**Student Nutrition and Physical Activity**

The Woodstock Public Schools recognize that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, physical education, and regular physical activity as part of the total learning experience. In a healthy school environment, students shall learn about and participate in positive dietary and lifestyle practices that can improve student achievement and promote lifelong wellness behaviors.

To ensure the health and well-being of all students, the Board establishes that the Woodstock Public Schools shall provide:

* A comprehensive nutrition program consistent with federal and state requirements.
* Access at reasonable cost to foods and beverages that meet nutritional guidelines as determined by the Wellness Committee.
* Physical education courses and opportunities for developmentally appropriate physical activity.
* Curricula and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
* Materials and communications which support and reinforce proper nutrition, physical activity, and lifelong wellness behaviors in the home environment.
* Education and awareness of the benefits of local agriculture and its relationship to a healthy lifestyle.

**Wellness Committee**

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Board member, District Administrator, District food service representative, student, teacher, parent/guardian, member of the public.

Additionally, any of the following may be added on an ad hoc basis: School Nurse, School Counselor, Coach, Classified Staff, Dietician, Health Professional, Representative of local or county agency, Representative of community organization, Food Vendor, Other individuals chosen by the Board.

The Wellness Committee shall serve as an advisory committee regarding student health, wellness, and fitness issues.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Policy Subcommittee of the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall provide an annual report to the Superintendent or designee regarding the status of its work, as required.

**Nutrition Education**

Nutrition education shall be comprehensive and developmentally appropriate, including, but not limited to, the following essential components designed to help students learn:

* Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learning the benefits of healthy eating; understanding essential nutrients; learning about nutritional deficiencies; understanding the principles of healthy weight management; understanding the use and misuse of dietary supplements; learning safe food preparation, handling, and storage; and appreciating cultural diversity related to food and eating;
* Age-appropriate nutrition-related skills, including gathering health information; using social skills to promote health and safety; understanding how emotions influence decision making; analyzing health and safety information and developing a health and fitness plan and a monitoring system; planning and preparing a healthy meal; understanding the use of food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising;
* How to assess personal eating habits, in the context of overall wellness objectives, and to take personal responsibility to achieve those objectives.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

**Physical Education**

Physical education shall be comprehensive and developmentally appropriate:

* Quality physical education instruction that promotes physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
* Physical education classes incorporating a varied and comprehensive curriculum shall be the means through which all students learn, practice, and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
* Planned instruction shall be provided in order for students to achieve the proficient level for the Connecticut Physical Fitness Assessment and Physical Education Standards.
* Students shall be moderately to vigorously active as much as possible during physical education class. Documented medical conditions and disabilities shall be accommodated during class.
* Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.
* Appropriate professional development shall be provided for physical education staff.

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the district shall ensure that:

* Physical education activity ideas and state fitness goals are sent home with students;
* Parents are encouraged to promote their child’s participation in the school’s physical education programs and after school activities;
* Families are invited to attend and participate in physical education activity programs and health fairs.

**Physical Activity**

Students shall be provided with opportunities for physical activity beyond and in addition to physical education. All students enrolled in elementary school shall have included in the regular school day, time devoted to physical exercise, of not less than twenty (20) minutes in total, except that this requirement may be altered by a Planning and Placement Team (PPT) for a child requiring special education and related services according to state and federal law, as may be amended from time to time. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Opportunities for physical activity may be incorporated into other subject lessons and can be used as reinforcement, reward and celebrations for positive behavior achievement and completion of assignments.

* A physical and social environment that encourages safe and enjoyable activity shall be maintained for all students.
* District schools shall partner with parents/guardians and community members to promote programs that support physical activity.
* School employees (teacher, substitute teacher, administrator, superintendent, guidance counselor, psychologist, social worker, nurse, physician, paraprofessional, coach, or any other individual working in the Woodstock Public Schools, who in the performance of his/her duties has regular contact with students and provides services to or on behalf of students enrolled in the Woodstock Public Schools, pursuant to a contract with the Board of Education) shall not deny a student 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. In
* addition, any student in kindergarten through grade eight shall not be required to engage in physical activity as a form of discipline.
* Students and the community shall have access to physical activity facilities outside school hours.
* When appropriate, the district shall work together with local authorities to make it safer and easier for students to walk and bike to school.

**Staff Nutrition & Physical Activity Education**

Nutrition and physical activity education opportunities shall be provided to all school staff at the elementary and middle school levels. These educational opportunities may include,

but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

These opportunities are provided for the purposes of:

* Encouraging all school staff to improve their own personal health and wellness.
* Improving staff morale.
* Creating positive role modeling.
* Building the commitment of staff to promote the health of students.
* Building the commitment of staff to help improve the school nutrition and physical activity environment.

**Nutrition Guidelines**

All foods available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

* Foods provided through the National School Lunch Program shall comply with federal nutrition standards.
* The Woodstock School District strongly encourages the consumption of competitive foods with the nutrient content needed to be healthy. **Competitive foods** are defined as foods offered at school other than through the National School Lunch or School

Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks, and beverages; school store food, snacks, and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

* The Wellness Committee shall be tasked with promoting competitive foods with increased nutrient density, decreased levels of fat and added sugars, and moderate portion sizes.

**Cafeteria Environment**

A cafeteria environment that provides students with a relaxed, enjoyable climate shall be maintained. The cafeteria environment shall provide students with:

* An adequate space to eat.
* Clean, pleasant surroundings.
* Sufficient time to eat. The Woodstock Board of Education requires that in District schools, full-time students shall be provided a daily lunch program of not less than twenty (20) minutes.
* Convenient access to hand washing or hand sanitizing facilities before meals.

**Program Implementation and Evaluation**

At the District level the following procedures shall be used to evaluate the effectiveness of the Wellness Policy:

* The Wellness Committee shall monitor and assist in the implementation of the Wellness Policy, evaluate policy progress, serve as a resource to the district, and recommend revisions of the policy.
* The Principal or his/her designee is responsible for ensuring the Wellness Policy is implemented at the building level.
* The Committee shall determine the frequency of its meetings and shall deliver an evaluation annually to the Superintendent or his/her designee.
* The Committee’s annual evaluation shall reflect upon progress made toward the criteria and objectives as outlined in all sections of the Wellness Policy.

Approved: May 25, 2006

Revised: June 26, 2014