

Instruction

Student Nutrition and Physical Activity (School Wellness Policy)

The Avon Board of Education recognizes its responsibility for the health and wellness of the students who attend the district's schools by promoting good nutrition and physical activity as part of the total learning environment. The Avon Board of Education promotes an environment, in and out of the classroom where students learn and participate in healthy dietary and lifestyle practices. The Avon Board of Education believes that improved health and wellness fosters improved student learning.

The school district will provide a comprehensive nutrition education program through its curriculum at all school levels. Foods available on school grounds and at school-sponsored activities during the instructional day should meet high nutritional standards to promote good dietary habits and healthy living.

A comprehensive physical and health education program, along with physical activity, are an essential component of a school curriculum. Physical activity should be included in a regular program of physical education, extracurricular activities, and recess.

The Superintendent of Schools, or his/her designee, and a wellness committee will develop administrative regulations for implementing, monitoring, evaluating this policy.

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.

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Legal References: (continued)

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.)

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)

Policy adopted: September 16, 2014

AVON PUBLIC SCHOOLS
Avon, Connecticut

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1. Nutrition Education and Promotion:

- a. Nutrition education will be provided and integrated, as much as possible, into other areas of the curriculum such as mathematics, science, language arts and social studies.
- b. The nutrition education will include nutritional standards dealing with healthy lifestyle management, eating disorders, body image, adequate nutrient intake, and weight management practices.
- c. Nutritional information will be provided to students, families, and staff to encourage students to make appropriate, healthy food choices in and out of school.
- d. The school cafeteria will provide the students the information and opportunity to make healthy food choices.
- e. Staff responsible for nutrition education will be trained to effectively teach the approved nutrition education curriculum.

2. Physical Activity and Physical Education:

Physical activity is encouraged through physical education, extracurricular activities, and recess.

- a. The physical education program will be taught in a safe environment where students of all abilities learn, practice, and are assessed on standards-based criteria, developmentally appropriate motor skills and social skills, and knowledge of the subject matter.
- b. State-certified physical education instructors will teach all physical education classes.
- c. Physical education classes will have student/ teacher ratios similar to other classes.
- d. Physical education and health education will be provided to students consistent with the Avon Board of Education's operating budget and State standards.
- e. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- f. Adequate equipment will be available for students to participate in physical education.
- g. Physical activity facilities on school grounds will be safe.
- h. Physical activity will be integrated across curricula areas and throughout the school day where appropriate.
- i. A daily recess period will be scheduled in grades K-6, in a safe area and with adequate supervision.

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2. Physical Activity and Physical Education (continued):

- j. The denial of recess will not be used as a consequence in an ongoing manner for any student or group of students. All school staff should promote a balance between academic and physical activity.
- k. After-school programs will encourage physical activity and healthy habits.
- l. Students and community members are encouraged to use the school's facilities outside of the normal school day in accordance with the provisions of Avon Board of Education policy on the use of school facilities.

3. Nutrition Standards for Foods at School

- a. A full lunch meal will comply with the USDA requirement for the Federal school meal program.
- b. Whole grain choices will be provided on the menu.
- c. Fresh fruit and vegetable offerings will be purchased from local farms when feasible.
- d. The lunch menu will include limited high fat choices.
- e. A vegetarian lunch option will be available each day.
- f. Drink choices will include water, milk (whole, low-fat, flavored and skim) and 100% fruit / vegetable juice daily.
- g. The sale of the following beverages to students from any source, including cafeteria, fund-raising activity, and vending machines on school premises is permitted:
 - (1) milk that may be flavored but no more than four grams of sugar per ounce,
 - (2) nondairy milks that may be flavored but no more than four grams of sugar per ounce and no more than thirty-five percent of calories from fat,
 - (3) one hundred per cent fruit juice, vegetable juice or combination of juices containing no added sugars, sweeteners, or artificial sweeteners, and
 - (4) water that may be flavored but contain no added sugars, sweeteners, artificial sweeteners or caffeine.
- h. The sale of beverages not listed above in (h) may be sold to students provided in connection with an event occurring after the end of the regular school day hours or on the weekend, but such beverages will not be sold from a vending machine or school store.
- i. The State-approved healthy snack and beverage list will be followed when choosing snack and beverage items. This also applies to school stores that opt to sell food and beverage items.
- j. A-la-carte food portions will conform to suggested USDA guidelines.
- k. The district will not participate in any food/beverage exclusivity contracts.

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3. Nutrition Standards for Foods at School (continued)

- l. Healthy party menus and non-food alternatives for celebrations are encouraged and should be scheduled at times that do not discourage students from eating lunch.
- m. Schools will encourage healthy snack choices in appropriate portion sizes in the classrooms.

4. Other School-Based Wellness Guidelines

- a. The school administration and nurse will provide families with assistance to enroll eligible students in various state children's health insurance programs.
- b. The schools should make every effort to provide students with at least 20 minutes of actual eating time for lunch.
- c. Sufficient seating will be available during all lunch periods.
- d. The Director of Food Services will recommend to the Superintendent of Schools, or his/her designee, and Business Manager price structure that encourages healthy choices and maintains the quality of the food program while maintaining the self-supporting lunch program.
- e. Each school kitchen will have a qualified cafeteria manager on duty during operational hours.
- f. The food service staff will be provided with continuing education training, which will include safety and sanitation in order to comply with state and local regulations.
- g. The District will follow the State of Connecticut "Food Allergy Management Plan."

5. Marketing and Promotion:

- a. Periodic food promotions will be offered to students and staff to encourage taste testing of new food items being introduced to the menu.
- b. Informational messages will reinforce healthy food choices and increased physical activity.
- c. Parents will be encouraged to use the meal-pay system that allows them to view their child's cafeteria purchase history to assure their children are making appropriate choices.

6. Monitoring and Evaluation:

Evaluation of staff will be consistent with regulations developed and implemented by the Superintendent of Schools, or his/her designee.