

Wellness Policy

It is the policy of the Norwich Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“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 (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the board of education, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. 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 Advisory Council will develop goals and guidelines, found in the attached administrative regulation, in order to promote student wellness in the following areas:

- A. Nutrition Education and Promotion
- B. Physical Activity and Other School-Based Activities
- C. Nutritional Guidelines for School Food
- D. Guidelines for the Marketing of Food on Campus

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

- A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the Co-Chairs of the Wellness Advisory Council to the School Nurse Supervisor/Coordinator and the Coordinator for Health and Physical Education. The Co-Chairs of the Wellness Advisory Council will be responsible for the implementation and oversight of the school district’s wellness program. The Co-Chairs of 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.

B. Triennial Assessment

At least every three years, the Advisory Council will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's 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 the Public

In accordance with federal law and applicable regulations, the Advisory Council will inform and update the public (including parents, students 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 Board will make its wellness policy and any updates to the policy available to the public on an annual basis.

D. Recordkeeping

The Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board 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*

Public Act 16-132, *An Act Establishing a Red Ribbon Pass 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.

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NORWICH PUBLIC SCHOOLS
Norwich, Connecticut

WELLNESS GOALS AND GUIDELINES

A. Nutrition Education and Promotion

Norwich Public Schools is committed to promoting healthy food choices to all staff and students through activities, programs and visual educational materials located throughout the schools.

- Schools and cafeteria staff will implement “Smarter Lunchroom” tools and strategies (i.e. whole fruit options displayed in attractive baskets, sliced or cut fruit is available daily, daily fruit options are displayed in a location in line of sight and in reach of students, white milk is placed in front of other available beverages, alternate entree options are available, etc.)
- Nutrition Education will be included in health and physical education classes for all grade levels; refer to standard S3.E6 and S3.M17 at the link provided (<https://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>)
- Cafeterias should include nutrition and health posters that are up to date
- The district school website will have a dedicated page that promotes healthy eating, physical activity and provides a variety of healthy recipes
- Schools will partner with the Hispanic Health Council to provide nutritional programs to all grades at the elementary level

B. Physical Activity and Other School-Based Activities

Norwich Public Schools is committed to providing all staff and students with activities and programs that promote lifelong physical activity and healthy eating.

- Wellness activities and professional development opportunities related to health and nutrition should be offered to staff on a yearly basis
- Each school in the district in collaboration with the Health and Physical Education teacher, will promote and/or sponsor at least one health-related activities at least one time during the school year. Examples include a health fair, TV-turnoff week, school-supported races, family wellness activities, Bring your Parents to PE week, Walk to School day, etc.
- Health and Physical Education staff, or other interested staff members will be encouraged to participate in and promote the use of Let’s Move in Schools and other healthy initiatives (examples include: Healthier US School Challenge, Fuel up to Play 60, Alliance for a Healthier Generation, etc).
- Recess should be a **minimum** of 20 minutes per state guidelines (as of 2019)
- Recess should be outside as much as possible. Administrators should make the final decision as to whether outdoor recess is permitted (refer to www.ok.gov/health2/documents/weatherwatchforchildren2.pdf)

- Applicable schools should encourage walking and biking to school through safe route programs
- Schools will schedule lunch at an appropriate time during the school day (between the hours of 10:00 am and 1:30 pm)
- Students and their families should have access to the activity facilities after school
- Schools should try to use extra recess, outdoor time, and extra PE time as a motivator/reward for students as an alternative to food, technology access, or movies.

C. Nutritional Guidelines for School Food

Norwich Public Schools is committed to serving healthy meals to students. The food service program aims to improve the diet and health of its students by serving a variety of fruits, vegetables, whole grains and fat-free and low-fat milk. The program will only offer items that are moderate in sodium and has zero (0) saturated fat per serving as well as ensure that the students are within their calorie requirements. By doing this we are hoping to mitigate childhood obesity, model healthy eating to encourage lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the School Breakfast Program(SBP) and National School Lunch Program (NSLP). All schools within the District are committed to offering these school meals programs and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Meet or exceed the current nutritional requirements established by local, state and federal regulations.
- Offers reimbursable meals that meet the USDA nutrition guidelines:
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- Are served in a clean and pleasant setting.
- Promote healthy food and beverage choices following the Smarter Lunchroom techniques.
 - Offering whole fruit options daily
 - Offering sliced or cut fruit daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Have a variety of available vegetable options
 - Daily vegetable options are bundled into all grab-and-go portions
 - 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., premade chef salads, yogurt parfaits, etc.) are highlighted on menus and available all services.

- Menus are posted on the District website, Food Services website, on screens throughout schools as well as on the free mobile app that is available. Food Services website:
<http://www.schoolnutritionandfitness.com/index.php?page=menus&sid=2208111841581215>
- The District child nutrition program will accommodate students with documented special dietary needs.
- Students will be allowed a minimum of 20 minutes to eat lunch.
- Students will be served lunch at a reasonable and appropriate time of day by not serving prior to 10:00 am and after 1:30 pm
- Currently, the District child nutrition program participates in
 - School Breakfast Program (SBP)
 - National School Lunch Program (NSLP)
 - Child and Adult Care Food Program (CACFP)
 - Fresh Fruit and Vegetable Program (FFVP)
 - Summer Food Service Program (SFSP)
 - Healthy Food Certification (HFC)
- The District will participate in Farm to School activities such as:
 - Using local/regional products when available.
 - Continuing to serve local produce year round due to the District processing kitchen.
- Eliminate the use of candy or other unhealthy foods as fundraisers during the school day by school sponsored groups.
- Keep school based events involving food to a maximum of 3 times a month. (ex. Field trips, PBIS events, birthdays, etc.), while promoting healthier alternatives. Healthy party ideas from the Alliance for a Healthier Generation and the USDA are below:
 - <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/celebrations>
 - <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>
- All meals served in the District are prepared on-site by our Food Service staff. This staff (program director, managers and staff) will meet or exceed the hiring and annual continuing education/training requirements as put forth by the USDA Professional Standards for Child Nutrition Professionals.
<https://www.fns.usda.gov/school-meals/professional-standards>
- The District will make sure that water is free, safe, unflavored and available to students by means of water fountains in the schools as well as encouraging students to bring in and carry water bottles that are only filled with water, for use throughout the day. All water sources will be maintained on a regular basis to ensure good hygiene standards.

D. Food and Beverage Marketing in Schools

Norwich Public Schools is committed to providing a school environment that promotes opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Any foods and beverages that are promoted or marketed to students on school grounds and “during the school day” will meet or exceed the USDA Smart Snacks in Schools nutrition standards and the Connecticut Smart Snack nutrition standards (abiding by the most stringent). “During the school day” is defined as the period from midnight before to 30 minutes after the end of the official school day.

- <https://www.fns.usda.gov/school-meals/smart-snacks-school-0>
- <https://portal.ct.gov/SDE/Nutrition/Smart-Snacks-Nutrition-Standards>

The marketing and promoting of food is defined as oral, written or graphic statements made to promote the sale of foods and beverages by the producer, manufacturer, seller or any entity with a commercial interest in the product. There will be no use of:

- Brand names, trademarks, logos or tags except when on physical food wrappers/containers.
- Brand names, trademarks, logos or tags on cups used to beverage dispensing, coolers, trashcans, and other food service equipment as well as posters, school supplies displayed, distributed, offered or sold by the District.
- Brand names, trademarks, logos or tags in school publications or school mailings.