

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

The Capitol Region Education Council recognizes that student wellness and proper nutrition are related to physical well-being, growth, development and readiness to learn. CREC is committed to providing a learning environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total educational experience. In a healthy school environment, students will be exposed to, and participate in, positive nutritional and lifestyle practices that can improve student achievement.

Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of CREC's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.

Goals for Physical Education and Activity

The goals for addressing physical education and activity include the following:

- Schools will support and 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.
- Unless otherwise exempted, all students will be required to engage in CREC's physical education program.
- All elementary school students shall have included in the regular school day time of not less than twenty minutes in total which is devoted to physical exercise, except that a planning and placement team may develop a different schedule for a child requiring special education and related services
- School employees shall not deny a student's participation in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, nor should they cancel it for instructional makeup time. Further, any student in kindergarten through grade twelve shall not be required to engage in physical activity as a form of discipline.

Nutrition Guidelines for Foods Available in Schools

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and My Pyramid, published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education in addition to federal and state statutes. In addition, in order to promote student health and reduce childhood obesity, the Executive Director or designee shall establish such administrative procedures to control food and beverage sales that compete with CREC's nonprofit food service in compliance with the Child Nutrition Act. CREC shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute.

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.

Community Input

CREC will develop and implement methods of communicating with, and educating, parents and staff regarding this initiative.

A Wellness Committee comprised of a variety of members (following state mandates) will be established to develop, and guide the implementation of, procedures consistent with established policy.

Monitoring

An annual review and assessment of implementation and effectiveness of said policy and corresponding procedures shall be completed by the Wellness Committee and forwarded to the Executive Director or designee for his/her review. The Executive Director shall be responsible for ensuring compliance with said policy and procedures.

Legal Reference: Connecticut General Statutes

PA 04-224 An Act Concerning Childhood Nutrition in Schools,
Recess and Lunch Breaks
PL 108-265 Child Nutrition and WIC Reauthorization Act of 2004
USDA Regulations
10-221o Lunch periods. Recess. (as amended by P.A. 12-116, An Act
Concerning Educational Reform; as amended by P.A. 13-173, An Act
Concerning Childhood Obesity and Exercise in Public Schools)

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CAPITOL REGION EDUCATION COUNCIL
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