

Policy 6.031 Comprehensive Nutrition and Physical Activity in Schools

Consistent with the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), and An Act Concerning Childhood Obesity and Physical Exercise in Schools (PA 13-173), C.E.S. recognizes the importance of physical education and nutrition education for all students to promote healthy lifestyles that include physical activity and consumption of healthful foods in accordance with the USDA requirements and the Dietary Guidelines for Americans.

It is the policy of Cooperative Educational Services that:

- A C.E.S. Wellness Committee is established that engages students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies and procedures.
- All students enrolled in C.E.S. schools and programs will have opportunities, support and encouragement to be physically active on a regular basis.
- All students in preschool and elementary programs are required to have 20 minutes of physical activity daily.
- Foods and beverages sold or served at school are required to meet the healthy food certification under Section 10-215f of the Connecticut General Statutes.
- C.E.S. staff will provide students clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, schools and programs of C.E.S. will participate in available federal school meal programs including the School Breakfast Program, and the National School Lunch (including after-school snacks.)
- C.E.S. will provide nutrition education and physical education to students to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- A Pool Safety Plan will be implemented for all courses and activities at a school pool.

The Executive Director is authorized to establish administrative procedures to ensure that C.E.S. schools and educational programs are supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

Adopted by C.E.S. Representative Council on: June 1, 2006
Revised November 7, 2013

References: An Act Concerning Childhood Obesity and Physical Exercise in Schools (PA 13-173)
An Act Concerning Pool Safety at Public Schools (PA 13-161)
Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)
CT General Statutes 10-221o
CT General Statutes 10-215f

Regulations of CT State Agencies Section 10-215b-1
Regulations of CT State Agencies Section 215b-23
CT General Statutes 10-221p
USDA Regulations 210.11 (a) (2)

Administrative Regulations Concerning Comprehensive Nutrition and Physical Activity in Schools

C.E.S. Wellness Committee

The Executive Director shall appoint members to the C.E.S. Wellness Committee. Members shall include students, parents, administrators, teachers, educational support staff, food service professionals, health professionals and other interested community members. The role of the committee will be to develop, implement, monitor and review and, as necessary, revise the school nutrition and physical activity policies and procedures. The committee will also serve as a resource to C.E.S. schools and programs for implementing those policies and procedures. The C.E.S. Wellness Committee shall report on an annual basis to the Executive Director the results of monitoring school nutrition and physical activity and suggest recommendations for modifying procedures and activities.

Nutrition Education and Promotion

Standards Based Sequential Nutrition Education. The C.E.S. Wellness Committee will establish a task force to develop and implement a nutrition education curriculum to be used at C.E.S. schools and educational programs. The nutrition education program shall:

- be consistent with the State Department of Education's *Healthy and Balanced Living Curriculum Framework*.
- focus on students' eating behaviors
- be based on theories and methods proven effective by published research

Nutrition education shall be designed to help students learn:

- nutritional knowledge such as benefits of healthy eating, essential nutrients, deficiencies, weight management, supplements, food preparation, handling and storage
- nutrition-related skills such as planning a health meal, food labels, evaluating info, misleading info, and advertising
- how to assess ones personal eating habits, set goals for improvement and achieve these goals.

The nutrition education curriculum shall be both developmentally and culturally appropriate. Strategies and skills should be different for students at different stages of cognitive development. The nutrition education curriculum should also present opportunities for students to learn about cultural diversity related to food and eating.

Nutrition education shall be taught as part of the comprehensive school health education curriculum. It shall also be linked to other content areas so that children will have daily exposure to nutrition concepts and messages.

Professional Development for Educational Staff. C.E.S. Wellness Committee shall seek, plan and provide ongoing professional development training opportunities for all staff who work with students. This is an essential component of the plan as appropriate

training in nutrition and comprehensive school health education affects the quality of instruction and increases the extent to which teachers implement the curriculum.

Educational staff members are role models for students and have a significant impact upon student's nutritional behaviors. Professional development training will include information to address staff awareness of their own nutrition and ways to improve their eating practices.

Professional development training will take into account the developmental and cultural needs of the diverse student population that make up C.E.S. programs. Surveys will be conducted to assess the nutritional understandings and educational needs of teachers and support staff that may be addressed through professional development training.

Ongoing professional development may include, but not be limited to:

- Building staff awareness of existing eating habits
- Learning about the food guide pyramid
- Understanding the role of nutrition in human development
- Information on foods eaten in various cultures
- Identifying nonfood classroom celebration activities
- Identifying non-food reinforcers
- Information on healthy snack ideas
- Activities to encourage healthy eating habits for all school community members inside and outside of school
- Ways to provide family nutrition education

Professional development may be provided by:

- Nutrition Education Teachers
- School Nurse
- Local health care providers, e.g. pediatricians, dentists, dieticians
- Local health departments
- Other experts in the field of health, nutrition and physical education

Nutrition Promotion. The C.E.S. Wellness Committee shall assist schools and educational programs to conduct nutrition education activities and promotions that involve parents, students and community. Schools and educational programs shall participate in activities that promote a healthy school nutrition environment. Such activities may include marketing campaigns that promote healthy nutrition and physical activity. Marketing shall be accomplished through signs and posters throughout the school environment and information included in newsletters to staff, parents and students.

Physical Education and Physical Activity

C.E.S. requires, per PA 13-173, that all students in elementary school grades have a minimum of 20 minutes of physical exercise each day. This may be accomplished through physical education class and/or daily recess.

Standards Based Sequential Physical Education. The C.E.S. Wellness Committee will identify a task force to establish specific learning goals and objectives for physical education. A sequential, developmental appropriate curriculum will be designed, to help students develop knowledge, motor skills, self management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

The Physical Education Curriculum will be based upon the State Department of Education's *Healthy and Balanced Living Curriculum Framework* and *Physical Education—A Guide to K-12 Program Development (2000)*.

The Physical Education Curriculum will guide students in how to live actively, energetically and fully in a state of well-being and identify the concepts and skills necessary to accept responsibility for self and well-being.

Daily Recess. Recess provides opportunities for physical activity, which help students to stay alert and attentive in class and provides other educational and social benefits. C.E.S. educational staff shall develop schedules that provide time within every school day for preschool, elementary and middle school students to enjoy supervised recess. Staff supervising recess shall encourage students to be physically active. The schools shall have playgrounds or other facilities and equipment available for free play. Recess shall complement, NOT substitute for, physical education classes.

Staff members shall not deny a student's participation in recess or other physical activity as a form of discipline, nor shall physical activity be used as a punishment. Generally recess shall not be used for remediation or for catching up on assignments.

Incorporating Physical Activity into the Classroom. To approach the nationally recommended amount of physical activity (at least 60 minutes per day) and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. The C.E.S. Wellness Committee will seek professional development training to support implementation of physical activity in the classroom. The physical education teachers will work with the classroom teachers to incorporate physical activity concepts into the classroom schedule.

The C.E.S. Wellness Committee will share various ideas, website addresses and resources for incorporating physical activity into the classroom with the educational staff. Programs, such as Feelin' Good Mileage Club, will be given out and explained to all teachers to incorporate into their individual classrooms. During the National Physical Fitness & Sports Month, participation in activities such as Project ACES (All Children Exercising Simultaneously) will be encouraged.

Nutrition Standards for School Foods and Beverages

Nutrition Guidelines and Menu Planning for School Meals. The C.E.S. schools and educational programs participate in the National School Lunch and School Breakfast Program through an agreement with the Bridgeport Public Schools. All food served to C.E.S. students as a part of those national programs are provided by Bridgeport Public Schools Food Service. C.E.S. Wellness Committee intends to work collaboratively with

the Bridgeport Food Service to implement guidelines for providing healthy and nutritious breakfast and lunch food.

C.E.S. shall provide all students an opportunity to participate in the School Breakfast Program by scheduling time for breakfast or by providing “grab and go” breakfast and allowing breakfast to be eaten in the classroom prior to class starting or during a break.

Each C.E.S. student shall have at least a 20 minute lunch period.

Other Foods and Beverages

- Vending and School Stores. Each year the C.E.S. Wellness Committee shall review and modify the C.E.S. Nutritional Guidelines (Appendix A). The C.E.S. Nutritional Guidelines shall be in accordance with healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.

All items offered for sale to C.E.S. students shall be in accordance with those guidelines and standards.

C.E.S. schools and educational programs operate school stores for purposes of providing reinforcement for students as well as classroom fund raising. School store sales are to be limited to before or after meal periods. (Meal Period means the periods during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.) The C.E.S. Wellness Committee shall work with educational staff to develop suggestions for items to be available for sale at the school store. Any food items available for sale shall meet the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.

C.E.S. schools and educational programs allow the operation of vending machines for student and staff use. Any vending machine available for student use shall have for sale only foods that meet the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.

Nutrition Practices in the Classroom. Healthy snacks including beverages should be nutritious and in suitable portions. Families will be given a list of healthy food items and will be encouraged to send only those healthy foods for snack. Teachers should promote healthy snack choices.

- Any snacks provided to students by educational staff and food prepared as part of the curriculum shall meet the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.
- Celebrations in the Classroom. Educational staff will encourage families to send alternatives to food items for classroom celebrations. Families will receive ideas/activities for celebrations that are not food related. It is recommended that if food is served, it will meet the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.

Other School Based Activities to Promote Student Wellness

Food Rewards and Punishment. C.E.S. encourages alternatives to foods and beverages as rewards for academic performance or good behavior, unless this practice is part of a student's IEP.

The C.E.S. Wellness Committee will work with the educational staff in the Special Education Programs to review current practices of reinforcement and make modifications to ultimately achieve the objective of replacing food and drink as reinforcement with non-food reinforcement. Educational staff will develop lists of non-food reinforcement items that are equally motivating to students. They will also develop a list of highly motivating group activities that will entice groups of students to work toward achieving a group goal.

Educational staff will begin replacing food and drink with identified non-food items and activities and monitor success with students.

Educational staff shall not withhold food or beverages as a punishment.

Sharing Food. Staff shall discourage students from sharing foods and beverages to prevent potential problems for children with food allergies or other dietary restrictions.

Staff Wellness. C.E.S. supports and encourages the efforts of our staff to achieve and maintain their health and wellness. C.E.S. Wellness Committee will strive to implement and promote activities that assist employees in achieving their personal goals toward healthier lifestyles.

C.E.S. also recognizes that staff acts as role models for our students. C.E.S. Wellness Committee will strive to support staff to meet that role, by encouraging staff to engage in regular physical activity and healthier eating habits.

Communication and Promotion

Consistent Health and Nutrition Messages and Promotion. Students shall receive positive verbal and non-verbal messages about healthy eating and physical activity throughout all aspects of the school environment. All foods and beverages sold or served at school will be consistent with the C.E.S. Nutritional Guidelines. The C.E.S. Wellness Committee shall encourage foods and beverages consumed by adults in view of children to be consistent with C.E.S. Nutritional Guidelines. Schedules and classroom practices will encourage physical activity, rather than limit physical activity. Messages about healthy eating, nutrition education and physical activity will be regularly visible in newsletters, bulletin boards, etc. Students will have access to water during the school day and signage will encourage students to drink water.

Engaging Families. Families shall be encouraged to support and promote healthy eating and physical activity habits. There shall be parent representation on the C.E.S. Wellness Committee. Healthy eating seminars shall be offered to parents and families. Nutrition information and physical activity suggestions will be including in home/school

communications including newsletters, school website, and other methods of communication with families. Families will receive a list of foods that meet the C.E.S. Nutritional Guidelines to be used when planning for snacks or celebrations. Families will be given suggestions about ideas for celebrations and rewards that are not food related. The staff and families will work together to ensure that fundraisers are consistent with positive health messages. Homework in Health Education shall include assignments that students can complete with their families (i.e. preparing healthy recipes, analyzing media messages, reading food labels, etc.)

Engaging Students. Students shall be encouraged to take an active role in the promotion of healthy eating habits and physical activity throughout the school. Students shall be asked to participate in nutrition and fitness surveys. Student made posters promoting positive health messages will be displayed throughout the school. C.E.S. educational staff, families and students shall encourage participating in fundraising physical activity events, (i.e. walk-a-thons, bike-a-thons, jump roping, and basketball tournaments). Families and students shall be asked to take part in planning health promotion events, (i.e. National Nutrition Month, Turn Off the TV Week). Students shall be given Health Education and Physical Education assignments that encourage them to promote healthy living within their school and homes.

Monitoring and Policy Review

The C.E.S. Wellness Committee shall monitor, evaluate and report to the Executive Director on an annual basis, the activities and efforts of educational staff to improve student nutrition and physical activity. The School Health Index and corresponding goals and objectives identified to serve as the basis for these procedures will be reviewed and modified annually.

The identified priorities are:

- to develop a standards-based and sequential physical education and nutrition curriculum
- to implement the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.
- for food offered to students for snack, for celebrations and for sale in the school store and vending machines
- to provide professional development activities to assist educational staff in teaching and incorporating principles of good nutrition and physical activity into all educational activities and,
- to promote good nutrition and increased physical activity to students, staff and parents.
- Program administrators along with the C.E.S. Wellness Committee shall ensure compliance with these policies and adherence to the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes.

Successful implementation will be identified through the following activities:

- review of physical education and nutrition curriculum
- survey of teachers as to use of non-food reinforcers
- the presence of promotional posters throughout C.E.S. schools and educational programs
- presence of foods consistent with the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes at celebrations
- presence of foods consistent with the healthy food certification requirements under Section 10-215f of the Connecticut General Statutes in school vending machines and school stores
- demonstration through classroom walkthroughs of information regarding good nutrition and physical activity in classrooms and classroom instruction