

6142.101

Instruction

Student Nutrition and Physical Activity (School Wellness Policy)

Student wellness, nutrition and physical education/activity, and communication and promotion shall be promoted through the Ridgefield Public School's Wellness Policy. Wellness regulations have been developed to support this general policy. This policy should be interpreted consistently with section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

I. Wellness Committees

A. District Committee

A district-wide wellness committee shall meet a minimum of three times annually. Committee membership shall consist of:

- District Food Service Coordinator
- Business Manager
- Parent representative from each school level
- Staff member representative from each school level
- Student representative from each school level
- Administrative Representative
- School Nurse
- Health Education Teacher
- Physical Education Coordinator/Teacher
- Other individuals appropriate to the evaluation process

The District Wellness Committee will monitor and evaluate the implementation of the District's Wellness procedures and its nutrition and physical activity components, receive any recommendations of changes to the procedure and serve as a resource to school sites.

In addition to the monitoring of the Wellness Committee, the food services program in the Ridgefield Public Schools is continually monitored and evaluated by the Food Services Director and staff. Similarly, the health and physical education programs in schools are continually monitored and evaluated by staff.

B. Building Committees

Building-based wellness committees shall meet a minimum of two times annually. Building-based committees shall consist of:

- Principal or other school administrator
- Physical Education teacher
- Health Education teacher
- One or two other teachers
- Two or more students (middle and high school)
- Two or more parents (one of which should be the parent on the school's lunch committee)
- School nurse
- Cafeteria manager

Building-based committees shall monitor procedure implementation engaging in two-way communication with the District Wellness Committee to improve programs and services district-wide. The committees shall promote staff, family and community involvement in supporting and reinforcing nutrition education in the schools.

II. Student Nutrition

Student wellness, including good nutrition, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

School related groups and staff should consider the health of students and sound nutrition practices when providing food or food choices for any purpose.

Parents/guardians are encouraged to consider the issues of childhood obesity and general nutrition when sending food to school. School parties, achievement reward and motivation programs, and fundraising efforts should conform to the policy regulations. Food projects organized by the teacher as part of the curriculum are subject to the attached regulations. This policy and regulations may be adjusted to accommodate students with dietary, medical, and/or special education needs as specified by a physician, a Planning and Placement Team, a 504 Accommodation Plan or Health Care Plan. All families must conform to the procedures regarding situations in which their food may impact a child with allergies as communicated by the school nurse.

A. National School Lunch Program and School Breakfast

The Board of Education will require that reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School breakfast Program. Food services will restrict the sale of foods of minimal

nutritional value as defined by the U.S. Department of Agriculture and will ensure compliance with allowable time frames for the sale of competitive foods as specified by state law. At the same time, the Board of Education encourages food services to meet the higher nutrition standards established by Connecticut.

B. Nutrition Guidelines for Foods Available in Schools During the School Day

The District will encourage all sources of food sales to students at school to sell food items that meet the Connecticut Nutrition Standards.

<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture and guidelines promulgated by the Connecticut Department of Education in addition to federal and state statutes.

The school food service program will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.

C. Student Nutrition Education

The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades levels. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

III. Student Physical Activity

The administration shall develop and implement a comprehensive plan to encourage physical activity that ensures that every student shall develop knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle.

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-1](#) State board of education regulation. Competitive foods.

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious low fat foods.

PA 06-63 An Act Concerning Technical High School Wiring for technology and Healthy Food and Beverages in Schools.

National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 67586772)

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

Policy adopted: June 6, 2009

RIDGEFIELD PUBLIC SCHOOLS

Ridgefield, Connecticut