

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

It is the policy of the East Lyme Board of Education to promote the health and well-being of all students. The East Lyme School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition education, and regular physical activity as part of the total learning experience. In a healthy and safe school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. In furtherance of this policy, the Board has created an Advisory Council on Wellness ("Wellness Committee") to review any current state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among all students. This Wellness Committee involves teachers, parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the board of education, and members of the public.

I. GOALS AND GUIDELINE

The Board, following consultation with the Wellness Committee, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education and Promotion

- Nutrition education programs and/or activities will focus on healthy eating habits and be consistent with the State's District's Health Education Standards, Guidelines and Frameworks.
- Food service staff and faculty will promote awareness of healthy eating habits, following federal, state, and local guidelines and provide products that support and encourage healthy eating habits.

B. Physical Activity and Other School-Based Activities

- Provide Physical Education courses and opportunities for developmentally appropriate physical activity during the school day and encourage physical activity outside of the school day.
- Staff are encouraged to consider physical activities/movement breaks throughout the school day, especially shortened days in which recess is not held.
- Outdoor recess should be encouraged whenever possible, even during minor inclement weather episodes.
- Continue to follow state guidelines for recess requirements at the elementary level.

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Physical Activity and Other School-Based Activities (continued)

- Continue to follow state guidelines for recess requirements at the elementary level.
- The Wellness Committee will seek opportunities and initiatives to encourage wellness activity among students, staff, families, and the community.

C. Nutritional Guidelines for School Food

Please be aware that the schools must be vigilant in protecting the health and safety of all students. Families may be asked to avoid sending in any food products that could cause a life threatening allergic reaction in certain classrooms.

- A comprehensive nutrition program consistent with federal and state requirements will be provided.
- Any celebrations held during school hours which may include food must provide healthy food options (please refer to the Healthy Food Guidelines for Elementary School).
- All food not distributed by the East Lyme Public School's School Lunch Program must be prepackaged from a retail agent with a list of ingredients. Homemade goods are not acceptable.
- The East Lyme Board of Education discourages the use of food as reinforcement.
- Exceptions for curriculum-based events will be made.
- See SDE Healthy CT website for a list of healthy food guidelines and options.
- East Lyme Board of Education encourages food-free celebrations in school.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

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II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy a building administrator will be responsible for the oversight of the school's wellness initiative. This [these] individual[s] will be responsible for ensuring that the goals and guidelines relating to nutrition education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy, and that all school policies and school-based activities are consistent with the wellness policy.

In accordance with federal law and applicable regulations, the Board will make available to the public upon request, the content and implementation of its wellness policy.

LEGAL REFERENCES:

Connecticut General Statutes:

- § 10-215f Certification that food meets nutrition standards.
- § 10-221o Lunch periods. Recess.
- § 10-221p Boards to make available for purchase nutritious and low-fat foods.
- § 10-221q Sale of beverages.

Federal Law:

Pub. L. 108-265, § 204, codified at 42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1) and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

References:

- State of Connecticut Health Education Standards, Guidelines and Frameworks: <http://www.sde.ct.gov/sde/cwp/http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320856view.asp?a=2618&q=320856>
- Nutrition Requirements:
 - State: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>
 - Federal: <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>