

## **Wellness Policy**

### **PHILOSOPHY**

The Shelton Board of Education recognizes that student health and success in schools are interrelated. Schools cannot achieve their primary mission of education if students are not healthy and fit. This policy, which is in accordance with federal and state laws, encourages a comprehensive approach to staff and student wellness that is sensitive to individual and community needs.

### **NUTRITION**

The Board supports nutrition programs and nutrition education as an integral part of a high-quality education.

- The Shelton Board of Education shall operate and maintain a school lunch program, which shall function in accordance with State and Federal program requirements. The program, insofar as possible, shall be self-supporting. The Manager of Food and Nutrition Services shall be responsible for the immediate operation and supervision of the school lunch program and shall report to the Director of Finance.
- The Shelton Public Schools may participate in the National School Lunch Program. Authorization is granted to the Superintendent of Schools or designee to act on behalf of the Board for purposes of participating in this program. All applicable state and federal guidelines will be followed.
  - Nutrition service policies and guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C 1779) and section 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C 1758 (f)(1), 1766(a)0, as those regulations and guidance apply to schools.
  - School lunch Meal Planning will be in accordance with the National School Lunch Program (NSLP) guidelines. Appropriate portion sizes will be consistent with USDA and state standards.
  - A la Carte offerings to students shall not be less restrictive than federal and state regulations require.

- The Shelton Public Schools will maintain a curricular approach to Nutrition Education within the context of a comprehensive Health Education curriculum in kindergarten through 12<sup>th</sup> grade. Staff will be encouraged to integrate nutritional themes from the curriculum. Science-based, behavior focused nutrition education shall be integrated into the curriculum. All staff members involved in nutrition education shall have adequate training.
- Nutrition education information will also be provided to parents. The use of newsletters, website information and other presentations which focus on healthy lifestyles will be made available.
- The Board of Education recommends healthy eating practices according to the current Dietary Guidelines for Americans and the Food Guidance System throughout the school environment. The Board of Education discourages the distribution and sale of foods that are not in compliance with these guidelines. Education about healthy alternatives and eating practices will be the responsibility of the staff and administration of each school.
- Snacks and beverages brought from home by students should be nutritious and follow the Connecticut State Department of Education Bureau of Health and Nutrition Services Guidelines.
- It is recommended that school fundraising efforts, school stores and vending machines support healthy eating by selling non-food items or foods that are low in fat, sodium or added sugar.
- The district may permit vending machines in the middle and high schools in accordance with state statutes. Vending machines are operated as a revenue-producing endeavor and as a convenience for students, staff and patrons. All revenue produced from this source shall be deposited in the designated fund as approved by the Board of Education, Superintendent of Schools, or designee.

## **HEALTH EDUCATION**

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- Participation in a Standards Based Health Education Program shall be required for all students beginning in kindergarten and continuing throughout a student's educational career.
- High school students shall be required to take and pass Health Education for graduation.

- Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
- School Health Services will assist students assume responsibility for their own health and develop healthful attitudes and practices.
- Students and staff shall be encouraged to balance work and recreation and become aware of stressors which may interfere with health development.

## **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

Certified physical education specialists will teach physical education. Physical education shall be an essential element of each school's instructional program. The program shall provide cognitive content and learning experiences in basic movement skills, physical fitness, games and sports skills. The physical education program shall promote optimal physical, mental, emotional and social development in addition to promoting activities and sports that all students can enjoy and participate in a lifetime of healthy physical activity.

The physical education program shall be designed to emphasize physical fitness and encourage healthy active lifestyles. A "physically educated" person values the concept of remaining active throughout life and appreciates the benefits which are derived from physical education.

- Participation in a physical education program shall be required for all students in Kindergarten through grade 8.
- High school students shall be required to take and pass physical education for a minimum of two years. Additional physical education and health elective classes will be made available for all students in grades 9-12.
- Students and staff shall be encouraged to set personal fitness goals that will enhance their level of physical fitness.
- Students and staff shall be provided a variety of opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- All teachers, including physical education teachers, shall not order the performance of physical activity as a form of discipline or punishment.
- All teachers shall attempt to refrain from the prohibition of participation in recess as a form of punishment.
- Classroom teachers shall not prohibit participation in physical education class as a form of punishment.

- It is strongly recommended that elementary schools schedule recess before lunch.

### **HEALTHY AND SAFE ENVIRONMENT**

A healthy and safe environment for all, before, during and after school supports academic success.

- The Shelton Public Schools shall maintain environments that are free of tobacco, alcohol and other illegal substances.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Students and parents of students are notified of the prohibition against bullying and the penalties for violating the prohibition by ensuring inclusion of such information in student and parent handbooks.
- It is recommended that all staff and volunteers refrain from using food as a form of reward or punishment.
- It is recommended that all students wash their hands before snack and lunch.

### **FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP**

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

## **STAFF WELLNESS**

The district shall provide information about wellness resources and services to assist in the health, safety and well being of all staff.

- Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
- Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- Employees shall be encouraged to engage in daily physical activity.

## **MEASUREMENT AND EVALUATION**

- As required by USDA Wellness Policy regulations, the Board of Education will establish a plan for measuring the implementation of this policy and its regulations.
- It is recommended that each school form a committee to design and implement this policy and its regulations.