

# NORTH BRANFORD BOARD OF EDUCATION

**SERIES 1000: STUDENTS**

**P1500**

## **NUTRITION AND WELLNESS**

The North Branford Board of Education promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The North Branford Board of Education is committed to provide to all students the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

To meet this goal, the North Branford Board of Education adopts this school wellness policy with commitments to nutrition, physical activity, comprehensive health education, public relations, and implementation. This policy is designed to effectively utilize school and community resources to recognize the needs and interests of all students, with consideration for differences in culture.

In order to implement this policy, the North Branford Board of Education is committed to:

### Nutrition and Wellness

- Offering a school lunch program that meets the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Connecticut Department of Education.
- Ensuring all school foodservice staff members are appropriately qualified.
- Establishing food safety as a key component of all school food operations.
- Complying with State Board of Education policies on competitive foods and sales of food “extras”.
- Establishing guidelines for all foods provided by the North Branford Public Schools on the school campus during the school day, with the objective of promoting student health and reducing childhood obesity.
- Establishing a cafeteria environment conducive to a positive dining experience.
- Encouraging all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs.
- Promoting wellness and good nutrition in all school based programs.

### Physical Activity

- Offering a planned sequential program of physical education instruction through a comprehensive preK-12 curriculum, which incorporates individual

and group activities that are student centered, and complies with Connecticut Physical Education Frameworks.

- Encouraging the use of transitional physical activities as appropriate.
- Participating in a yearly fitness test for students in identified grades.
- Following state guidelines for recess for K-5 students.
- Encouraging students to voluntarily participate in available before- and after-school physical activity programs.

#### Comprehensive Health Education

- Implementing a comprehensive preK-12 health curriculum that emphasizes the benefits of good nutrition, promotes health literacy among students, and integrates the benefits of good nutrition into other curricular areas.
- Requiring the applicable number of credits of comprehensive health education for graduation.
- Implementing Connecticut Comprehensive Health Frameworks for grades K-12.

#### Public Relations Regarding Healthy School Environment

- Providing nutrition information for parents, and resources to help parents understand the importance of nutrition.
- Providing positive, motivating messages about healthy lifestyle practices throughout the school setting.
- Providing an opportunity for students and staff to be involved in planning for a healthy school environment.
- Promoting healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events.
- Encouraging building administrators to conduct nutrition education activities.
- Promoting health and wellness programs in local media, including newspaper, TV and radio, to inform the community about the health problems facing Connecticut children, as well as the need for and benefits of healthy school environments.

#### Implementation and Evaluation Guidelines

The North Branford Board of Education will cause the Superintendent to:

1. Establish a plan for implementation of the school wellness policy.
2. Conduct an annual review of the progress toward school wellness policy goals, including input from all stakeholders.
3. Prepare and submit a yearly report to the Board regarding the progress toward implementation and recommendations for any revisions to the policy as necessary.

**Public Act 04-224 An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks**

**Public Act 06-63 An Act Concerning Healthy Food and Beverages in Schools**

**Public Law 108-265 The Child Nutrition and WIC Reauthorization Act of 2004**

**Connecticut General Statutes §10-16b Prescribed Courses of Study**

**Connecticut General Statutes §10-215 and 215-b1 Lunches, Breakfasts and Feeding Programs for Public School Children and Employees; Competitive Foods**

**Policy approved: 8/17/06**