

Student Wellness

It is the policy of the Weston 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), school administrators, the Board of Education and members of the public.

I. Goals and Guidelines

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education and Promotion

- Setting an average weekly minimum time for classroom nutrition education.
- Providing a minimum number of hours per year of training to classroom teachers on how to integrate nutrition education into other basic subjects.
- Setting rules for marketing and guidelines for promotion of nutritious foods and health habits outside the classroom.

B. Physical Activity and Other School-Based Activities

- Setting minimum physical education requirements including time, frequency and intensity.
- Giving students and the community after school access to school activity facilities.
- Creating after school activity programs, student health council, and community/family programs that encourage healthy habits.
- Providing school meals at appropriate times in appropriate settings.
- Working with food service providers to assure the marketing of healthy food in ways that increase its appeal.
- Removal from physical activity/recess should not be used as a consequence.

C. Nutritional Guidelines for School Food

- Addressing such issues as nutritional values and portion size.
- Regulating a la carte, vending machine, concession and school store offerings.
- Regulating after school activity, field trip, school event and school store offerings.
- Limiting the use of food as a reward.
- Encouraging the offering of healthy food as a fundraiser.
- Training and certification of food preparation and food service staff.
- Evaluating food and drink contracts.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

II. **Measuring the Implementation of Wellness Policy**

Pursuant to this policy, the Board shall designate at least one (1) individual to be responsible for the oversight of the school district's wellness program. This individual will be responsible for ensuring that the goals and guidelines relating to nutrition 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.

LEGAL REFERENCES:

Federal Law:

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, § 204
Child Nutrition Act § 10(a)-(b) codified at 42 U.S.C. § 1799

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at
42 U.S.C. § 1758(f)(1) and 42 U.S.C. § 1766

Policy adopted:
May 22, 2006

WESTON PUBLIC SCHOOLS
Weston, Connecticut

Students**Wellness****Administrative Regulations**

The following sets forth the procedures to implement Board of Education Policy 5141.25 concerning wellness of students in the Weston Public Schools. The wellness of students is important and every effort will be made to provide appropriate educational opportunities as well as a healthy environment to assist students in the development of lifelong behaviors that contribute to long-term wellness. The Superintendent of Schools and Building Administration will monitor implementation of this regulation and will be advised by the Wellness Council.

Nutrition Education and Promotion

- Nutrition education is and will remain an integral component of the health/physical education curriculum and will be addressed yearly as a part of the curriculum in grades K-12. In grades 6-8, nutrition education is primarily addressed within Family and Consumer Sciences.
- Nutrition education will be incorporated into the study of other cultures that occurs in both the World Languages and Social Studies curriculum and as appropriate in other curricular areas.
- Nurses will promote nutrition through displays and materials available for students and families in each school clinic.
- Nutrition Education and Wellness will be addressed at a minimum of two faculty meetings per year.
- Displays in all cafeterias will promote healthy nutritional choices.

Physical Activity and Other School-Based Activities

- In grades K-5, in addition to physical education twice per week, students will have a daily recess period.
- Removal of recess will not be used as a consequence for classroom behavior for any student.
- In grades 6-12, students will have physical education yearly.
- At the high school, the school-sponsored interscholastic athletic programs will continue to encourage high participation rates and will report the percentage of students participating in at least one sport.
- Students in grades 6-8 will have appropriate intramural opportunities during the school year.
- Community activities will continue to be provided for students in grades K-8 by community agencies such as Parks and Recreation and Youth Services.

- The schools will continue to be available to the community for after school, weekend and summer activities.
- Each cafeteria will provide an atmosphere and food selections that encourage healthy eating.
- In grades K-5, an opportunity for a healthy snack will be provided as warranted by the scheduled lunch for each class.

Nutritional Guidelines for School Food

- The cafeteria program will follow all federal and state nutritional guidelines.
- Food items that do not meet nutritional guidelines will not be included in fundraisers during school hours.
- Food items may not be used as a reward unless specified in an Individual Education Plan.
- Classroom activities involving food must provide students the opportunity to make a healthy food choice. The use of non-food items as a means to commemorate an occasion is encouraged.
- Parents will be encouraged to provide healthy snacks and lunches.
- Students will be discouraged from sharing food with their peers.
- Beverages sold at any location in the school during school hours will meet all state and federal guidelines.

Communication

- Parents and students will be provided information about wellness in the annual legal update sent prior to the start of school.
- An annual “ Wellness” presentation will be made to each PTO.
- A display encouraging wellness will be set up at Back to School Nights at each school.
- Each school newsletter will address wellness in the first newsletter of the year and, at minimum, in two additional newsletters during the year.

Measurement

Pursuant to this policy and direction from the Board, the Superintendent shall designate at least one individual to be responsible for the oversight of the school district’s wellness program.

- Each school shall designate a contact person for the implementation of the wellness policy at each school.
- Records will be maintained regarding cafeteria participation and sales.

LEGAL REFERENCES:

Federal Law:

**Child Nutrition and WIC Reauthorization Act of 2004, Pub.L. 108-265§ 204
Child Nutrition Act § 10 (a)-(b) codified at 42 U.S.C. §1799**

**Richard B. Russell National School Lunch Act§ 9(f)(1) and § 17(a) codified at 42
U.S.C. § 1758(f)(1) and 42 U.S.C. §1766**

**Regulation adopted:
July 17, 2006**

**Weston Public Schools
Weston, Connecticut**