

**WELLNESS POLICY**

**POLICY STATEMENT**

- A. Educators, administrators, parents, health care practitioners and communities must consider the critical role student health plays in academic stamina and performance. The school environment should be adapted to ensure that students' basic nutrition and activity needs are met.
- B. Improved health optimizes student performance potential and ensures that no child is left behind.
- C. The School District of New London supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.
- D. The district will promote healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

**POLICY PROCEDURE**

- A. The goals of the district's wellness policy are to:
  - 1. Limit student access to foods of minimal nutritional value.
    - a. School lunch/breakfast programs will meet or exceed the U.S. Government's Nutrition Standards.
    - b. The district will encourage the sale or distribution of nutrient dense foods for all school functions, fundraisers, and other activities.
    - c. The district will pursue contracts with outside vendors that encourage healthful eating and will reduce school/district reliance on profits from foods of minimal nutritional value.
    - d. The district will include consistent healthful choices from all school vendors that involve the sale of food.
    - e. Whenever food and beverages are sold as concessions, at least 25 percent will include healthy food choices. This threshold will be increased over time.
  - 2. Provide a positive environment and appropriate knowledge regarding nutrition and physical activity.
    - a. The school curriculum will develop the knowledge, attitudes, skills, and behaviors for life-long healthy eating habits and physical activity.
    - b. The cafeteria should be a relaxed, clean, and pleasant environment, with adequate time to eat and convenient access to hand washing facilities.
    - c. The physical education curriculum will teach the importance of physical exercise by exposing students to a wide range of physical activities to develop their knowledge and skills to be physically active for life.

- d. The district will assist students in the interpretation of their personal fitness assessments and compare them to national physical activity recommendations.
3. Have the Food Service provider strive to exceed the minimum nutrition guidelines required by the National School Lunch Program.
  - a. In keeping with the contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast.
  - b. The Food Service Program will continually expand and explore menu offerings based on nutritional content and student preferences by:
    - (1) Striving to exceed the minimum nutrition guidelines required by the National School Lunch Program.
    - (2) Offering, promoting, and displaying food items deemed high in nutritional value.
    - (3) Assisting consumers in making healthy choices and educate them on proper nutrition through the Dietary Guidelines for Americans and the Food Guide Pyramid.
    - (4) Discouraging the sale and/or distribution of foods of minimal nutritional value (as defined by federal regulations) during the school day.
  - c. Make every effort to follow the District Nutrition Guidelines when determining items for a la carte sales.
    - (1) When a la carte items that do not meet the District Nutrition Guidelines are served, limit the quantity sold for student consumption (i.e., quantity to an individual student).
    - (2) A la carte items that do not meet the District Nutrition Guidelines may be acceptable when offered on an intermittent basis.
4. Provide time for students to engage in physical activities.
  - a. Physical education classes or physical activity opportunities will be made available for all students before school, during school (recess), or after school on a regular basis.
  - b. 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.
  - c. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
  - c. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optional health, wellness, fitness, and performance benefits.
  - d. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during daytime hours.

5. Maintain a District Nutrition and Physical Activity Advisory Council.
  - a. The council will guide implementation, monitoring, evaluating, and revising this policy as necessary.
  - b. The council will serve as a resource to school sites.
  - c. The council will facilitate the implementation of the district nutrition and physical activity standards.
  - d. The council will assure that staff development includes nutrition and physical activity issues.
  - e. The council will prepare an annual report to the Board of Education.
  - f. The council will encourage all school staff to improve their own personal health and wellness.
6. Encourage staff and students to utilize nutritious food choices or non-food items for class or student incentives.
  - a. Staff are encouraged to use non-food items as student incentives.
  - b. Food incentives given to students should be low in fat, sugar, and be nutrient dense.
  - c. Staff should provide guidance with regard to healthy snacks and portion size.
7. Encourage staff and students to seek out healthy choices when curricular-based food experiences are planned.
  - a. Discuss the cultural influences of ethnic foods.
  - b. Expand the sources and variety of healthy foods.
  - c. Offer and display food items deemed high in nutritional value.
8. Encourage families to consider the district's wellness policy.
  - a. Include healthy snack options in regular communications from school.
  - b. Notify families of the district's Wellness policy and encourage families to consider it when providing classroom treats.

LEGAL REFERENCE: Federal Act (Public Law 108: Section 204)

CROSS-REFERENCE: Policy/Procedure 374 Fundraising and Collection of Money