

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Purpose and Goal

The Granby Public Schools promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics

Access to Nutritious Foods

The District shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and/or School Breakfast Program and with Section 204 of the Healthy, Hunger-Free Kids Act of 2010.

Nutritious meals served by the food services operation and other nutritious food choices served in district schools and district sponsored events will comply with district guidelines and state and federal law.

Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Schools will promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Schools will take a proactive effort to foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be taught in all grades K-8 and at the high school as part of the District's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. Physical activity will be integrated into other classroom content areas as appropriate.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

Nutrition Guidelines for Foods Available in Schools

All sources of food sales to students at school must comply with the Connecticut Nutrition Standards. The District shall ensure that all beverages sold to students comply with the requirements of state statute. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Communication and Marketing

Students, parents, teachers, administrators and the community will receive positive and motivating messages about healthy eating and physical activity within school and at school sponsored events.

Implementation

A district wide wellness committee (The Nutrition and Physical Activity Advisory Council) comprised of school administration, parents, and students shall monitor the implementation of the District's wellness plan and its nutrition and physical activity components, evaluating progress, serving as a resource, and recommending revisions to Superintendent or his/her designee.

Legal Reference: Connecticut General Statutes

[10-16b](#) Prescribed courses of study.

[10-215](#) Lunches, breakfasts and the feeding programs for public school children and employees.

[10-221](#) Boards of education to prescribe rules, policies, procedures.

[10-216](#) Payment of expenses

[10-215b-1](#) State board of education regulation-competitive foods.

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious, low-fat foods.

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

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

Connecticut Nutrition Standards

Policy Adopted: 6/19/06

Policy Revised: 6/3/15

GRANBY PUBLIC SCHOOLS

Granby, Connecticut