

**I. Nutrition Education**

Goal: Nutrition education shall be integrated into Health Curriculum taught in first through twelfth grade. Nutrition education incorporates national and state developed standards designed to promote and protect student health. Students can demonstrate their knowledge of nutrition concepts by applying the skills in a variety of settings.

A. Program components:

1. Classroom teaching (*The Connecticut State Department of Education (SDE's Healthy and Balanced Living Curriculum Framework should be used as a guide)*):  
Examples include: Benefits of nutrition on overall health and disease prevention as part of health, reading and writing about food and nutrition, Calculations of nutritional values of food in math, growing or components of food in science, presentation of food in art, etc.
2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

B. Professional development

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
2. School instructional staff shall collaborate with Registered Dietitians, agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

C. Coordination of Programs

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a learning environment to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals. The Comprehensive Health Education Standards for Connecticut Schools should be implemented throughout the entire school environment.

#### D. Nutrition-Related Health Problems and Modified Diets

1. School support services and health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.

## II. A Healthy School Environment

### A. The School Environment

1. Recess
  - a. Careful consideration of the school lunch environment shall be taken into account when scheduling recess. For further standards on physical activity, please see Guidelines for Physical Activity section.
2. Commercial Advertising
  - a. Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

### B. Nutritious Food Choices (*as determined by Connecticut Public Act 06-63*) AN ACT CONCERNING HEALTHY FOOD AND BEVERAGES IN SCHOOLS.

1. All schools to make available for purchase by students nutritious and low-fat foods, including low-fat dairy products and fresh, canned or dried fruits, at all times when food is available to students for purchase during the regular school day.
2. Food provided as part of the National School Lunch and Breakfast Programs must meet USDA requirements and any Connecticut regulations for those programs. All other food and beverage sales to students, during the regular school day or as part of a school-sponsored event will meet the Connecticut State Department of Education (SDE) guidelines (as defined below).

### 3. Beverages

Only the following beverages can be sold to students from any source, including school stores, vending machines, school cafeterias, and any fund-raising activities on school premises, whether or not school-sponsored:

- a. Milk, which may be flavored but contain no artificial sweeteners and no more than 4 grams of sugar per ounce;
- b. Nondairy milks, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
- c. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
- d. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
- e. Water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

Portion sizes of beverages, other than water, offered for sale cannot exceed 12 ounces.

Other beverages may be sold if (1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend, (2) the sale is at the event location, and (3) the beverages are not sold from a vending machine or school store.

#### C. State Department of Education nutrition standards:

1. Food items offered for sale (by the Food service provider) in the cafeteria and vending machines to students shall meet the nutrition standards for schools published by the CT State Dept of Education (*as per Public Act 06-63*)
  - a. The list of “Connecticut’s Healthy Snack Standards for Foods and Beverages at School” will be available at each school and can be found online at:  
<http://www.state.ct.us/sde/deps/studen/nutritioned/index.htm>
  - b. All other food sales to students including fundraising will be compliant by January 1, 2007
  - c. Certification of compliance with the CT SDE nutrition standards in their annual application for funding of the National School Lunch program will occur after this date.

### **III. Physical Activity and a Healthy School Environment**

The need for Physical Activity for children of all ages and supervised playtime for younger children shall be duly acknowledged. Center for Disease Control defines physical activity as any bodily movements produced by skeletal muscles that result in an expenditure of energy.

A. The Comprehensive Health Education Standards specifically detail and address Physical Activity Standards for Connecticut School. For children in school for a full-day, the following is recommended:

1. Provide physical education courses should be where student learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Ensure that state-certified physical education teachers teach all physical education classes.
3. Provide an adequate amount of time for physical education classes. Physical education classes are offered at least twice per week for students in grades 1-8 and to meet state standards for high school students.
4. Ensure that physical education classes have a teacher/student ratio comparable with those of other classes
5. Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
6. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
7. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
8. Discourage the withholding of recess as punishment, or the use of recess to complete assignments from other classes.
9. Ensure children must be allowed to attend all physical education classes offered.

B. Encouraging Lifetime Physical Activity

Goals for optimal daily physical activity in children include the following: Accumulating a daily total of at least 60 minutes of physical activity on all or most days of the week within and outside of school. This includes several bouts of physical activity lasting 15 minutes or more. However extended periods of inactivity of two or more hours) are discouraged.

In addition schools will:

1. Provide daily recess periods of 15-30 minutes for all elementary school students (CBPS and CIS).
2. Encourage physical activity as appropriate during the school day, including physical activity options for "indoor recess".
3. Offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.

4. Encourage for students and community members to use the school's physical activity facilities outside of the normal school day.
5. Encourage parents and community members to institute programs that support physical activity.

#### **IV. Nutrition Standards for All Foods Available on School Campus during the School Day**

To support the philosophy and goals outlined sections 1-3, it is recommended:

1. The food service provider will: Make available the Nutritional value and ingredients of all food and beverages sold. Provide standard portion sizes as appropriate for each population served.
2. After school programs, field trips or other school events should be encouraged to select food items and activities outlined in the School Wellness Policy.
3. Parties, celebrations or meetings
  - a. Staff, parents and students will be educated on alternatives to the current celebrations and assisted with future planning of events.
4. Fundraising
  - a. Current CBPS and CIS PTO/fundraising activities have been reviewed and ongoing assistance for future planning will be made available.
  - b. Implementation and certification of the nutrition guidelines at CMS/CHS will occur by January 1, 2007

NOTE: An additional .10 cents subsidy is available if all nutrition guidelines are met and certified by the District.

5. All food and beverage contracts should be reviewed to assure they promote healthy choices for students, parents and staff.
6. Food should not be offered as a reward (staff will be educated on alternatives)

#### **V. Other School-Based Activities Designed to Promote Student Wellness**

1. Regular and consistent health, wellness, nutrition and physical activity messages will be provided in all settings: classroom, café, after school activities, fundraising, newsletters, websites, bulletin boards, etc.
2. The School in coordination with the food service provider will: provide pleasant, comfortable cafeteria setting including adequate eating time. Train Food service staff in the following areas- food safety, presentation, and nutrition. Offer financial assistance for meals. Utilize staff and student feedback for ongoing quality improvement of the food service.
3. Wellness promotion: Staff members are encouraged and provided with support to model healthy lifestyles and eating behaviors. The school may offer staff, parents and students wellness programs and information related to physical activity and healthy eating (topics may include healthy snacks and lunch box ideas). Staff, parents and students will be encouraged to offer suggestions for other topics of interest.

## **VI. Implementation, Measurement and Evaluation of the School Wellness Policy**

### Implementation:

1. Establish a permanent “School Wellness Committee (SWC)”. Membership should include, but not limited to: representatives from the Board of Education, Central Services (business office), Administration, physical education, school nurse, food Service Provider, teacher, parent, student and registered dietitian.
  - a. The SWC will establish goals and timelines for implementation and evaluation
2. The Administration in coordination with the School Wellness Committee shall assess all Wellness, nutrition and physical education curricula and school events for consistency with Federal and Connecticut regulations and the Canton School Wellness policy, educational goals and standards.
  - a. A resource manual and contact person will be available at each school to assist staff, PTO and parents when planning events.
3. The Wellness policy and supporting documents will be available via the website, Student Handbooks and direct communication with staff and parents
  - a. FAQ” list will be developed to be distributed with the policy
4. Compliance with the CT State Department of Education nutrition standards will be phased in over the school year with the goal of being fully compliant by January 1, 2007

### **Measurement tools**

The Wellness Committee will meet on a regular basis to facilitate implementation and develop measurement tools such as:

- Repeat the “School Health Index” tool used to gather baseline data
- Student and parent surveys on policy areas: nutrition and physical fitness will be developed
- Assess participation in the School Lunch Program and establish a “quality improvement” tool
- Survey teachers/staff/PTO on non-food/healthy food choices for celebrations and fundraisers
- Select measurement tools to determine improvements in health and wellness of staff and students

### **Evaluation of success**

The School Wellness Committee will analyze data gathered from the above sources:

- Establish a system for communicating data and further revision of the policy between team members, administration, school staff members, parents and the community
- Continue to evaluate the need to expansion and funding of additional Wellness Programs

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