

Students

Policy Regarding Wellness

Norwich Public Schools Board of Education recognizes the importance of promoting healthy school environments where student and staff nutrition and physical activity are maintained as a priority. In furtherance of this policy objective, the Board authorizes the administration to develop an integrated nutrition program to provide students/staff with the skills and support to adopt healthy eating behaviors obtain positive nutritional status and achieve improved academic success.

Additionally, the district shall take appropriate measures to implement a comprehensive nutrition/health curriculum, promote healthful student eating through the provision of a well-balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthy foods and beverages at designated times in classroom, and encourage increased physical activity for students during and after the school day, where appropriate. The curriculum will include community and grant related programs as they become available.

Norwich Public Schools will ensure that all school cafeterias support healthy eating habits by providing clean, safe and pleasant settings with adequate time for students to eat. School Staff members will act as role models for healthy eating and physical activity. The use of food as a reward or punishment and the use of physical activity as a punishment are strictly prohibited in Norwich Public Schools.

The health and safety of students and staff are a prime concern of Norwich Public Schools. To this end, accommodations shall be made, in accordance with applicable law, when necessary for the health and safety of persons severely affected by diseases and/or limitations such as systemic food allergies, diabetes, and asthma, as well as other health related limitations.

Norwich Public Schools is determined to create a healthful environment for all students and staff. Through education and collaboration of health, physical education, support services and food service departments we will promote healthy choices regarding physical activity and nutrition.

The Wellness Committee shall develop guidelines indicating a plan of action for implementing this policy.

Legal reference: Public Act 04-224 (An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks), P.A. 10-221a, 10-221o, 10-16b, 10-215, 10-215b-1, 10-215b-23, 10-221p, 10-266w, USDA Regulations 7 CFR 220.8, USDA Regulations 7 CFR 210.10, USDA Regulations 210.11 (a) (2), CT Regulations Section 19-13-B42, Public Law 108-265 Section 111

Students

Administration Regulations WELLNESS GUIDELINES

Norwich Public Schools shall undertake the following actions to promote sound nutrition and health practices for students in school consistent with Board of Education policy.

The nutrition curriculum will provide comprehensive and sequential nutrition education as part of the wellness curriculum and will:

- Promote positive nutritional standards dealing with healthy lifestyle management, eating disorders, body image, and adequate nutrient intake (such as carbohydrates, proteins, fats), and weight management practices.
- Promote consumer education in developing skills, such as label reading and evaluating influence of media on food selection, enabling students to evaluate food products.
- Include recommendations from the Nutrition Advisory Committee in developing curriculum, as deemed appropriate. Community and grant related programs will be utilized as they become available.

The physical education curriculum will be in compliance with state physical education and health requirements, and in addition will promote:

- The benefits of physical activity, good nutrition, and fitness.
- All physical education classes to include at least 50 percent of moderate to vigorous activity in all or most lessons.
- Rubrics that objectively evaluate and encourage active participation in physical education in all classes PreK-12.
- Recess games and activities in the PreK-5 curriculum.
- During inclement weather, efforts will be made to provide an active indoor back-up plan for recess and physical education.
- Physical activity being incorporated into classroom routines where appropriate.
- Recess will not be denied to any student as a form of discipline and/or punishment

Administration Regulations

Nutrition Standards for school foods and beverages

Norwich Public Schools will provide students with access to a variety of affordable, nutritious, and appealing foods that meet students' health and nutrition needs and, when possible, accommodate ethnic and cultural food preferences. School meals will include a variety of healthy choices that meet USDA requirements and the Dietary Guidelines for Americans, and are modified, when required by law, for special dietary needs. The standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Norwich Public Schools further encourage the consumption of nutrient-dense foods, such as whole grains, fresh fruits, vegetables and low-fat dairy products.

- All full-day students will have a daily lunch period of not less than 20 minutes.
- Menu choices linked with the nutrition education curriculum will be encouraged.
- When feasible, coordinate participation with local farmers to promote locally grown fruits and vegetables.
- Norwich Public Schools recognizes the importance of breakfast on health, wellness and academic performance and therefore, encourages and supports the Breakfast Program. Students who eat breakfast at school will be offered breakfast by the school staff when tardy. Breakfast is available up to 30 minutes before lunch for student who participate in the program.

Nutrition practices in Norwich Public Schools will encourage the use of healthy snacks in appropriate portion size and encourage healthy party menus and nonfood alternatives for celebrations. Additionally the district will discourage the use of food as either an incentive or a reward for good behavior or academic performance.

- Nutrition standards for school foods and beverages will address the following areas:

- Food or beverage contracts
- Cafeteria A La Carte Sales, Vending and School Stores
- School-Sponsored Events
- Fundraising
- Classroom snacks/sales
- Foods brought into School
- Celebrations

- Norwich Public Schools will encourage non-food promotional activities for fundraisers

Administrative Regulations

Personnel – Certified/Non Certified staff

WELLNESS

The Norwich Board of Education recognizes the importance of promoting quality staff nutrition and a healthy school environment. To this end, the Board authorizes the administration to develop an integrated nutrition program to provide staff with the skills and support to adopt and model healthy eating behaviors and obtain positive nutritional status.

- Periodic and ongoing programs to increase the activity and positive nutritional choices for faculty and staff members.
- Nutritious snacks may be offered during meetings, workshops and school functions.
- Nutritionally balanced adult lunches are offered at all Norwich Public Schools

Communication and Promotion

Norwich Public Schools is determined to create a healthful environment for our students and staff with the collaboration of health, physical education, support services and food services. Communication of the Wellness Policy and Plan to the community will be consistent and ongoing through:

- Newsletters
- Parent Organizations
- School web sites
- District web site
- Community media when available

Norwich Public Schools will maintain a District Coordinated School Health Committee that will meet at least three times a year. Members shall include representation from: Board of Education, administration, faculty, staff, health services, food service, student population, and the community. The District CSH Committee will create and review School health and wellness practices. The District CSH Committee will oversee the school CSH committees

The school administration and Wellness Committee shall develop guidelines indicating a plan of action for implementing this policy.

Legal reference: Public Act 04-224 (An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks), P.A. 10-221a, 10-221o, 10-16b, 10-215, 10-215b-1, 10-215b-23, 10-221p, 10-266w, USDA Regulations 7 CFR 220.8, USDA Regulations 7 CFR 210.10, USDA Regulations 210.11 (a) (2), CT Regulations Section 19-13-B42, Public Law 108-265 Section 111

Policy Approved: 5/23/06

Policy Revised: 12/14/10