

TOLLAND PUBLIC SCHOOLS
Tolland, Connecticut

BOARD POLICY

REGARDING: Wellness Policy

Number: 5400
Student

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POLICY REGARDING WELLNESS

It is the policy of the Tolland Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created a Wellness Advisory Council (“Advisory Council”) to review any available 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 district students. This Advisory Council involves parents, students, representatives from the school food authority, teachers of physical education, school health professionals, school administrators, the board of education, and members of the public. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

I. GOALS AND GUIDELINES

The instructional staff as well as support staff and administrators are made aware of the wellness policy concerning nutrition and physical activity. The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education and Promotion

- Age appropriate nutrition education is part of health/PE education classes.
- Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas and/or bulletin boards that are periodically updated and changed.

- Offer information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
- Collaborate with community health agencies or organizations to promote school wellness.
- Schedule school meals at appropriate times in appropriate settings.
- Parents are encouraged to send in healthy meals and snacks that comply with [The Dietary Guidelines for American](#) and [Choose My Plate](#).

B. Physical Activity and Other School-Based Activities

- Provide information through school websites/newsletters promoting healthy eating, healthy recipes and physical activity
- Sponsor family wellness activities and/or family day activities that promote health and wellness.
- Offer staff wellness activities related to health and nutrition.
- Adhere to mandated physical education requirements including time, frequency and intensity.
- Adhere to mandated requirements for recess, including amount of time and scheduling of recess time.
- The district requires students to meet their physical education requirements as set by the board of education.
- The [Connecticut Physical Fitness Assessments](#) are administered to students in required PE classes (4-10).
- Recess is outdoors and is prior to lunch whenever possible.
- Offer after school activity programs and/or community/family programs that encourage healthy habits.
- Give students and the community after-school access to school activity facilities.
- Developmentally and age appropriate physical activity is integrated throughout the school day.

C. Nutritional Guidelines for School Food

Tolland Schools is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All non-reimbursable food items and beverages (i.e., á la carte sales) sold on school premises must meet the [Connecticut Nutrition Standards](#) and/or all applicable state statutes and regulations. This requirement applies to the sale of food and beverages at all activities on school grounds, whether sponsored by the school or an outside group. Food items that do not meet Connecticut Nutrition Standards and/or beverages that do not meet the requirements of applicable state statute may only be sold to students at the location of an event that occurs after the school day or on the weekend, provided the sale is not from a vending machine or a school store.

All schools within the District participate in [USDA National School Lunch Program](#) (NSLP). Currently Birch Grove Primary School also participates the [School Breakfast Program](#) (SBP).

School Meals:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements and meal patterns established by local, state, and Federal statutes and regulations.
- Include local and regional foods as part of the Farm-to-School Program.
- Promote healthy food and beverage choices using a variety of techniques including those available through Smarter Lunchrooms.

- Are made attractive to students by appealing to their tastes and preferences. Periodically food sampling and taste testing of healthy choices allows student input for new menu items.

Other Key Points:

- Menus and school nutrition resources are available on the [Tolland Public Schools School Nutrition Webpage](#)
- Nutrition content of school meals and snacks will be available upon request for items sold in the cafeteria.
- Access to free drinking water via water fountains is available in or near the cafeteria and throughout the schools.
- All schools are compliant with [Competitive Foods Regulation](#).
- Food will not be used as a reward or as a punishment for student behaviors, unless it is detailed in a student's individualized education plan (IEP).
- All schools will follow a no food in the classroom policy for birthdays, celebrations, instruction, or rewards unless approved by Administration.
- Information and applications for free and reduced meal benefits are made available through the Superintendent's bulletin at the beginning of the school year as well as throughout the year. Information and applications are available year round in each school and the food service central office located in the Board of Education building.
- [Hazard Analysis and Critical Control Points](#) (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- All foods made available in the child nutrition program will comply with state and local food safety and sanitation regulations.
- Access to the food service operations are limited to food service staff and authorized personnel to assure the safety and security of the food supply.
- Students are encouraged to start each day with a healthy breakfast.
- All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA Professional Standards for Child Nutrition Professionals](#)

- The School Nutrition program strives to be self-supporting.
- Student dietary needs are accommodated during field trips, after school activities, and off-site events when a meal is scheduled.

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes but is not limited to the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, as well as cups used for beverage dispensing.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

A. Oversight of the Wellness Policy

Pursuant to this policy, the Superintendent designates the Wellness Advisory Council Chair to be responsible for the implementation and oversight of the school district's wellness program. The Wellness Advisory Council will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and 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. The council will conduct an annual review of the policy and progress toward goals.

B. Triennial Assessment

At least every three years, the Superintendent will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Superintendent will indicate the extent to which schools are in compliance with the wellness policy and how the wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and will provide the basis for appropriate updates or modification to the wellness policy.

C. Informing and Updating Stakeholders

In accordance with federal law and applicable regulations, the Superintendent will inform and update *stakeholders* (including parents, students, school staff and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in

an accessible and easily understood manner. The Superintendent will make its wellness policy and any updates to the policy available to the public on an annual basis. At this time, the Superintendent will make *stakeholders* aware of their ability to participate in the development, review, update and implementation of the policy.

D. Recordkeeping

The Superintendent or designee will retain records to document compliance with the local school wellness policy requirements. The Superintendent or designee shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.

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.

Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*

Federal Law:

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), 42 U.S.C. § 1758b and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

20 U.S.C. § 7118, as amended by Pub. L. 114-95, *Every Student Succeeds Act*.

- 7 C.F.R. § 210.10 Meal requirements for lunches and requirements for afterschool snacks.
- 7 C.F.R. § 210.11 Competitive food service and standards.
- 7 C.F.R. § 210.31. Local school wellness policy.
- 7 C.F.R. § 220.8 Meal requirements for breakfasts.