**P6142.101(a)**

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

Putnam School District (here to referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day, while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

* Students in the District have access to healthy foods throughout the school day;
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
* Students have opportunities to be physically active before, during, and after school;
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors;
* The community is engaged in supporting the work of the District in creating lifelong healthy habits; and
* The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and the established goals and objectives.

This policy applies to all students, staff, and schools in the District. This policy shall be interpreted consistently with Federal and State Statutes and Regulations.

The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

**A. Wellness Goals**

**I. Goals for Nutrition Promotion and Education**

The goals for addressing nutrition promotion and education include the following:

* Schools will support and promote good nutrition for students consistent with applicable federal and state guidelines;
* Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn; and
* Nutrition education will be part of the District’s comprehensive health education curriculum.

**P6142.101(b)**

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

**A. Wellness Goals** (continued)

**II. Goals for Physical Activity**

The goals for addressing physical activity include the following:

* Schools will support and promote an active lifestyle for students;
* Physical education shall include a 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; and
* Unless otherwise exempted, all students will be required to engage in the District’s physical education program.

**III. Goals for Other School-Based Activities that Promote Wellness**

The goals for addressing school-based activities promoting wellness:

* Community groups will be encouraged to support healthy lifestyles as part of their activities (i.e. PPTO, PHSAAA, PMA, Lions Club, Rotary Club); and
* Encourage coordination of community services to support and educate the community on nutrition and an active lifestyle (i.e. DKH, Putnam FRC, DPH).

**B. Nutrition Guidelines**

**I. Guidelines for Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for all programs that the District participates in.

**II. Nutrition Guidelines for Foods Available in Schools During the School Day (through School Meal Program)**

All foods and beverages available or for sale during the school day, through the school meal programs, are consistent with Federal regulations and State statutes for:

* Current Dietary Guidelines for Americans and Food Guidance System,
* School meal nutrition standards,
* Smart Snacks in School nutrition standards, and the
* Connecticut Department of Education guidelines.

**P6142.101(c)**

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

**B. Nutrition Guidelines**

**II. Nutrition Guidelines for Foods Available in Schools During the School Day (through School Meal Program)** (continued)

In order to promote student health and reduce childhood obesity, the Superintendent (or designee) shall establish such administrative procedures to control food sales that compete with the District’s non-profit food service, in compliance with Federal and State Statutes and Regulations.

**III. Guidelines for Other Foods & Beverages Available During School Day**

The district shall have regulations for other foods and beverages available on the school campuses during the school day (i.e. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).

**IV. Guidelines for Food & Beverage Marketing**

The district shall have regulations for food and beverage marketing which allow marketing and advertising of only those foods and beverages that meet current school nutrition standards.

**C. School Wellness Committee**

**I. Committee Role and Membership**

The District will convene a representative school wellness committee that meets at least four times per year to establish goals for and oversees the district health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

Membership will represent all school levels (primary and secondary schools) and the school community (including, but not limited to parents, students, representatives of the school food services department, teachers of physical and health education, school health professionals, the school Board, and school administrators), and will reflect the diversity of the Putnam community.

**II. Community Input**

The District is committed to being responsive to community input. The Superintendent (or designee) will invite community members to provide suggestions and comments concerning the development, implementation, and improvement of the school wellness policy.

**P6142.101(d)**

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

**C. School Wellness Committee** (continued)

**III. Leadership**

The Superintendent (or designee[s]) will convene the school wellness committee and facilitate development of and updates to the wellness policy.

The Superintendent (or designee[s]) will designate a school wellness policy coordinator for each school, who will ensure compliance with the policy.

**IV. Monitoring**

The Superintendent (or designee) shall provide wellness policy annual progress reports.

The wellness committee will update or modify the wellness policy as appropriate, and an assessment of the wellness policy will be conducted every 3 years, at a minimum. The wellness committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

The triennial assessment will be available to the public on the District website.

The Superintendent (or designee) will submit documentation of the triennial assessment to the State, to ensure compliance with the current wellness policy statutes.

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.

10-215b-1 Competitive foods.

10‑216 Payment of expenses.

10-221o Lunch periods. Recess.

**P6142.101(e)**

**Instruction**

**Student Nutrition and Physical Activity (School Wellness Policy)**

Legal Reference: Connecticut General Statutes

10-221p Boards to make available for purchase nutritious, low-fat foods.

PA 06-63 An Act Concerning Technical High School Wiring for Technology and Healthy Food and Beverages in Schools

National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12,)

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

Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 CFR Parts 210 & 220

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751

Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)

School Breakfast Program, 7 C.F.R. Part 220 (2006)

National School Lunch Program or School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013)

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Putnam, Connecticut