

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

Purpose and Goal

The East Hampton School District strives to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student. The Board of Education supports wellness education, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall be taught the skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our District's youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The Superintendent or his/her designee shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program. To implement the program, the Superintendent or designee shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Connecticut Frameworks. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

Purpose and Goal (continued)

The input of staff, students and parents is encouraged in the development of wellness policies. Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum and shall be taught and coordinated with the District's nutrition, physical education, health and food service programs.

The District shall take a proactive effort to encourage students to make nutritious food choices and to engage in healthy physical activities.

The Superintendent or designee shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served in district schools or at district-sponsored events;
- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars;
- C. Nutritious meals served by the school nutrition and food services operation shall comply with state and federal law; and
- D. Classroom snacks shall feature healthy choices. Our District will share information with families about wellness and nutritious, healthy lunches. Celebrations and fundraisers that involve food shall be limited. Lunches and snacks that are provided by the district shall meet district nutrition standards.

Nutrition

Nutrition Standards

The District shall provide school lunches that meet the nutritional standards required by state and federal school lunch programs. Meals served in school during lunch periods shall conform to the U.S. Dietary Guidelines for Americans.

The Superintendent or designee shall establish rules for the sale of food during the school day to encourage eating nutritious lunches. Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture or not meeting the nutrition guidelines for food items offered for sale to students in schools published annually by the Connecticut State Department of Education shall not be sold or served on school premises.

Any food sales of an occasional nature outside of the school food service program must have the prior approval of the Principal. Vending machines shall be limited to only those that dispense items that are nutritionally healthful and meet Connecticut statutory requirements. No food or drink items shall be offered in vending machines unless approved by the Food Service Director.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Food Service Program

The District supports the philosophy of the National School Lunch Programs and shall provide wholesome and nutritious meals for children in the District's schools. The Board of Education authorizes the Superintendent or designee to administer the food service program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board.

Because of the potential liability of the District, the food service program shall not accept donations of food other than as provided in this policy without the expressed approval of the Board. Should the Board approve a food donation, the Superintendent or designee shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu. The District shall use food commodities made available under the Federal Food Commodity Program for school menus as they comply with this policy.

Student Nutrition Education

Our district has a comprehensive approach to providing nutrition instruction to students. All K-12 instructional staff is encouraged to integrate nutritional information from the Connecticut State Department of Education's Health and Safety Education Curriculum Framework into lessons when appropriate. Topics to be covered may include but are not limited to:

Knowledge of the Food Guide Pyramid	Healthy heart choices
Sources & variety of foods	Dietary Guidelines for Americans
Diet and disease	Understanding calories
Healthy meals and snacks	Importance of a healthy breakfast
Food labels	Media influence on food choices
Major nutrients	Multicultural influences
Serving sizes	Proper food safety/sanitation
Identify and limit foods of low nutrient density	
Nutritional needs of various groups: athletes, the elderly, people with food allergies	

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school administration is responsible for ensuring nutrition education materials and meal menus are made available to parents. The nutrition education curriculum includes activities that students can do with their families. School staff shall consider various cultural preferences in the development of nutrition education programs and

food choices. The district will utilize community programs to support and reinforce the promotion of healthy lifestyles.

6142.101(d)

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

Free and Reduced-Price Food Service

The District shall provide free and reduced-price lunches and milk to students according to the terms of the National School Lunch programs and state laws and regulations. The District shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the Superintendent of Schools.

Health and Fitness Curriculum

The Superintendent or his/her designee shall adopt and implement a comprehensive health and fitness curriculum consistent with the curriculum frameworks of the Connecticut Department of Education. The curriculum will provide opportunities for developmentally appropriate instruction in grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies and will be in place by the end of the 2008-2009 school year.

Physical Education

Physical education shall be taught in all grades by a certified physical education instructor. All children, from kindergarten through grade 12, will participate in quality, standards-based physical activity/fitness education programs. All schools will strive for appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards. Physical education 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 students in grades one through eight shall participate in weekly physical education. All high school students shall complete two credits of physical education as a graduation requirement. The District shall strive at the high school level to offer a variety of health and fitness opportunities.

The District shall provide daily recess period(s) for elementary school students. The District shall also provide co-curricular physical activity programs, including intramural and interscholastic athletic programs, within available resources. The District shall also promote the use of school facilities for physical activity programs offered by District schools and/or community-based organizations outside of school hours.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy) (continued)

- (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
10-16b 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.
10-215b-I State board of education regulation — Competitive foods
10-221o Lunch periods. Recess
10-221p Boards to make available for purchase nutritious low fat foods and drinks.
PA 06-63 An Act Concerning Healthy Food and Beverages in Schools 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)
Public Law 108-265, The Child Nutrition and WIC Reauthorization Act of 2004

Instruction

Study Skills

Instruction in effective study and work skills is essential if school and independent time are to be used efficiently by students. Study skills instruction should be introduced in the early grades and continued throughout the students' schooling. Instruction will be integrated into the regular academic program at all levels and will be the responsibility of all teachers to provide relevant learning experiences to assist students in learning how to learn.

