

Instruction**School Wellness Policy**

It is the policy of the Columbia School District to strive to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student, and to afford them the opportunity to fully participate in the educational process. The Board of Education promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students and staff learn and participate in healthy 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 all. Improved health optimizes student and staff performance potential and ensures that no one is left behind.

The Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265) requires that a district's wellness policy address nutrition education goals, physical activity goals and nutrition standards.

Healthy eating, daily physical activity, stress management, and healthy lifestyle choices are demonstrably linked to reduced risk for mortality and development of many chronic diseases. To ensure the health and well being of all students and staff, it is the policy of the Board of Education to:

1. Ensure that all students and staff have access to adequate and healthy food choices on scheduled school days at reasonable prices by supporting the implementation of nutritionally adequate, educationally sound, and financially accountable school food and nutrition programs.
2. Ensure the integrity of the school lunch program by limiting food sales/parties for students, held during school hours, which are in direct conflict with the lunch program. The District operates under the National School Lunch program regulations, and encourages the practice of good nutrition by discouraging the sale of and/or free distribution of foods of minimal nutritional value, as defined in the federal regulations, during the school day.
3. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment supports healthy lifestyle choices.
4. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
5. Involve family members and the community in supporting and reinforcing healthy lifestyle choices.
6. Regularly evaluate the effectiveness of this policy in promoting healthy lifestyles. Review and revise the program as appropriate to increase its effectiveness.

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School Wellness Policy (continued)

7. Ensure that all children receive education relating to wellness through the implementation of a written sequential PreK- 8th grade health curriculum. Elementary grades are defined as Preschool through grade 4, and Middle School is defined as Grade 5 through Grade 8.
8. Promote mental health for students and staff by supporting social work, guidance, counseling, and psychological services; as well as zero tolerance for bullying.
9. Ensure that staff have the opportunity to participate in wellness activities through health promotion programs for staff.
10. Encourage health promotion, illness prevention, and management of disease processes in students and staff through programs developed by the school nurses.

The federal statute requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy.

Wellness Advisory Committee

The Board shall establish a Wellness Advisory Committee to develop school district policies on nutrition, physical activity, and wellness for recommendation to and approval by the Board.

The members of the Committee may include, but need not be limited to, school administrators, food service directors, other staff, parents/guardians, physical and health education teachers, dietitians, health care professionals, counseling team staff, and interested community members.

In developing such policies on nutrition, physical activity, and wellness, the committee or its representative(s) shall be available to the Board of Education for consultation and shall ensure that the policies address the issues contained in applicable state and federal statutes.

Student Wellness Policy

At the District level, the Board designates the Superintendent with the operational responsibility for ensuring that the school meets the requirements of the district wellness policy.

In addition, the Principal, or his/her designee, shall be responsible for the implementation and evaluation of the effectiveness of this wellness policy.

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Program Evaluation

At the District level the following procedures shall be used to evaluate the effectiveness of the wellness policy:

1. A District-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the District's wellness policy and its components; evaluating policy progress, serving as a resource, and for recommending revisions of the policy, through the Superintendent or his/her designee, as determined necessary.
2. The membership of the committee shall include the District's school administrator(s), food service director(s), other staff, parent(s)/guardian(s), physical and health education teacher(s), dietician(s), health care professional(s), counseling team members, and interested community members.
3. The committee shall meet a minimum of four times during the school year.
4. The policy shall be continually reviewed to determine if it is meeting current needs, and is workable in promoting a healthy lifestyle for students, staff, and the community. Formal policy review shall take place every other year.

At the school level the implementation of the wellness policy will be evaluated as described below.

In order to evaluate the effectiveness of the school wellness program in promoting healthy lifestyle choices, and implementing program changes as necessary to increase the program's effectiveness, the building Principal or his/her designee is responsible for ensuring:

1. Board policy and these administrative regulations are implemented as written.
2. All grade-level health education curricula and materials are assessed for accuracy, completeness, balance, and consistency with state and local district educational goals and standards.
3. Health education is provided throughout the student's school years as part of the District's age-appropriate, comprehensive health curriculum.
4. Teachers deliver health education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities.
5. Families and community organizations are involved, to the extent practicable, in health education.

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School 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-1 State board of education regulation. Competitive foods
- PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks
- 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)
- The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

Instruction**School Wellness****Horace W. Porter School Wellness Policy Administrative Regulations**

1. The Columbia Board of Education (BOE) will ensure that all students and staff have access to adequate and healthy food choices on scheduled school days by supporting the school food and nutrition programs in the following ways:
 - a. Ensuring students and staff have adequate space to eat and pleasant surroundings.
 - b. Ensuring there is adequate time for meals.
 - c. Making every effort to have recess before lunch in cases where they are done back to back.
 - d. Providing convenient access to hand washing facilities before meals.
 - e. Ensuring that a la carte items that do not meet the School Nutrition Standards* will not be sold.
 - f. Encouraging that food and beverages sold to students outside the regular meal times will include nutritious low-fat foods and beverages such as low-fat dairy products, natural fruit juices, and fresh or dried fruit.
 - g. Encouraging the use of nutrient dense foods for all school functions and activities. At any school function healthy food choice options should be available.
 - h. Ensuring competitive foods of minimal nutritional value will not be sold to students during the school day (candy and carbonated beverages).
 - i. Encouraging parents, staff, and students to give input regarding school lunch menus.
 - j. Ensuring information regarding nutritional content of meals is available to parents, staff, and students.
 - k. Certifying procedures are in place for handling special dietary needs.
 - l. Encouraging students to eat a healthy breakfast every day.
 - m. Confirming there is a food allergy policy in place that is updated annually.
 - n. Encouraging all students to bring in a healthy snack.
 - o. Prohibiting students from sharing food.
 - p. Encouraging students to purchase just one snack item during their lunch period.
 - q. Ensuring that students who are eligible to receive free or reduced-price meals are not treated differently from other students, or easily identified by their peers.
 - r. Encouraging classrooms to limit celebrations. Those celebrations that occur should include healthy food choices, or be non-food celebrations. Healthy food and activity alternatives will be provided to classrooms. All classroom celebrations (such as award breakfasts, holiday/end-of-the-year parties, birthday parties, or curriculum-based celebrations) will be handled through the classroom teacher. Each teacher will be responsible for checking food allergies and clearing any food that they, or students/parents, bring in. School Nurses will provide lists of food allergies to teachers at the beginning of the year (and updates as they occur) and will be available for consultation.

2. The Columbia BOE will ensure the integrity of the school lunch program by:
 - a. Requiring administrative approval for all fundraisers.
 - b. Encouraging the use of only non-food items to raise funds.
 - c. Encouraging the healthiest possible choices if food and beverages are sold that raise funds for the school.

Instruction**School Wellness Policy Regulations (continued)**

- d. Strongly discouraging the use of food/beverages as a reward or punishment. Alternatives to using food as a reward will be provided to classrooms.
 - e. Ensuring that whenever any group makes foods or drinks available for purchase in the school during the school day, that low-fat dairy products, fresh or dried fruit, low-fat milk, water, and 100% fruit juices are available for purchase by students at the same time.
 - f. Making certain that fundraising projects make every effort to follow the School Nutrition Standards when determining the items being sold.
 - g. Providing parents, teachers, and school groups with suggestions for acceptable fund-raising.
 - h. Ensuring all cafeteria staff meet State and Federal guidelines/qualifications.
 - i. Ensuring all food service staff have ongoing training, and opportunity to participate in professional development.
 - j. Making sure rules for safe and appropriate lunchroom conduct are posted and consistently enforced.
 - k. Encouraging collaboration between food service staff and teachers.
 - l. Ensuring the Food Service Manager has appropriate degree and certification.
 - m. Making certain the cafeteria is prepared for food emergencies.
 - n. Certifying food service staff is trained in food safety and food security.
3. The Columbia BOE will ensure that students and staff are provided with a comprehensive learning environment for developing and practicing lifelong wellness behaviors by:
- a. Providing students with a variety of opportunities for daily physical activity.
 - b. Recommending students have daily physical education classes, or 80-120 instructional minutes per week of physical education for the middle school, and 60-100 instructional minutes for the elementary school.
 - c. Ensuring the physical education curriculum is standard-based, using national or state-developed standards.
 - d. Ensuring the physical education curriculum is planned, ongoing, and systematic, building from year to year.
 - e. Ensuring physical education content includes movement, personal fitness, and personal and social responsibility.
 - f. Suitably adapting physical education for students with chronic health problems, other disabling conditions, or other special needs that preclude those student's participation in regular physical education instruction or activities.
 - g. Ensuring that all students PreK-8 have a minimum of 20 minutes of daily physical activity beyond their scheduled Physical Education class. This can include recess or sustained physical activity during classroom learning.
 - h. Providing co-curricular physical activity programs, including intramural and interscholastic athletic programs, within available resources.
 - i. Promoting and providing for the use of school facilities for noncompetitive physical activity programs after school hours.
 - j. Prohibiting the use of physical activity as a consequence, as well as discouraging the withholding of opportunities for physical activity as a consequence, during normal school

Instruction**School Wellness Policy Regulations (continued)**

- hours. The committee recommends that consequences for behavioral infractions occur after school with reflection on inappropriate behavior occurring with an adult.
- k. Provide opportunities for students and families regarding healthy lifestyle choices.
 - l. Encouraging staff to model healthy lifestyle choices.
 - m. Supporting open-gym nights during the school year, where students and parents can participate in non-competitive physical activity.
 - n. Ensuring rules for safe playground conduct are taught and consistently enforced.
 - o. Certifying that all playgrounds meet safety standards.
 - p. Ensuring that the student to staff ratio during recess will be similar to that of the classroom and enforced for each recess wave.
 - q. Ensuring that the physical education class sizes will be consistent with other class sizes.
 - r. Providing regularly scheduled maintenance and repair to physical facilities.
 - s. Providing adequate time to implement elementary health curriculum separate from Physical Education curriculum.
4. The Columbia BOE will ensure that school staff involved in nutrition education and in supporting a healthy school environment have adequate pre-service and ongoing in service training by:
- a. Providing adequate time and funds for nutrition and health staff in-service.
5. The Columbia BOE will involve family members and the community in supporting and reinforcing healthy lifestyle choices by:
- a. Ensuring a parent/community member is part of the Wellness Committee.
 - b. Providing healthy lifestyle choices education to all parents by such means as the school web site, and monthly handouts sent home with students.
 - c. Encouraging all parents to send healthy snacks/meals to school.
 - d. Inviting families to attend health fairs, exhibitions of students projects related to healthy lifestyle choices, and other relevant events.
 - e. Inviting families to participate with students in healthy lifestyle choices homework, such as reading food labels, exercise, and smoking cessation.
 - f. Supporting programs that encourage parental and community involvement such as: “Jump Rope for Heart”, Unified Sports, After-school Fun Runs (Turkey Trot), Walking clubs, Open gym nights etc.

Instruction**School Wellness Policy Regulations (continued)**

6. The Columbia BOE will ensure that the Wellness Policy is evaluated for effectiveness and updated/revised as appropriate by:
 - a. Ensuring the Wellness Committee will meet a minimum of 4 (four) times during each school year.
 - b. Ensuring the Wellness Committee monitors the implementation of the Wellness Policy.
 - c. Ensuring the Wellness Committee serves as a resource to school staff, administration, parents, students, and the community.

7. The Columbia BOE will ensure that all students receive education relating to wellness and healthy lifestyle choices by:
 - a. Developing and implementing a comprehensive, developmentally appropriate, written, sequential Pre-K through grade 8 Health Curriculum.
 - b. Encouraging staff to integrate health themes (including nutrition, exercise, illness prevention, substance use avoidance, and lifestyle choices) into daily lessons as appropriate.
 - c. Making certain health education provides active learning strategies, opportunities to practice skills, and is culturally appropriate.
 - d. Ensuring the health curriculum topics include, but are not limited to: preventing unintentional injuries, violence, and suicide; physical activity, healthy eating and food allergies; preventing substance abuse, and asthma awareness.

8. The Columbia BOE will promote mental health for students and staff by:
 - a. Developing and implementing an anti-bullying policy and updating/reviewing it annually.
 - b. Developing and implementing a suicide-prevention policy and updating/reviewing it annually.
 - c. Developing and implementing a developmental guidance curriculum.
 - d. Providing counseling services for students, staff, and families.
 - e. Promoting employee assistance and referral programs for staff.
 - f. Ensuring there is a written crisis response plan.
 - g. Prohibiting drug, alcohol, and tobacco use or advertising on school grounds, including enforcement of such through dress code.
 - h. Promoting the creation of a safe school climate committee, crisis response team, injury prevention programs, and OSHA training sessions.
 - i. Providing support for staff in recognizing and reporting suspected child abuse, and identifying students at risk for suicide, substance abuse, and other health risk behaviors.

9. The Columbia BOE will ensure that staff have the opportunity to participate in wellness activities by:
 - a. Supporting health promotion programs for staff such as fitness programs, weight management, and stress management.
 - b. Encouraging staff to model healthy behaviors.

Instruction**School Wellness Policy Regulations (continued)**

10. The Columbia BOE will support health promotion, illness prevention, disease management, and safety for students and staff through programs developed by the school nurses and other staff as applicable by:
- a. Encouraging staff to utilize the school nurses for health counseling and prevention services.
 - b. Conducting yearly flu shot clinics in cooperation with the Visiting Nurse Association.
 - c. Ensuring school health and safety policies are updated annually.
 - d. Communicating health and safety policies and updates to students, parents, staff, and visitors.
 - e. Ensuring the school campus is maintained in a safe manner, and there is a procedure in place for reporting unsafe conditions.
 - f. Ensuring there is adequate supervision of students at all times to promote safety.
 - g. Ensuring written policies are in place and annually updated regarding medication administration and self-carry/self-administration of medication.
 - h. Ensuring staff receive annual training on recognition of disease symptoms such as asthma and anaphylaxis.
 - i. Ensuring sound indoor air quality practices are implemented.
 - j. Ensuring integrated pest management practices are implemented.
 - k. Ensuring that student school health practices are reviewed in accordance with state and federal guidelines to identify needs and make recommendations for improvement/changes.
 - l. Ensuring ways to strengthen links to the community providers for referrals and case management are identified.

***School Nutrition Standards**

Horace W. Porter School strongly encourages the sale or distribution of nutrient dense foods for all school meals, functions, and activities. The school has adopted the following Nutrition Standards which govern the sale of food, beverages, and candy on school grounds:

Food:

1. As required by Connecticut law, low-fat milk, 100% fruit juice, water, and low-fat dairy products, shall be available for purchase by students during mealtimes during the regular school day.
2. Any food item for sale prior to the start of the school day, and throughout the instructional day will have no more than 30% of its total calories derived from fat, or no more than 7 grams of fat per serving.
3. Any food item for sale prior to the start of the school day, and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat, except for nutrient dense nuts and seeds.
4. Encourage the consumption and choice of nutrient dense food in staff and students, such as whole grains, fruits, and vegetables.
5. On rare special occasions a school group may be allowed to deviate from these guidelines, with permission from the principal.

Instruction**School Wellness Policy Regulations (continued)****Beverages:**

1. Vending sales of soda will not be permitted to students when the lunch program is operating. Staff are encouraged to model healthy beverage choices.
2. The sale or consumption of soda by students on school grounds is strongly discouraged.

Candy:

1. Vending sales of candy to students will not be permitted.
2. Non-vending sales of candy will be permitted only at the conclusion of the instructional day. No sales of food, beverages, or candy will be allowed on the bus.

(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:

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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.

0-215b-1 State board of education regulation- Competitive foods PA –04-224 An Act Concerning childhood Nutrition in Schools, Recess, and Lunch Breaks

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 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks 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