

<p align="center"><b>DANBURY PUBLIC SCHOOLS</b> Danbury, Connecticut</p>	<p align="center"><b>REGULATIONS</b></p>	
<p align="center"><i><b>WELLNESS</b></i></p>	<p>Adopted: 11/10/09</p>	<p>Policy No. 7-109</p>
<p>1.     <u><b>Nutrition Standards for Foods at School</b></u></p> <p>Danbury Public Schools certifies with the Connecticut State Department of Education that all food items sold to students separately from a reimbursable school meal is compliant with the Connecticut Nutrition Standards. These food items include items offered for sale to students, at all times, in all schools and from all sources, including but not limited to school stores, vending machines, school cafeterias and any fundraising activity on school premises unless an allowable exception under the Board of Education policy. The Connecticut food standards for Food in Schools can be found at <a href="http://www.sde.ct.gov/sde/lib/sdf/PDF/DEPS/student/nutitionEd/">://www.sde.ct.gov/sde/lib/sdf/PDF/DEPS/student/nutitionEd/</a> CT nutrition standards.</p> <p>A.     <u><b>Vending machines/School Stores</b></u></p> <p><b>Vending machines</b> shall not be operated in elementary schools where they are available to students. Vending machines may be operated in middle and high schools. Vending machines and a la carte sales in elementary and middle schools may only contain foods and beverages that contain the following nutritional guidelines as per the <b>Connecticut State Department of Education Public Act 06-63</b>.</p> <p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>a.   <b>Water, which may be flavored, but contains no added sugars, sweeteners, artificial sweeteners or caffeine.</b></li> <li>b.   <b>Fruit juices with 100% fruit juice, vegetable juice or combination containing no added sugars.</b></li> <li>c.   <b>1 % or skim milk flavored or plain with no more than 4 grams of sugar per ounce and no artificial sweeteners.</b></li> <li>d.   <b>seltzer, sparkling water, and club soda which may be mixed with equal amounts of 100% fruit juice</b></li> <li>e.   <b>non-dairy milk such as soy or rice mild</b></li> <li>f.   <b>Portion sizes of all beverages except water shall be limited to no more than</b></li> </ul>		

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<p align="center"><b>12 oz.</b></p> <p><b>Food:</b></p> <ol style="list-style-type: none"> <li>a. <b>Contains no more than 35% of total calories from fat or 7 grams maximum per single serving package (with the exception of nuts, seeds, and peanut and other nut butters.)</b></li> <li>b. <b>Contains no more than 10% of calories from saturated fat and/or trans fat or 2 grams maximum per single serving package.</b></li> <li>c. <b>Contains no more than 35% sugar by weight or 15 grams maximum per single serving package (excludes sugars naturally occurring in fruits, vegetable and dairy).</b></li> </ol> <p>* Healthy, nutrient dense, items should be priced competitively.</p> <ul style="list-style-type: none"> <li>▪ <b>Access to free drinking water is available to all students and staff in all buildings.</b></li> <li>▪ <b>Frozen desserts sold to students will meet Connecticut Nutrition Standards for Foods in Schools. Frozen dessert sales will be limited at elementary schools to no more than 2 times per week.</b></li> </ul> <p><b>B. <u>School functions and activities</u></b></p> <p>The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.</p> <p><b>Due to concerns regarding safe food handling and preparation, allergies and the district’s goal for consistent adherence to foods of high nutritional value, during the school day only food that is prepackaged can be brought to school by parents/guardians that is intended to be shared with other children. Food for the celebration may also be purchased from Sodexo food services for celebrations.</b></p> <p><b>Parents are still encouraged to participate in their child’s classroom celebrations and will be given alternative ideas for celebrating, such as reading a book to the class, doing a craft or extra time at recess. Birthdays will be celebrated monthly and the date will be at the discretion of school administrators.</b></p>		

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<p>Some suggested foods are listed below:</p> <ul style="list-style-type: none"> <li>○ Prepackaged raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip</li> <li>○ Frozen fruit juice pops</li> <li>○ Fresh fruit and 100% fruit juices</li> <li>○ Vegetable juice and bottled water</li> <li>○ Dried fruits</li> <li>○ Low- sodium crackers</li> <li>○ Baked corn chips and fat free potato chips with salsa and low fat dips</li> <li>○ Low fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps</li> <li>○ Angel food and sponge cakes</li> </ul> <p><b>C. <u>Fundraising</u></b></p> <p>The district highly encourages organizations to use non-food items as fundraisers. Alternatives to food based fundraising will be made available to all organizations. <b>PTO and fundraising organizations will receive information yearly on the requirements for Healthy Certification.</b></p> <p><b>D. <u>Candy/Food as Rewards</u></b></p> <p>The use of food/candy as a classroom reward for any purpose is prohibited, as is withholding food as a punishment.</p> <p><b>2. <u>Quality School Meals</u></b></p> <p><b>A. Pleasant Eating Experiences</b></p> <ul style="list-style-type: none"> <li>a. Facility design will be given a priority in renovations and new construction.</li> <li>b. Drinking fountains will be available for students to get water at meals and throughout the day.</li> </ul>		

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<p>c. A snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.</p> <p>d. School personnel will assist all students in developing the healthy practice of sanitizing hands before eating. Hand washing facilities will be available for students and staff use prior to the school lunch period.</p> <p>e. School personnel will schedule enough time so students do not have to spend too much time waiting in line.</p> <p>f. A minimum 20-minute uninterrupted lunch period will be scheduled to allow students to eat, relax, and socialize (required by state law).</p> <p>g. Schools will encourage socializing among students, and between students and adults.</p> <p>h. Staff will properly supervise cafeterias and serve as role models to students by demonstrating proper conduct and voice level.</p> <p><b>B. Nutritional Content of School Meals and Food Service Operation</b></p> <p>a. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture and CT State Department of Education may be sold or served in the school until 30 minutes after the last lunch period.</p> <p>b. Foods sold or served in the school meal program should assist students to comply with dietary guidelines by providing a variety of grains, fruits, vegetables, foods low in saturated fats, trans fat, cholesterol, sugars and salt. The USDA food pyramid should be utilized as a guide.</p> <p>c. Food that is sold must meet the Public Health Department’s standard in regard to storage, preparation and serving.</p> <p>d. Students and staff will have access to fresh drinking water throughout the school day. Fluoridated or bottled water should be made available by staff and students.</p> <p>e. School food service staff is properly qualified according to current professional standards and regularly participate in professional development activities.</p>		

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<p>f. The grains served by the School lunch program will be whole grains whenever possible. At least half of the grains sold will be whole grains.</p> <p>g. Sharing of foods by children will be discouraged.</p> <p>h. Baking or steaming foods will be the preferred cooking method for school meals.</p> <p>i. Special dietary requests will be honored as much as possible.</p> <p>j. Breakfast will be offered and encouraged at all schools and will meet the standards set forth by the U.S. Department of Agriculture and CT State Department of Education. The district will also participate in the USDA Seamless Summer Food Program.</p> <p>k. Menus will be distributed monthly to parents and will include nutritional information. Menus may also be accessed on the School Web site.</p> <p>l. Students, staff and parents will have the opportunity to provide input to menu planning taking into account cultural and ethnic favorites.</p> <p><b>3. <u>Nutrition Education</u></b></p> <p>a. The district will follow health education curriculum standards and guidelines as stated by the State Department of Education <b>and through the physical education's programs use of the Food Pyramid. American Heart Association and Nutrition Detectives</b> Program. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:</p> <table border="0" data-bbox="357 1522 1258 1879"> <tr> <td>*knowledge of food guide pyramid</td> <td>*healthy diet</td> </tr> <tr> <td>*healthy heart choices</td> <td>*food labels</td> </tr> <tr> <td>*sources and variety of foods</td> <td>*major nutrients</td> </tr> <tr> <td>*guide to a healthy diet</td> <td>*multicultural influences</td> </tr> <tr> <td>*diet and disease/health</td> <td>*serving sizes</td> </tr> <tr> <td>*understanding calories</td> <td>*proper sanitation</td> </tr> </table>			*knowledge of food guide pyramid	*healthy diet	*healthy heart choices	*food labels	*sources and variety of foods	*major nutrients	*guide to a healthy diet	*multicultural influences	*diet and disease/health	*serving sizes	*understanding calories	*proper sanitation
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<p>*healthy snacks <span style="float: right;">*identifying and limiting junk food</span></p> <p>*healthy breakfast</p> <p>b. Teachers are encouraged to integrate nutrition education into core curriculum such as math, science, social studies, and language arts as applicable. Nutrition education will be done in an interactive, culturally diverse and developmentally appropriate manner that results in knowledge and skills acquisition of healthy eating behaviors for life. <b>Teachers will not engage in cooking activities in the classroom to assure fire safety and safe food handling. Teachers are encouraged to contact Sodexo to provide food preparation activities as it relates to the educational experience.</b></p> <p>c. Physical education classes in grades K-10 will incorporate nutrition education into all classes. <b>A written curriculum is available for K-10.</b></p> <p>d. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school foodservice staff, health staff and teachers through the use of posters, videos, websites etc. Education may include enjoyable activities such as contests, promotions, taste testing, and farm visits.</p> <p>e. The sixth and ninth grade Curriculum will include the <u>Health Education Assessment Project HEAP</u>. This assessment process will be in affect no later than the school year 2008-2009 to assess the level of nutrition education student learning.</p> <p>f. District schools will participate in the USDA nutrition program as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community.</p> <p>g. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. It may be provided in the form of handouts, postings on the websites or presentations that focus on nutritional value and healthy lifestyles.</p> <p><b>4. <u>Physical Activity and Physical Education</u></b></p> <p><b>Physical Education</b></p> <p>The Danbury Public School District shall provide physical activity and physical education opportunities, aligned with the Connecticut Physical Education Framework, that provide</p>		

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<p>students with the knowledge and skills to lead a physically active lifestyle.</p> <p>a. As recommended by the National Association of Sport and Physical Education:(NASPE), Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week. School leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following implementation strategies:</p> <ul style="list-style-type: none"> <li>o Expose youngsters to a wide variety of physical activities</li> <li>o Teach physical skills to help maintain a lifetime of health and fitness</li> <li>o Encourage youngsters to see how active they are and set their own goals</li> <li>o Individualize intensity of activities</li> <li>o Focus feedback on process of doing your best rather than on product</li> <li>o Be active role models</li> </ul> <p>b. Physical education classes, taught by certified physical education teachers, shall be planned, on-going and systematic and content will include movement, personal fitness, and personal and social responsibility. <b>Developmental professional development day will be offered once per year and off campus opportunities will be provided when funding is available Students should be able to demonstrate competency through application of knowledge, skill and practice.</b></p> <p>c. Physical education teacher student ratio shall be comparable to classroom teacher student ratio. Facilities, equipment and supplies needed to deliver quality physical education will be consistent with national standards.</p> <p>d. Fitness or activity logging shall begin in elementary school. Students will be assisted to interpret their personal accomplishments and compare them to national physical activity recommendations. The 2004 guidelines from NASPE recommend:</p> <ul style="list-style-type: none"> <li>▪ Children should participate in several bouts of physical activity lasting 15 minutes or more each day</li> <li>▪ Physical education should include a minimum of 40 minutes of Phys Ed class</li> </ul>		

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<p>per meeting</p> <ul style="list-style-type: none"> <li>▪ Children should participate each day in a variety of age appropriate physical activities designed to achieve optimal health , wellness, fitness and performance benefits</li> <li>▪ Extended periods (periods of two or more hours) of inactivity are discouraged for children during the daytime hours.</li> </ul> <p>Physical education classes shall introduce components of a health related fitness assessment such as the CT State Physical Fitness Assessment starting in grades K-8.</p> <p><b>Physical Activity</b></p> <p>Recess and other physical activities is a break during the school day set aside to allow children time for active free play. Recess shall complement, not substitute for, physical education classes. The following apply for all students preschool to grade 5.</p> <ol style="list-style-type: none"> <li>a. Students In grades pre-K to 5 will have a minimum of 30 minutes per day of recess preferably prior to the lunch period.</li> <li>b. School staff shall encourage students to engage in moderate to vigorous physical activities during the recess period. Supervision will be provided during recess time.</li> <li>c. Whenever possible recess shall be outdoors.</li> <li>d. Elimination of an entire recess shall not be used as a punishment</li> <li>e. The principal will determine if outdoor recess should be cancelled to limit student exposure to heat, cold, inclement weather or other environmental risks.</li> <li>f. After school activity programs that encourage healthy habits will be provided utilizing a diverse selection of competitive and noncompetitive, structured and unstructured activities to the extent that staffing permits.</li> </ol> <p><b>Family and Community Involvement</b></p> <p>In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school Principal is responsible for ensuring:</p>		

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<p>a. Physical education activity ideas are sent home with students</p> <p>b. Families are invited to attend and participate in physical education activity programs</p> <p><b>5. <u>Marketing</u></b></p> <p>a. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and being physically active throughout the school setting. All school personnel will help reinforce these positive messages.</p> <p>b. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.</p> <p>c. Schools will not allow advertising that promotes non-nutritious food choices. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products is encouraged.</p> <p>d. Schools will help to educate the community about a healthy school nutrition environment through local newspaper, district and/or school websites.</p> <p>e. The effects of advertising will be discussed in The Family and Consumer Science program at the middle and high school level.</p> <p>f. On an annual basis offerings regarding nutrition and physical education will be offered to all school PTO groups.</p> <p>g. The Danbury Public School District will collaborate with community agencies such as Danbury Hospital in providing educational services and support around areas of nutrition and physical activity to parents, students and staff.</p> <p><b>6. <u>Evaluation</u></b></p> <p>a. The Danbury Public School District will establish a School Health Council which will monitor, review, and revise as necessary the school nutrition and physical activity policies. This School Health Council may consist of members of both the school and community, including parents, teachers, students and health professionals. The Council will meet quarterly and will serve as a resource to school sites for implementing the policy.</p>		

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<p>b. An assessment of adherence to school health policies regarding nutrition and physical education will be completed at least yearly utilizing the School Health Index.</p> <p>c. Building Principals or a designee will be responsible for policy adherence within each school building.</p> <p align="center"><b><u>POLICY DEFINITIONS</u></b></p> <p><b>School Wellness Policy:</b> Federal requirement (Public Law 108-265) that school districts participating in USDA Child Nutrition Programs must set goals for nutrition education, physical activity, nutrition standards for school foods and beverages, and other school-based activities designed to promote student wellness.</p> <p><a href="https://fns.usda.gov/cnd/Governance/Legislation?PL_08-265">.fns.usda.gov/cnd/Governance/Legislation?PL_08-265</a>.</p> <p><b>School Meals:</b> Meals served under the USDA Child Nutrition Programs, including breakfast, lunch and after-school snacks.</p> <p><b>Team Nutrition:</b> A U.S. Department of Agriculture Initiative to support Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is to improve children’s lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and My Pyramid, USDA’s food guidance system. <a href="https://fns.usda.gov/tn/Default">.fns.usda.gov/tn/Default</a>.</p> <p><b>A La Carte Items:</b> Any food or beverage that students purchase in addition to or in place of the USDA reimbursable school breakfast or lunch. A la carte items include foods and beverages sold in vending machines, a la carte lines or kiosks, school stores or snack bars located anywhere on school grounds, including the cafeteria and athletic events.</p> <p><b>Competitive Foods:</b> Foods sold in competition with the National School Lunch Program and the School Breakfast Program during the school’s designated lunch or breakfast periods, including Foods of Minimal Nutritional Value (FMNV).</p> <p><b>Physical Activity:</b> Bodily movement of any type, including recreational, fitness and sport activities such as jumping rope, playing soccer and lifting weights, as well as daily activities such as walking</p>		

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to the store, taking the stairs or raking the leaves.

**Physical Education:** The phase of the general education program that contributes to the total growth and development of each child, primarily through movement experiences. Systematic and properly taught physical education includes the major content standards, including movement competence, maintaining physical fitness, learning personal health and wellness skills, applying movement concepts and skill mechanics, developing lifetime activity skills, and demonstrating positive social skills.

**Planned, Ongoing and Systematic Program of Instruction:** A program with written goals and written learning objectives for the grades in which the program is taught. The learning objectives should evolve from grade level to grade level. It should be implemented equitably across each specific grade or course, e.g. all third grade students should receive instruction in the same agreed-upon learning objectives across each third grade classroom.

**School Health Index (SHI):** A self-assessment and planning tool from the Centers for Disease Control and Prevention (CDC) that schools can use to improve their health and safety policies and programs. The SHI is based on CDC’s research –based guidelines for school health programs, which identify the policies and practices most likely to be effective in improving youth health risk behaviors. It is structured around CDC’s eight-component model of coordinated school health.

<://apps.need.edc.gov/shi/>

**School Health Council (SCH):** An advisory group of individuals who represent segments of the community. The group acts collectively to provide advice to the school system on aspects of the school health program.

**Extracurricular Activities:** School-sponsored voluntary programs that supplement regular education and contribute to the educational objectives of the school.

**Foods and Beverages of Low Nutrient Density:** Those foods and beverages that supply calories from fat and/or sugar but relatively few, if any, vitamins and minerals.

**Foods of Minimal Nutritional Value (FMNV):** For *artificially sweetened* foods, USDA defines a food of minimal nutritional value as one that provides less than five percent of the Dietary Reference Intakes (DRIs) for each of eight specified nutrients (protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium and iron) per serving. For all other foods, FMNV are those that provide less than five percent of the DRI for each of the eight nutrients per serving and per 100 calories. USDA regulations define **four** specific categories of FMNV, including (1) soda water; (2) water

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<p>ices; (3) chewing gum; and (4) certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn). The regulations do not restrict the sale of any other low-nutrient foods, e.g., chips and noncarbonated sweetened drinks. <a href="http://fns.usda.gov/cnd/menu/fmnv">fns.usda.gov/cnd/menu/fmnv</a>.</p> <p><b>National School Lunch Program (NSLP):</b> USDA’s federally assisted meal program operating in public and nonprofit private schools and RCCI’s. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. <a href="http://fns.usda.gov/cnd/lunch/">fns.usda.gov/cnd/lunch/</a></p> <p><b>Nutrient-Dense Foods:</b> Those foods that provide substantial amounts of vitamins and minerals and relatively few calories.</p> <p><b>Nutrition Standards:</b> Federal, state or local guidelines for the nutritional content of foods and beverages.</p>		