

DANBURY PUBLIC SCHOOLS

Danbury, Connecticut

POLICY

WELLNESS

Adopted: 11-10-09

Policy No. 7-109*

The Danbury School District strives to contribute to the general well being, mental and physical capacity and learning ability of each student while affording them the opportunity to fully participate in the educational process. Wellness can be defined as the integration of the mind, body, and spirit to support the optimal level of physical, social and emotional health. The Board of Education promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and contributes to life long health and well being.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Nutrition Education and Promotion

Goal: Nutrition education is offered as part of a planned, ongoing, systematic, sequential, comprehensive, standards-based health education program. Such a program incorporates national and state-developed standards designed to provide students with the knowledge and skills necessary to promote and protect their health. Students will be able to demonstrate competency through application of knowledge, skill and practice.

Physical Activity and Physical Education

Goal: Schools will provide students with a variety of opportunities for daily physical activity. Such activity may include, but not be limited to, physical education, classroom-based movement, recess, interscholastic and recreational sports and play that occur before,

during and after school. Physical education is standards-based, using national or state-

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developed standards. Physical education classes will be planned, ongoing and systematic, building from year to year. Content will include movement, personal fitness, and personal and social responsibility. Students will be able to demonstrate competency through application of knowledge, skill and practice.

Nutrition Standards for Foods at School

Goal: Schools will establish standards for all foods and beverages sold or served to students, including those available outside of school meal programs and during school sponsored activities. The standards should focus on increasing nutrient density, decreasing fat, salt and added sugars, and moderating portion size. They will address foods or beverages that should or should not be made available to students, standards for nutrient levels for foods or beverage, portion sizes, and/or times those items may be made available. Policies will encourage the consumption of nutrient-dense foods, such as whole grains, fresh fruits, vegetables, and dairy products.

Marketing and Promotion

Goal: The marketing materials in the classrooms and lunchrooms will support the concepts and practices in the local district policy. The classroom, the school dining room, and school activities will promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children through community partnerships and parent education activities. Students will have a strong voice and be actively involved in influencing the school nutrition environment using national and state standards as guidelines.

Measurement and Evaluation

Goal: A plan will be in place for measuring implementation of the local district wellness policies, including designation of a School Health Council to monitor, review and revise existing policies as needed.

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Legal References

Health Education

Connecticut General Statutes Section 10-16b. Prescribed courses of study

Physical Education

Connecticut General Statutes Section 10-221a. High school graduation requirements

Physical Activity

Connecticut General Statutes 10-221o. Lunch Periods and Recess

Foods and Beverages

Connecticut General Statutes Section 10-215. Lunches, breakfasts and other feeding programs for public school children and employees

Regulations of Connecticut State Agencies Section 10-215b-1. Competitive Foods

Regulations of Connecticut State Agencies Section 10-215b-23. Income from the sale of food items

Connecticut General Statutes Section 10-221p. Boards to make available for purchase nutritious, low-fat foods and drinks

Connecticut General Statutes Section 10-266w. School breakfast grant program

USDA Regulations 7 CFR 220.8 School Breakfast Program

USDA Regulations 7 CFR 210.10 National School Lunch Program

USDA Regulations 210.11(a) (2) Competitive Food Services

Food Safety

Section 19-13-B42 of the Regulations for Connecticut State Agencies

Section 111 of Public Law 108-265 School Food Safety Program