

New Beginnings Family Academy

Wellness Policy

Student Nutrition and Physical Activity

New Beginnings Family Academy (NBFA) as an aspect of its overall learning environment will promote healthy nutrition and physical activity and attempt to make a contribution to the general well being, mental and physical capacity and learning ability of each student, affording them the opportunity to fully participate in the educational process.

New beginnings Family Academy will establish a wellness committee which will include the following stakeholders.

Parents

Students

School Food Service (e.g., district food service director/manager)

School Nurse

Physical Education Coordinator/Teacher

Health Education Coordinator/Teacher

School Board

School Administrators (e.g., superintendent, assistant superintendent, principal, assistant principal, school business official, curriculum director)

The Public

The responsibilities of New Beginnings Family Health Team will include but not limited to:

- implementation of district nutrition and physical activity standards;
- integration of nutrition and physical activity in the overall curriculum;
- assurance that staff professional development includes nutrition and physical activity issues;
- assurance that students receive nutrition education and engage in vigorous physical activity;
- pursuit of contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of little nutritional value;
- consistent healthful choices among all school venues that involve the sale of food;
- increasing community awareness of student health needs;
- partnering with local community to support policies and programs;
- gathering data to measure the impact of local policies over time;
- revising policies as necessary to meet changing needs and respond to local evaluation results; and

- preparation of annual reports that include specific information regarding the implementation and evaluation of local policies. This information can include:
 - monthly district menus and meal counts;
 - listing of all other sales of foods throughout the district, including, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.;
 - listing of physical activity programs and opportunities for students throughout the school year;
 - assessment of student, staff and parent satisfaction and/or support of instituted policies and practices.

NBFA staff will promote health and wellness at all times by modeling healthy behaviors in the written and hidden curriculum.

Nutrition Education and Promotion

Standards-Based Sequential Nutrition Education

Nutrition education at NBFA shall be standards-based, using national or state-developed standards, such as the Connecticut State Department of Education's *Healthy and Balanced Living Curriculum Framework*. Nutrition education shall be offered as part of a planned, sequential, standards-based school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. The nutrition education program shall focus on students' eating behaviors and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

Connecting with Existing Curricula

Nutrition education shall be a part of comprehensive school health education and shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. All K-12 instructional staff members shall be encouraged to incorporate nutritional themes from the Connecticut State Department of Education's *Healthy and Balanced Living Curriculum Framework* into daily lessons, when appropriate, to reinforce and support health messages.

Professional Development for Teachers

NBFA shall provide appropriate training for teachers and other staff members. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities. Training shall include instructional techniques and strategies designed to promote healthy eating behaviors. Staff members providing nutrition education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members or parents.

Physical Activity and Physical Education

Standards-Based, Sequential Physical Education

Physical education shall be standards-based, using national or state-developed standards, such as Connecticut's Physical Education – A Guide to K-12 Program Development and National Association for Sport and Physical Education (NASPE) guidelines. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness and personal and social responsibility. Students shall be able to demonstrate competency through application of knowledge, skill and practice.

Daily Physical Education K-12

Within budgetary constraints, NBFA will strive to provide all students in Grades K-8, including students with disabilities and special health-care needs with daily physical education (150 minutes per week for elementary school students and 225 minutes per week for middle school students) for the entire school year. All physical education shall be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) shall not be substituted for meeting the physical education requirement. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students shall be offered at least 20 minutes a day of supervised recess, preferably outdoors, during which NBFA will encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity. NBFA shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services. NBFA shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activity, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to get up from their chairs and be moderately active. NBFA shall prohibit withholding of recess or the use of exercise as punishment, and shall develop alternative practices for promoting appropriate behavior. Recess shall not be withheld as a consequence of incomplete school assignments.

Nutrition Standards for School Foods and Beverages

Nutrition Guidelines

School meals shall offer varied and nutritious food choices that are consistent with USDA nutrition standards and the Dietary Guidelines (which focus on increasing fruits, vegetables and whole grains). School meals shall:

- meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk (as recommended by the Dietary Guidelines for Americans) and nutritionally equivalent nondairy alternatives as defined by USDA;
- ensure that half of the grains served are whole grain, as recommended by the Dietary Guidelines for Americans; and
- share information about the nutritional content of meals with students, families and school staff members.

Menu Planning

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Menus shall be planned to be appealing and attractive to children. Schools meals shall be planned to incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel. Schools shall engage students and parents, through surveys and other means in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices

Breakfast

NBFA shall strive to offer all children breakfast, in order to meet their nutritional needs and enhance their ability to learn. Schools will:

- to the extent possible, operate the School Breakfast Program;
- to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess;
- notify parents and students of the availability of the School Breakfast Program, if the school serves breakfast to students; and
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Other School-Based Activities to Promote Student Wellness

Surroundings for Eating

School meals shall be served in clean and pleasant settings. A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed. The cafeteria environment is a place where students have adequate space to eat, clean and pleasant surroundings, adequate time to eat meals, and convenient access to hand washing or hand sanitizing facilities before meals.

Time and Scheduling of Meals

NBFA shall provide appropriate meal times with adequate time allotted for students to eat (at least 10 minutes for breakfast and 20 minutes for lunch after sitting down to eat).

Free and Reduced-Price Meals

NBFA shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Sharing of Foods

NBFA shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies and other restrictions on some children’s diets.

Communication and Promotion

Consistent Health Messages

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Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages. Foods and beverages sold or served at school shall not contradict healthy eating messages. The school district shall not use practices that contradict messages to promote and enjoy physical activity; for example, withholding recess or using physical activity as punishment (e.g., running laps, doing pushups).

Engaging Families

NBFA shall encourage family involvement to support and promote healthy eating and physical activity habits. NBFA shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school. NBFA shall offer nutrition education for parents which can include providing healthy eating seminars, sending home nutrition information, postings on district website, providing nutrient analyses of school menus in language families can understand and any other appropriate methods for reaching families. NBFA shall provide families with a list of foods that meet the district's nutrition standards and ideas for healthy celebrations, rewards and fundraising activities. NBFA shall provide opportunities for families to share their healthy food practices with others in the school community. NBFA shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families' efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

Engaging Students

NBFA shall consider student needs in planning for a healthy school nutrition environment. Students shall be asked for input and feedback through the use of student surveys and other means, and attention shall be given to their comments. Key health messages shall be promoted by coordinating classroom and cafeteria, and through planned promotions such as health fairs, nutrition initiatives, programs and contests.

Measurement and Evaluation

Monitoring

The principal or designee shall ensure compliance with this policy in his or her school and prepare relevant report to the State Department of Education. School food service staff members shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the principal.

Policy Review

NBFA shall periodically review this policy, assess progress and determine areas in need of improvement. As part of that process, NBFA shall examine new research and evidence on health trends and effective programs; the provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Changes in the policy will be made as appropriate.

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

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(cf. 3542 – Food Service)
(cf. 3542.33 – Food Sales Other Than National School Lunch Program)
(cf. 3542.34 – Nutrition Program)
(cf. 3452.45 – Vending Machines)
(cf. 6142.6 – Physical Education)
(cf. 6142.61 – Physical Activity)
(cf. 6142.62 – Recess/Unstructured Time)
(cf. 6142.10 – Health Education)

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 and procedures.

10-215a Non-public school participation in feeding program.

10-215b Duties of state board of education re: feeding programs.

10-216 Payment of expenses.

10-215b-1 State board of education regulation. Competitive foods.

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

National School Lunch Program and School Breakfast Program; Competitive Foods. (&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