as required. These stakeholders should be involved, as appropriate, in the development, implementation, monitoring, and assessment of this policy.

## **Instruction**

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY (SCHOOL WELLNESS)**

**6142.101(e)**

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. The District, as required, will retain records and documents pertaining to the wellness policy which shall include the written school wellness policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment of the wellness policy and documentation to demonstrate compliance with the annual public notification requirement.

#### **Triennial Assessment**

At least every three years, the District will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the District will indicate the extent to which schools are in compliance with the wellness policy and how the District's wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and will provide the basis for appropriate updates or modification to the wellness policy.

#### **Informing and Updating the Public**

In accordance with federal law and applicable regulations, the District will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in an accessible and easily understood manner. The District will make its wellness policy and any updates to the policy available to the public on an annual basis.

#### **Family, School and Community Partnership and Input**

In furtherance of this policy, the District 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. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the Board, and members of the public and may also involve Supplemental Nutrition Assistance Program ("SNAP") coordinators or educators. The Advisory Council will

## **Instruction**

### **STUDENT NUTRITION AND PHYSICAL ACTIVITY (SCHOOL WELLNESS)**

**6142.101(f)**

be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

#### **Staff Wellness**

To promote staff wellness, employees shall be encouraged to engage in daily physical activity.

#### **Community Input**

The Superintendent or designee will provide opportunities for suggestions and comments concerning the development, implementation, periodic review and improvement of the school wellness policy from community members, including parents, student, and representatives of the school food service department, teachers of physical education, school health professionals, members of the Board of Education, school administrators, and the public. This is best achieved through the establishment of a standing wellness committee, with membership as listed above. Efforts shall be made to encourage and facilitate involvement that reflects all aspects of the school community.

#### **Evaluation**

To ensure continuing progress, the District will evaluate implementation efforts and their impact on students and staff at least every three years.

The School Wellness Policy is made available annually to students and families by means of The Family Guide, student handbooks, and the District website. This availability shall include the policy, including any updates to and about the wellness policy and the Triennial Assessment, including progress toward meeting the goals of this policy. In addition, the annual notification shall include a description of each school's progress in meeting the wellness policy goals, a summary of each school's wellness events or activities, contact information for the leader(s) of the standing wellness committee and Advisory Council referenced above, and information on how individuals and the public can get involved.

**Instruction**

**STUDENT NUTRITION AND PHYSICAL ACTIVITY  
(SCHOOL WELLNESS)**

**6142.101(g)**

- (cf. 3542 – Food Service)
- (cf. 3542.31 – Free or Reduced Price Lunches)
- (cf. 3542.33 – Food Sales Other Than National School Lunch Program)
- (cf. 3542.34 – Nutrition Program)
- (cf. 3542.43 - Food Service Charging)
- (cf. 3452.45 – Vending Machines)
- (cf. 5141.25 – Students with Special Health Care Needs – Life Threatening Allergies and Glycogen Storage Device Management)

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. 10-216 Payment of expenses.  
10-215e Nutrition standards for food that is not part of lunch or breakfast program.  
10-215f Certification that food meets nutrition standards. 10-221o Lunch periods. Recess.  
10-221p Boards to make available for purchase nutritious, low-fat foods. 10-221q Sale of beverages.  
Regulations of Connecticut State Agencies 10-215b-1 Competitive foods.  
10-215b-23 Income from the sale of food items.  
National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12,)

**Instruction**

**STUDENT NUTRITION AND PHYSICAL ACTIVITY  
(SCHOOL WELLNESS)**

**6142.101(h)**

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 CFR Parts 210 & 220  
Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751  
Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)  
School Breakfast Program, 7 C.F.R. Part 220 (2006)  
National School Lunch Program or School Breakfast Program:  
Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013)  
Local School Wellness Policy Requirements, 42 U.S.C. 1758b

Adopted 6/27/2006

Revised and Adopted 8/04/2009

Revised and Adopted 4/8/2014

Revised and Adopted 6/27/2017

Reviewed 6/3/2021

Revised and Adopted 4/25/2023