

**Instruction**

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

The Norwalk Public Schools 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, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To ensure the health and well being of all students, the Board establishes that the District shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Superintendent or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building Principal or designee shall report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

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The Superintendent or designee shall annually report to the Board on the District's compliance with law and policies related to student wellness. The report may include:

1. Assessment of school environment regarding student wellness issues.
2. Evaluation of food services program
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from District, staff, students, parents/guardians, community members and Wellness Committee.

**Wellness Committee**

The Board shall appoint a Wellness Committee comprised of at least one (1) each of the following: Board member, District Administrator, representative from management staff of the Food Service program, Dietician, District Medical Advisor, School Health Services administrator, parent/guardian, member of PTO Council and Health and Physical Education instructional staff. It is also desirable to include district staff that represents the following areas: building administration, instructional staff, food services staff and public relations. Community health representatives may include the local health department, a local pediatrician and representation from the local hospital.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

1. The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

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2. The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities within the budget established for these purposes.
3. The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.
4. The committee shall meet a minimum of four times yearly.

Legal Reference: Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)  
Connecticut State Statutes: House Bill No. 5344 Childhood Nutrition in Schools. Sec. 10-215b-1; Sec. 10-251b-23  
Competitive Foods

Policy Adopted: 9/05/06

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#### **Nutrition Education and Promotion**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Board policy in the area of Food Service- Healthy Eating and the Health Education Curriculum provide further clarification of district goals and their implementation in the area of nutrition education and promotion.

Nutrition education will be provided in grades preschool through twelve utilizing a standards based sequential curriculum that connects with other existing curricula. The nutrition education program shall be consistent with the state's and district's health education standards.

#### **Physical Activity and Physical Education**

The Board of Education intends that every student receive instruction through participation in a standards based, sequential physical education curriculum. The approved district curriculum as well as Board policy around physical activity and transportation identifies components that will be addressed.

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Age appropriate physical activity opportunities, such as: recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education. District schools shall partner with parents/guardians and community members to institute programs that support physical activity and access to physical activity facilities outside of school hours. Unless otherwise exempted, all students will be required to engage in the District's physical education program.

#### **Nutrition Standards for School Foods and Beverages**

The Board of Education intends that the Food Services Dept. will follow State and Federal guidelines for providing nutritious meals to students. 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

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and the Department of Agriculture and guidelines promulgated by the Connecticut Department of Education. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal period.

**Other School-Based Activities to Promote Student Wellness**

It is the intention of the Board of Education that the lunchroom environment at each school meets the guidelines set forth in Board policy related to Food Service- Healthy Eating. It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings as well as convenient access to hand washing facilities or hand sanitizing facilities before meals. Student participation in meal time shall not be used as reward or punishment. School staff should encourage non-food alternatives as student rewards.

Because school staff and support personnel serve as role models, the District encourages its staff to model healthy habits as a valuable part of student education.

**Communication and Promotion**

The District shall engage in promotional activities that incorporate nutrition education and be connected to activities that encourage physical activity, academic achievement, and positive youth development. Additionally, they should be limited to programs that are requested by school officials to support teaching and learning.

The District shall make an effort to involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

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**Measurement and Evaluation**

The Wellness Committee will have access to the information provided to the Superintendent or his designee from each building principal or his/her designee regarding compliance with the policy in each school. The Wellness Committee will also have access to similar information that has come from staff members responsible for programs related to student wellness. This information will be reviewed at least annually by the committee in preparation for the Committee's review of the Wellness Policy.

Regulation Approved:

NORWALK PUBLIC SCHOOLS  
NORWALK, CONNECTICUT