

**Darien Public Schools
Darien, Connecticut**

POLICY

**Series 5300
Welfare**

Policy 5380

STUDENT WELLNESS

The Darien Public Schools Board of Education recognizes the importance of promoting student wellness, good student nutrition, and physical activity for a healthy school environment. Through a combination of health instruction, physical education, and food services, we support our students in making healthy and positive choices.

To these ends, the Board directs the Superintendent to develop a nutrition program and physical activity program which will help students develop the skills and gain the knowledge which can lead to better nutrition and physical fitness. The Board charges the Superintendent to take the appropriate measures (1) to implement a comprehensive health curriculum, (2) to promote healthful student eating through the provision of a well balanced and nutritionally sound school lunch program, (3) to promote the consumption of appropriate portions of healthy foods and beverages at designated times in classrooms and at school activities, and (4) to encourage physical activity of students during the school day, where appropriate.

The Superintendent shall develop administrative regulations for the implementation of this policy.

Legal Reference: Public Act 04-224 (An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks).

ADOPTED: May 23, 2006

REVISED: June 9, 2009

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POLICY

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**ADMINISTRATIVE REGULATIONS REGARDING
STUDENT WELLNESS**

The Darien Public Schools shall promote sound nutritional health practices, provide healthy physical activity, and assure nutritionally beneficial food service available to students in school, consistent with Board policy, in the following ways:

NUTRITION AND HEALTH EDUCATION

A. The health curriculum will provide nutrition education as a component of student wellness 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.
- Promote healthy, nutritional food choices for student classroom and extracurricular activities during the school day, and during after-school activities, off-campus school-sponsored events, trips, and fundraisers.

B. Nutrition practices in the classroom and during extracurricular activities will:

- Encourage the consumption of healthy snacks in appropriate portion sizes.
- Discourage the use of food as either an incentive or a reward for good behavior or academic performance.
- Encourage healthy party menus and non-food alternatives for birthday celebrations.

C. Fundraising activities that are school sponsored will:

- Encourage non-food promotional activities.
- Promote healthy snacks, healthy foods and healthy portion sizes.

PHYSICAL ACTIVITY

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

- Promote the benefits of physical activity, good nutrition and life fitness.
- Promote the incorporation of physical activity into classroom and school routines, where appropriate.
- Structure physical education classes so that 75% of lesson activities involve moderate-to-vigorous exertion most of the time.
- Provide rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.
- Promote recess games and physical activities in grades K-5.
- Promote other programs to provide students with appropriate physical activity and positive nutritional experiences.
- Develop a process for tracking and reporting results of student performance on state fitness testing.

FOOD SERVICE

1. The Director of Finance will annually review and recommend to the Superintendent a food service price structure which encourages healthy choices and promotes a quality food service program that is financially self-supporting.
2. Specific food service guidelines will be in compliance with those established by the United States Department of Agriculture with respect to free and reduced price school meals.
3. Menu choices will be linked with nutrition education components of the health curriculum and will:
 - Promote pre-cut raw fruit and vegetable offerings.
 - Limit high fat choices.
 - Limit oil-fried foods and use only low or zero trans fat oils.
 - Increase vegetarian choices.
 - Provide drink choices to include water, milk (whole, flavored low fat milk, skim, etc.) and 100% juices in appropriate serving sizes.
 - A la Carte items will meet the following criteria:
 - High fat, high sugar, and lower nutrient snack foods that exceed State standards will be eliminated.
 - Low fat, low sugar, high nutrient snacks (such as baked chips and crackers, graham crackers, frozen fruit bars, low fat string cheese, low fat yogurt, dried fruits) will be promoted.

- Fresh fruits and/or vegetables will be offered daily.
 - Vending machine foods and beverages of minimal nutritional value will be eliminated.
4. Provide periodic menu reviews that encourage the addition to the menu of healthy new foods that are consistent with State and Federal requirements.
 5. Conduct periodic student and family food preference surveys to help inform the process of school lunch menu development.
 6. Utilize food service provider resources such as nutritional planning, healthy eating promotions, and dietitian consultation.
 7. Recognize and accommodate an individual student's medical concerns, in compliance with federal and state health standards.

COMMUNICATIONS

On-going communications will be promoted to encourage parents to utilize school staff as resources for information related to student wellness. A tracking system will be developed for recording student food service preference results over time and making those results available to parents. There will also be a method for providing parent access to students' school menu choice costs and the nutritional analysis components of each menu item.

At each school building in the District, a building administrator will be designated as the liaison for matters relating to the nutrition and physical activity components of the student wellness policy.

Staff members will act as positive adult role models by promoting wellness for students.

Nutritional information should be provided to students, parents, and staff through newsletters, publications, health fairs, and other activities, including, but not limited to:

- Healthy snack, party, and fundraising ideas.
- Healthy lunch ideas.
- Healthy breakfast ideas.
- Non-food celebration ideas.
- Healthy portion sizes.
- Reading food label guidelines.
- Activities to encourage increased physical activity both inside and outside of school.

ASSESSMENT

Assessment practices and rubrics for student performance will be components of the curricula for both Health and Physical Education instruction.

The Superintendent will convene a Student Wellness Advisory Committee that will meet periodically to review the components of the District guidelines for student nutrition and physical activity and evaluate and ensure their implementation. The Committee shall be advisory to the Superintendent, who will make recommendations to the Board of Education. Committee membership shall include input from the following: Board of Education, teachers, school nurse, administrators, food services provider, students, and parent-community members.

The district administration will publicly report the results of fitness testing for students to the Board of Education, parents and the community.

Guidelines as of: June 9, 2009