**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

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 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**

Nutrition education shall be offered as part of a planned, ongoing, systematic, sequential, standards- based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework.

The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework. Nutrition themes include but are not limited to:

* My Plate and the Dietary Guidelines for Americans (Healthy Eating Plan)
* Identify and limit foods of low nutrient density
* Healthy heart choices
* Food labels
* Sources and functions of major nutrients
* Multicultural influences
* Guide to a healthy diet
* Serving sizes
* Diet and disease
* Proper food safety and sanitation
* Understanding calories
* Body-size acceptances, healthy weight and dangers of unhealthy weight-control practices
* Healthy snacks

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

The school district shall assess all nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards. Materials developed by food marketing boards or food corporations shall be examined for appropriateness of commercial messages.

## Educational Reinforcement

School instructional staff members are encouraged to collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

## Nutrition Promotion

The school district is encouraged to conduct nutrition education activities and promotions that involve parents, students and the community. In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, it is recommended that the building Principal provides:

- nutrition education materials and cafeteria menus are sent home with students;

- requests to parents to send healthy snacks/meals to school;

- families with invitations to attend exhibitions of student nutrition projects or

health fairs;

- nutrition education workshops and offers screening services.

Schools are encouraged to promote healthy food choices and not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

## Food Marketing in Schools

School-based marketing shall be consistent with nutrition education and health promotion. Thus, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the

* 1. Department of Agriculture nutrient standards for meals or the District's nutrition standards for foods and beverages. Schools shall promote healthy food choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

## Education Links with School

Nutrition education may be offered in the school cafeteria and classroom, with coordination between school food service and teachers. The district shall link nutrition education with other coordinated school health initiatives. The nutrition education program may link with school meal programs, other school foods, and nutrition-related community services that occur outside the classroom or that link classroom nutrition education to the larger school community, such as school gardens, cafeteria-based nutrition education and afterschool programs. For example, schools are encouraged to utilize instructional gardens to provide students with experiences in planting, harvesting, preparation, serving, and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum, and articulated with state standards.

**Physical Education/Physical Activity**

It is the Board’s position that all students have equal and equitable opportunities for physical activity and physical education in District schools.

**Goals for Physical Activity**

The goals for addressing physical activity within district include the following:

  Schools will support and promote an active lifestyle for students.

  Physical education will be taught by certified physical education teachers from pre-kindergarten through grade 12 and shall include a 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.

  All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state/and or national standards.

  Unless otherwise exempted, all students will be required to engage in the District's physical education program.

  Schools will work toward providing physical activity daily for students (as a best practice).

**Nutrition Guidelines for Foods Sold in Schools**

## National School Lunch Program and School Breakfast Program

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber. The school food service provider will follow minimum standards for school food quality, as outlined in the food service contract.

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms and preferences. Schools shall engage students and parents, through surveys, taste-tests and other activities, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. Meal patterns and nutrition standards of federal regulations will be fulfilled as required.

The district will share information regarding the nutrition content of school meals with students, families and school staff. Nutrition information for a la carte foods and beverages sold in schools will also be available.

With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs. Upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the foods to be omitted and the food or choices of foods that must be substituted.

Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent/guardian submits a signed request that includes a medical statement signed by a physician, physical assistant, registered dietician or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of foods that may be substituted in place of the lunch or breakfast menu being served.

The district shall help 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 and promote the School Breakfast Program;
		- to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess;
		- notify parents and students of the availability of the School Breakfast Program (if the school serves breakfast to students); and
		- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## Cafetería A La Carta Sales\*

The school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All beverages sold to students in school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must also be available for sale at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.

The sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories defined by state statute:

1. Milk, low-fat (1%) unflavored or nonfat which may be flavored or unflavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce; (federal regulation require non-fat or 1% low fat milk)\*
2. Nondairy milks, such as soy, rice, or lactose-free milk, which may be flavored or unflavored but contains no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;\*
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;\*
4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and\*
5. Water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.\*

(\*Consult the CSDE's List of Acceptable Foods and Beverages for allowable products.)

## Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed. It is encouraged that the lunchroom environment be a place where students have:

* + adequate space to eat and pleasant surroundings;
	+ appropriate supervision; and
	+ convenient access to hand washing facilities before meals.

## Meal Schedules

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00 a.m. and 2:00 p.m. in all schools. Pursuant to state statute, schools are required to provide all full day students a daily lunch period of not less than 20 minutes. This time period shall not include recess time, and meals shall occur after recess. Activities such as tutoring, clubs or organizational meetings or activities shall not be scheduled during meal times unless students may eat during such activities.

## Qualifications of Food Service Staff

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

## Training for Food Service Staff

All food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics.

## Summer Food Service Program

Schools in which more than 50 percent of students are eligible for free or reduced-price school meals shall sponsor the Summer Food Service Program for at least four weeks between the last day of the academic school year and the first day of the following school year.

## Other Foods Offered or Sold

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, at all times.

However, beverages not meeting the requirements of state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend provided they are not sold from a vending machine or school store. The district strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.

Pursuant to state statute (CGS 10-221p), whenever any group makes foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must also be available in the school at the same time for purchase by students. "Foods available for purchase" include, but are not limited to, foods sold in cafeterias, vending machines, school stores, fundraisers and any other food sales during the school day. This includes the following:

* If a snack machine with food items is available for use by students during the school day, the school must also have non-fat or low-fat dairy products and fresh or dried fruit available for purchase. When the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer non-fat or low-fat dairy products and fresh or dried fruit for sale at the same time.
* School stores that sell food to students must ensure that non-fat or low-fat dairy products and fresh or dried fruit are available for purchase either in the store itself or elsewhere in the school, while the school store is selling food.

## Access to Drinking Water

Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine, should be made available for purchase by students and staff. Schools involved in the reimbursable National School Lunch Program and/or School Breakfast Program are required to make free potable water available where meals are served.

## Foods Brought Into School

The district shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the Connecticut Nutrition Standards. The district shall develop guidelines to help ensure that food brought from home to be shared with other students is appropriate. Classroom snacks shall feature healthy choices that meet the state requirements for allowable beverages and the Connecticut Nutrition Standards.

## Sharing of Foods

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

## Fundraising

School fundraising activities shall not involve food or beverages or shall only use foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute and federal regulations. However, food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Schools shall encourage fundraising activities that promote physical activity. The District shall work with the Wellness Committee to make available to students, parents, teachers and school groups a list of ideas for alternate fundraising activities, such as healthy foods and beverages or nonfood fundraisers.

Competition with nutritious meals served by the school food services operations must be minimized. Income from any competitive foods or beverages sold from 30 minutes prior to the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account.

## Concessions

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute and federal regulations can be sold at concessions operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

**Community Input**

The Superintendent or designee will provide opportunities, suggestions and comments concerning the development, implementation, periodic review and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, 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 improve community involvement.

**Evaluation of Wellness Policy**

In an effort to measure the implementation of this policy, the Board of Education designates the Superintendent as the person who will be responsible for ensuring that each school meets the goals outlined in this policy. To ensure continuing progress, the District will evaluate implementation efforts and their impact on students and staff at least every three years.

The District will make available to the public the results of the three-year assessment and evaluation including the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of this policy.

The School Wellness Policy shall be made available annually, at a minimum, to students and families by means of student handbooks and the Board's 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.

(cf. [3542](http://z2policy.cabe.org/cabe/DocViewer.jsp?docid=96&z2collection=killingly" \l "JD_3542) - Food Service)

(cf. 3542.33 - Food Sales Other Than National School Lunch Program)

(cf. 3542.34 - Nutrition Program)

(cf. 3452.45 - Vending Machines)

(cf. 6142.6 - Physical Education)

(cf. 6142.61 - Physical Activity)

(cf. 6142.62 - Recess/Unstructured Time)

(cf. [6142.10](http://z2policy.cabe.org/cabe/DocViewer.jsp?docid=339&z2collection=killingly#JD_6142.10) - Health Education)

Legal Reference:  Connecticut General Statutes

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-16b Prescribed courses of study.

[10](http://www.cga.ct.gov/current/pub/title_10.htm) 215 Lunches, breakfasts and the feeding programs for public school children and employees.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-221 Boards of education to prescribe rules, policies and procedures.

[10](http://www.cga.ct.gov/current/pub/title_10.htm) 215a Non public school participation in feeding program.

[10](http://www.cga.ct.gov/current/pub/title_10.htm) 215b Duties of state board of education re: feeding programs.

[10](http://www.cga.ct.gov/current/pub/title_10.htm) 216 Payment of expenses.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215e Nutrition standards for food that is not part of lunch or breakfast program.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215f Certification that food meets nutrition standards.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-221o Lunch periods. Recess.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-221p Boards to make available for purchase nutritious, low-fat foods.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-221q Sale of beverages.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215b-[1](http://www.cga.ct.gov/current/pub/title_01.htm) Competitive foods.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215b-[23](http://www.cga.ct.gov/current/pub/title_23.htm) 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,)

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

**Policy  Adopted: June 7, 2006**

**Policy  Revised: June 28, 2017**

KILLINGLY PUBLIC SCHOOLS

Killingly, CT 06239

**Instruction**

**Nutrition and Physical Activity (Student Wellness)**

To ensure the health and well being of all students, it is the policy of the Board of Education to:

1.  Ensure that all students have access to adequate and healthy food choices at all times during the school day.

2.  Promote proper dietary habits and a healthy lifestyle for students by implementing nutritionally sound school food and nutrition programs.   Staff is encouraged to focus on the federal "Dietary Guidelines for Americans."

3.  Support the integrity of the school meals program by limiting food sales/parties for students held during school hours which are in direct conflict with the lunch and breakfast programs.

4.  Ensure that students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

5.  Encourage staff to model healthy habits as a valuable part of student education.

6.  Educate students & parents by including nutrition-related statements on weekly menus & providing healthy nutrition statements in cafeterias throughout the school system.

7.  Involve family members and community in supporting and reinforcing nutrition education and the promotion of healthy lifestyles through school to home communications about healthy food choices particularly as related to school parties and celebrations.

8.  Offer nutrition education to the District's cafeteria staff.

9.  Offer regular opportunities for physical activity at all levels.

10.  Offer a physical education curriculum that is highly engaging and promotes the individual fitness of each student.

11.  Regularly evaluate the effectiveness of this policy in promoting healthy eating and recommend changes as appropriate to increase its effectiveness.

**Nutrition Guidelines**

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities.  Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.  Complete Nutritional Standards are available through Killingly Public Schools Food Service.

The Killingly Public School District shall use the following implementation guidelines:

**Hot Lunch/Breakfast Programs**

1.  The full meal program will follow the U.S. Government's Nutrition Standards.

2.  Food and beverages sold or served in schools shall include nutritious, low-fat foods and drinks which may include, but shall not be limited to, low-fat dairy products, natural fruit juices and fresh or dried fruit at all times when food or drink is available for purchase by students during the school day.  ("Food and drinks available for purchase" include foods sold in vending machines, school stores, fundraisers and any other food sales during the school day.)

3.  The Hot Lunch/Breakfast Provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.

  A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).

  A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

**Other Foods Offered or Sold**

4.  Foods offered in classrooms or school-sponsored activities and food and beverages sold as part of approved school fund-raising events during the school day shall be nutritious foods as determined by the District's Nutrition Standards and in conformity with state statute.

5.  Foods and drinks available for purchase, including foods sold in vending machines, school stores, fundraisers and any other food sales during the school day shall be nutritious foods as determined by the District's Nutrition Standards.

6.  Soda (diet or regular) will not be available to students for purchase during the instructional day.

7.  All fundraising projects that take place during the school day must follow the District Nutrition Standards and emphasize the sale of non-food items.

**Teacher-to-Student Incentive**

8.  Strong consideration should be given to nonfood items as part of any teacher-to-student incentive program. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards as stated under Guidelines for food and beverages offered to students at school.

**Student Nutrition Education**

9. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades.  Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate.

**Parent Nutrition Education**

10.  Nutrition education will be provided to parents beginning at the elementary level.  The goal will be to continue to educate parents throughout the middle and high school levels.

11.  Nutrition education may be provided in the form of handouts, memos to parents, postings on the district website or presentations that focus on nutritional value and healthy lifestyles.

**Specific Food Guidelines:**

12.  As required by Connecticut law, low-fat milk, 100% fruit juice, water, low-fat dairy products, such as, but not limited to low-fat yogurt and low-fat cheese shall be available for purchase by students during mealtimes during the regular school day.

13.  Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat or no more than 7 grams of fat per serving.

14.  Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.

15.  Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.  Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

**Beverages:**

16.  Milk, water and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

Candy:

17.  Vending sales of candy will not be permitted in student areas.  Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

18.  It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

**Guidelines for Food and Beverages Offered to Students at School**

The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options must be available. Some suggested foods are listed below:

  Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip

  Fresh fruit and 100% fruit juices

  Fresh vegetables

  Frozen fruit juice pops

  Vegetable juice (at least 50% full strength) and bottled water

  Dried fruits (raisins, banana chips, etc.)

  Trail mix (dried fruits and nuts)

  Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)

  Low-fat meats and cheese sandwiches (use low-fat mayonnaise or Canola mayonnaise in chicken/tuna salads)

  Party mix (variety of cereals, nuts, pretzels, etc.)

  Low-sodium crackers

  Baked corn chips & potato chips containing no hydrogenated oils with salsa and low-fat dips (Ranch, French Onion, Bean, etc.)

  Clif bars, Lunar bars, Green+ bar, granola bars with no artificial ingredients, low-fat crackers  and cookies such as fig bars and ginger snaps

  Low-fat/non-fat fruit yogurt

  Mixed nuts

  Low-fat and skim milk products

  Pure ice cold water

  Pretzels

  Bread products as such as bread sticks, rolls, bagels and pita bread with no hydrogenated oils

  Ready-to-eat low sugar granola cereals

  Rice cakes with almond or peanut butter

  Toasted almonds, and raisins

  Low-fat (1 percent) and skim milk

**Fundraising Activities and Concessions**

Any fundraising requires administrative approval.  To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold.  The following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

19.  Offer non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.

20.  Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices.

**Learning Incentives**

The use of foods of minimal nutritional value as learning incentives should be eliminated and healthy food choices or non-food items should be substituted.

**Foods of Minimal Nutritional Value as Defined by USDA**

"Competitive foods" are those foods or beverages sold in competition with the District's food service program.  The sale of competitive foods is restricted as follows:

1.  Competitive foods in the following list are considered by the U.S. Department of Agriculture to be of minimal nutritional value:

  all confections

  potato chips

  carbonated beverages

  fruit drinks containing less than 50% pure fruit juice

  tea or coffee

2.  The above shall not be sold during instructional hours.

3.  Nutritionally-rich competitive foods may be sold during meal periods.

**Physical Education/Physical Activity**

It is the Board’s position that all students have equal and equitable opportunities for physical activity and physical education in District schools.

**Goals for Physical Activity**

The goals for addressing physical activity within district include the following:

  Schools will support and promote an active lifestyle for students.

  Physical education will be taught by certified physical education teachers from pre-kindergarten through grade 12 and shall include a 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.

  All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state/and or national standards.

  Unless otherwise exempted, all students will be required to engage in the District's physical education program.

  Schools will work toward providing physical activity daily for students (as a best practice).

**Incorporating Physical Activity Into the Classroom**

Students in all grades levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities.

**Use of School Facilities Outside of School Hours**

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District’s facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs. The District’s spaces and facilities shall also be available to community agencies and organizations offering physical activity and nutrition education. School policies concerning safety shall apply at all times.

**Prohibiting Physical Activity as Punishment**

Schools shall prohibit the use of physical activity (ie. running, push-ups) as punishment and withholding of physical education class as punishment. Recess, shall not be withheld as a measure to enforce the completion of academic work.

**Daily Recess**

All elementary school students shall have at least 20 consecutive minutes on a full day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity. Recess should not be viewed as a reward but a necessary educational support component for all children.

**Physical Activity Guidelines**

The Killingly Public School District shall use the following implementation guidelines:

1.  Due to conclusive research, every effort should be made to have recess prior to lunch. Scheduling recess before lunch is an effective strategy to increase meal consumption and promote better behavior. Recess Before Lunch: A Guide to Success (Montana Office of Public Instruction, 2003)

2.  As recommended by the National Association for Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of physical fitness through the following:

  Exposure to a wide variety of engaging physical activity;

  Teaching of physical skills to help maintain a lifetime of health and fitness;

  Establishing individual fitness goals and processes for monitoring progress.

  Individualize intensity of activities;

  Being active role models.

3. The physical education curriculum is based on the Health and Balance Living Curriculum Framework. Lessons are designed to provide appropriate scope and sequence for all activities, and modifications are made in order to include all students.

4.  Introduce developmentally appropriate components of a health-related fitness assessment to the students at an early age to prepare them for future assessment.

5. The district’s physical education program develops the psychomotor, cognitive, and affective domain of all students in kindergarten through grade twelve. Students develop their psychomotor domain through instruction and practice of the skills necessary to be competent in a variety of physical activities. Physical education classes shall be sequential, building from year to year. Students are encouraged by their teacher sand classmates to succeed and to view physical activity as being pleasurable. In addition, students are encouraged to respect one another, teachers, equipment and differences.

6.  Beginning in elementary school and through high school, administer a health-related fitness assessment with students. Students in grades 4, 6, 8 and 10 participate in the Connecticut State Fitness Test in order to measure their level of fitness in the areas of flexibility, cardiovascular endurance, and muscular strength and endurance. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating goals, plans, and activities identified to achieve goals.

**Student Wellness Advisory Committee (Child Nutrition and Physical Activity Advisory Council**)

A Student Wellness Advisory Committee shall review school district practices on nutrition and physical activity.

  The membership of the committee may include the district's food services coordinator/manager, parent representatives from each school (or school level), staff member representatives from each school (or school level), administrative representatives, physical education and health education teacher representatives, district medical advisor and Board of Education members.

  The committee shall meet a minimum of twice yearly to review implementation of the policy.

  The Principal of each school, or his/her designee, shall be responsible for ensuring that each school meets the requirements of the district wellness policy.

(cf. 3542 - Food Service)

(cf. 3542.33 - Food Sales Other Than National School Lunch Program)

(cf. 3542.34 - Nutrition Program)

(cf. 3452.45 - Vending Machines)

(cf. 6142.6 - Physical Education)

(cf. 6142.61 - Physical Activity)

(cf. 6142.62 - Recess/Unstructured Time)

(cf. 6142.10 - Health Education)

Legal Reference:  Connecticut General Statutes

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-16b Prescribed courses of study.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215 Lunches, breakfasts and the feeding programs for public school children and employees.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-221 Boards of education to prescribe rules, policies and procedures.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215a Non-public school participation in feeding program.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215b Duties of state board of education re: feeding programs.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-216 Payment of expenses.

[10](http://www.cga.ct.gov/current/pub/title_10.htm)-215b-1 State board of education regulation. Competitive foods

PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks

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. 6758-6772)

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

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