

Health and Wellness Regulations (Student Wellness)

As part of the new teacher orientation each year, there will be a discussion on healthy practices with regard to classroom rewards, incentives and in-school celebrations. The instructor will present Westport's Student Health and Wellness Policy and stress the system's preference for not providing food as rewards or incentives. The instructor will also offer alternate suggestions for rewards, incentives and celebrations that experienced teachers have used successfully. This same discussion will be held with returning teachers during staff development days.

Throughout the year, administrators will remind their staff at various faculty meetings of this emphasis, and ask them to share their ideas about non-food or healthy alternatives for rewards, incentives or celebrations.

Nutrition Education

1. Comprehensive school health education is offered as part of a planned ongoing systemic, sequential, and standards based program. Nutrition education instruction shall be a regular part of students' schedules each year, K-11, and shall be aligned with state and national standards and will be divided into required units of study.
2. Nutrition education will be provided as part of the health education curriculum at each grade level and shall be designed to provide students with nutritional knowledge, including, but not limited to, the benefits of healthy eating, knowledge of the USDA food guide plate, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, and safe food preparation, handling and storage; nutrition related skills, including, but not limited to, planning a healthy meal including portion and serving size, understanding and using food labels, accessing and critically evaluating nutrition information, misinformation, and commercial advertising; how to assess and manage one's personal eating habits, set goals for improvement, and achieve those goals; and how to communicate, make healthy decisions and advocate for developing lifelong healthy habits.
3. The nutrition education program shall link with school meal programs, other school foods, and nutrition-related projects in the larger community, such as school gardens and after-school programs.
4. Teachers will be encouraged to integrate nutrition education into core curriculum such as math, science, social studies, and language arts as applicable. Nutrition education will be done in an interactive, culturally diverse and developmentally appropriate manner that results in knowledge and skills acquisition of healthy eating behaviors for life.

5. Information about the nutrition education program shall be made available to parents on a regular basis such as sending home nutrition information, postings on district websites, and other appropriate methods.

Foods served during the school day

6. The school meal program shall operate in accordance with the National School Lunch Program standards and applicable laws and regulations of the state of Connecticut. Food and beverages that meet or exceed the minimal nutritional values, as defined by the food and nutrition service or the USDA will be sold or served in school until 30 minutes after the last lunch period. Schools shall offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus shall be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences.
7. School food services shall encourage the consumption of nutrient-dense foods and assist students in complying with the USDA dietary guidelines for Americans by providing a variety of whole grains, fresh fruits, vegetables, and foods low in saturated fat, trans fat, cholesterol, sugars and salt.
8. All Schools will have fresh fruit selections daily. At the elementary school level, fruit will be cut up for easy access for young children whenever possible.
9. School meals shall not only provide the nutrition that students need for growth and development but also shall support the development of healthful eating behaviors in students, including their learning to eat a variety of foods and their appreciation of foods from different cultures.
10. Only lunch shall be sold at the elementary school level.
11. The school meal program shall actively work towards meeting the Nutrition Standards as promulgated by Connecticut State Department of Education.
12. In accordance to State Law, only the following beverages are allowed for sale to Students from school stores, vending machines, and school cafeterias: (Public Act 06-63).
 - a. Milk: flavored milk shall not exceed 4 grams of sugar per ounce (including both naturally and added sugars) and not include any artificial sweeteners (Connecticut's Healthy Snack standards also recommend that milk be limited to 1% or skim).
 - b. Dairy alternatives: (such as soy and rice milk): Shall not exceed 4 grams of sugar per ounce (including both naturally and added sugars) and contain no more than 35% calories from total fat and 10% total calories from saturated fat.
 - c. Fruit or vegetable juice; 100% juice containing no added sugar or artificial sweeteners (this product is exempt from the sugar standard).
 - d. Water: includes plain and flavored water without added sugar or artificial

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sweeteners or caffeine.

- e. Portion sizes: (Connecticut's Healthy Snack standards recommend that portions be limited as follows): Portion sizes of all beverages to no more than 12 ounces (except water without added juice).
13. Vending machines shall not be operated in elementary schools where they are available to students. Middle school grades 6-8 school food services, school stores, and school vending machines shall not sell candy (defined as a processed food item with sugar, or its equivalent, listed as one of the first two ingredients on the food label with sugar as more than 25% of the item by weight) at any time.
14. High school fundraisers shall not sell candy until 30 minutes after the last school lunch period. K-8 school fundraisers shall not sell candy during the school day.
15. Students shall be provided adequate time (minimum of 20 minutes) and space in a pleasant environment to eat lunch.
16. Proper hand-washing habits shall be encouraged before eating and students shall have convenient access to hand-washing or hand sanitizing facilities.
17. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior consistently enforced.
18. No punitive or disciplinary action shall be taken that would deny a student lunch or snack time to the extent reasonable possible. Students shall avoid conflicts with lunch and snack time to the extent reasonably possible.
19. The school environment, including the classroom and cafeteria, shall provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.
20. Food services information shall be made available to parents on the district website. Information such as menus and prices, nutritional information, lists of healthy snacks, and other information will be included. Food services will provide families opportunities for input and monitoring of their children's food purchases at the K-8 level. Food services staff shall solicit parent and student feedback and input into planning and implementation of services.
21. Access to free drinking water is available to all students and staff in all buildings.
22. At all school functions the district encourages the use of nutrient dense foods that provide students with calories rich in the nutrient content needed to be healthy. At all school functions (parties, celebrations, sporting events) healthy food options will be encouraged.
23. To promote a healthier school environment, all elementary birthday parties will

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be celebrated with a variety of activities in lieu of food. Classroom teachers will provide parents with alternative ideas for celebrating their child's birthday.

24. School food service staff is properly qualified through serve safe certification and regularly participate in professional development activities.
25. Food preparation will include low fat methods for preparing foods. Deep frying food will only be used for French fries which will be offered as an al la carte option.

Physical Education and Physical Activity

26. Physical education classes, aligned with the Connecticut Physical Education Framework, and taught by certified physical education teachers shall be a regular part of students' schedules each year K-11. During Grade 12, seniors may choose a physical education elective. Elementary students will meet twice per week, middle school students will meet three times per week, and high school students four times per week.
27. The physical education program shall include, but not be limited to, instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child; fitness education and assessment to help students understand, improve and/or maintain their physical well-being; development of cognitive concepts about motor skill and fitness; opportunities to improve their emerging social and cooperative skills; and promotion of ongoing, appropriate physical activity throughout life.
28. The physical education program shall be planned, ongoing and systematic. Physical education teachers shall devote as much class time as possible to moderate and vigorous activity; provide many different physical activity choices; features co-operative as well as competitive games; meet the needs of all students, including those who are not athletically gifted; take into account gender and culture differences in students' interests; teach self-management as well as movement skills; actively teach cooperation, fair play, and responsible participation; promote participation in physical activity outside of school and be an enjoyable experience for students.
29. Competency assessments will be conducted yearly in grades 6-11.
30. The physical education program shall maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. The physical education program shall not include ordering performance of physical activity as a form of discipline or punishment.
31. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
32. Information about the physical education program shall be made available to

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parents on a regular basis such as sending home physical education program information, providing assessments of student progress, posting programs on district websites, and other appropriate methods.

33. All elementary and middle school students shall have daily supervised recess, preferably outdoors, during which schools shall encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity.
34. In order to avoid prolonged physical inactivity, elementary school classrooms shall incorporate, where possible, appropriate short breaks that include physical movement.
35. Any punitive or disciplinary action that would deny a student recess should be avoided to the extent reasonably possible. Alternative sanctions to limiting recess shall be developed and implemented for classroom disciplinary infractions. School schedules and obligations for students shall avoid conflicts with recess time to the extent reasonably possible.

Communication, Evaluation and Promotion

36. Parents, administrators, the food service director, and school staff will meet at least twice a year as a health and wellness advisory committee to assist administration and provide feedback on the effectiveness of the school wellness policy.
37. Adherence to school health policies regarding nutrition and physical education will be evaluated at least yearly.
38. Building principals or a designee will be responsible for policy adherence within each school building.
39. The promotion of healthy foods including fruits, vegetables, whole grains and low fat dairy products is encouraged.
40. Students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and being physically active throughout the school setting.

Cross references:

PUBLIC ACT 06-63, 2006 legislative session

Legal references:

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 10-215b

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Duties of state board of education re feeding programs

10-216 Payment of expenses

10-215B-1 State board of education regulation - Competitive foods

10-2210 Lunch period. Recess

10-221p Boards to make available for purchase nutritious, low-fat foods.

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. 6758-6772The Child Nutrition

and WIC Reauthorization Act of 2004, Public Law 108-265

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