

## **5139 Salisbury Central School Wellness Policy**

### **Preamble**

The Salisbury Board of Education and the administration of Salisbury Central School (hereto referred to as the District) are committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create and sustain positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives. This policy applies to all students and staff at Salisbury Central School.

## I. School Wellness Committee

### *Committee Role and Membership*

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred to as “wellness policy”).

The DWC membership will include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will reflect the diversity of the community.

### *Leadership*

The Principal or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Name	Title	Email address	Role
Stephanie Magyar	Principal	<a href="mailto:smagyar@salisburycentral.org">smagyar@salisburycentral.org</a>	Chairperson
Susan Bucceri	Board Clerk	<a href="mailto:sbucceri@salisburycentral.org">sbucceri@salisburycentral.org</a>	Secretary Committee Member
Holli LaBarbera	Food Service Director	<a href="mailto:labarberah@litchfieldschools.org">labarberah@litchfieldschools.org</a>	Food Service Advisor Compliance Advisor
Janet Hodgson	Cafeteria Manager	<a href="mailto:jhodgson@salisburycentral.org">jhodgson@salisburycentral.org</a>	Cafeteria Manager

Matt Janco	PE Teacher	<a href="mailto:mjanco@salisburcentral.org">mjanco@salisburcentral.org</a>	Teacher Member
Karen Lundeen	Grade 2 Teacher	<a href="mailto:klundeen@salisburycentral.org">klundeen@salisburycentral.org</a>	Teacher Member School Garden Coordinator
Mary O'Neill	Parent	<a href="mailto:mary@pokeyonline.com">mary@pokeyonline.com</a>	Parent Member
Jill Esterson	Parent	<a href="mailto:jemspt@comcast.net">jemspt@comcast.net</a>	Parent Member Physical Therapist
Elizabeth Schaufelberger	Parent	<a href="mailto:elizabeth.H.lord@gmail.com">elizabeth.H.lord@gmail.com</a>	Parent Member
Danielle Francoline	Parent	<a href="mailto:ddlconlon@yahoo.com">ddlconlon@yahoo.com</a>	Parent Member
Emily Oberto	Parent	<a href="mailto:emily.oberto465@gmail.com">emily.oberto465@gmail.com</a>	Parent Member Newsletter Writer
Rachel Tantri	Parent	<a href="mailto:Perlmutter_rachel@yahoo.com">Perlmutter_rachel@yahoo.com</a>	Parent Member
Beth Hammond	Parent	<a href="mailto:Bethhammond73@gmail.com">Bethhammond73@gmail.com</a>	Parent Member Nurse Practitioner

The Principal is the school wellness policy coordinator, who will ensure compliance with the policy.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and time lines and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: [www.salisburycentral.org](http://www.salisburycentral.org)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the main office of the elementary school building. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;

- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Annual Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school within the district in meeting wellness goals. This annual report will be published around the same time each year in the fall and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access to a copy of the wellness policy;
- A description of the District's progress in meeting the wellness policy goals;
- A summary of the District's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The District will actively notify households/families of the availability of the annual report.

The DWC, will establish and monitor goals and objectives for the school specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

### ***Triennial Progress Assessments***

At least once every three years, in conjunction with the State Administrative Review of the breakfast/lunch program, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District is in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Mrs. Stephanie Magyar, Principal (860-435-9871 or smagyar@salisburycentral.org).

The District will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated at least every three years based on a review of the latest national recommendations pertaining to school health.**

### *Community Involvement, Outreach, and Communications*

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### *School Meals*

The District is committed to serving healthy breakfast and lunch to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal program aims 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. Nutrition information for school meals will be provided by the District upon request.

The District participates in the USDA National School Lunch Program (NSLP) and USDA School Breakfast Program (SBP). The District is committed to offering school meals through the NSLP and SBP that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab and go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu option.
  - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
  - A team of child nutrition professionals administers school meals.
  - The District child nutrition program will accommodate students with special dietary needs.
  - Students will be allowed at least 20 minutes to eat lunch; counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.
  - In grades Kindergarten-5, lunch will follow the recess period to better support learning and healthy eating.
  - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
  - Applications for free/reduced priced meals are sent home to all families at the beginning of the school year and are available throughout the school year upon request from the main office and on the school's website.
- Are purchased by the students without overtly identifying their free or reduced priced meal status.
  - Are eaten in the school cafeteria as students are not permitted to leave school during their lunch period.

### ***Staff Qualifications and Professional Development***

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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. *All water sources will be maintained on a regular basis to ensure good hygiene standards.*

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and/or served outside of the school meal program (i.e., “competitive” foods and beverages), during on-site programs after school ends and while attending the on-site before/aftercare program will meet the State of Connecticut’s Healthy Food Certification requirements, which are more strict than the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Promotion***

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the State of Connecticut’s Healthy Food Certification standards.

Parents are encouraged but not required to provide healthy snacks for special classroom events such as special events, birthdays and class parties.

Teachers are strongly discouraged from using food/beverages as a reward or punishment.

The District will require administrative approval for all school fundraisers and those that are food related must meet the requirements set by the State of Connecticut's Healthy Food Certification requirements.

### ***Nutrition Education***

The District aims to teach, model, encourage, and support healthy eating by students. The School will provide high quality, grade-appropriate nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated into classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about

nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy and our commitment to the State of Connecticut Healthy Food Certification program. Food advertising and marketing is defined as *an 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.* The district will not expose students to food marketing of any kind. The advertising of foods and beverages that are not available for sale in the school will not be permitted on any school property. Every effort will be made to select educational materials free of brand names/logos and illustrations of unhealthy foods. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited. The school does not participate in incentive programs that promote brands or provide children with free or discounted foods or beverages.

#### **IV. Physical Activity**

Children and adolescents should participate in no less than 25 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk to school, and out-of-school time activities and the district is committed to providing these opportunities. This school will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. The District strongly recommends that staff use physical activity as a reward when feasible. Students not meeting minimum academic requirements shall be prohibited from participating in interscholastic competition until the

school has determined that the matter has been properly addressed. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection)

All students will be provided equal opportunity to participate in physical education classes which will have the same student/teacher ratios used in other classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary and middle school students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student. In addition:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers will be required to participate in at least once a year professional development in education.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

- Waivers, exemptions, or substitutions for physical education classes are not granted unless medically necessary.

### ***Recess (Elementary)***

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year (*This policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. Recess will be canceled if the outdoor temperature, including wind chill, is below 20 degrees, during storms with lightening or thunder, or at the discretion of the building administrator based on her best judgment of safety conditions. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, for physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible. Recess **will not be withheld** as punishment for any reason.

### ***Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students

during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

The District offers opportunities for students to participate in physical activity after the school day through a variety of methods. The District will encourage students to be physically active after school by providing information regarding Salisbury Recreation Commission and SOAR activities. This information will be forwarded to all parents and made available on the school’s website. Students in grades 7-8 will have the opportunity to participate in seasonal, interscholastic sports teams for both boys and girls in addition to the recreation and SOAR activities.

## **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the

school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

### ***Community Partnerships***

The District will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

The school will develop joint-use agreements with community partners such as the Town of Salisbury Recreation Commission and SOAR in order to provide expanded physical activity opportunities for all students and community members.

### ***Staff Wellness and Health Promotion***

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include guest speakers, group hikes and games, and inclusion of health and nutrition news in the Principal's weekly letter to the staff. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Teachers wishing to consume snack or lunch alongside their students are encouraged to ensure that only healthy food/beverages are present. The staff is provided with break/lunch periods and are not required to eat with students.

### ***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Update Adopted by the Salisbury Board of Education  
September 18, 2017

*Glossary:*

**Extended School Day** - time during before and after-school activities that include clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.