



It is the policy of the Clinton Board of Education (the “Board”) to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), teachers of physical education, school health professionals, school administrators, the Board, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

Beliefs and Vision

The Clinton Board of Education is committed to wellness and acknowledges and believes the following:

- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases that are often established in childhood, include unhealthy eating habits, physical inactivity, and obesity;
- School districts around the country are facing significant fiscal and scheduling constraints, therefore, providing healthy choices and opportunities for children are dependent upon school community and broader community partnerships;

Therefore, the Clinton Public Schools is committed to providing school environments that promote the health and well-being of district students.

I. Goals and Guidelines

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Promotion and Education

- Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.



- Schools will ensure that students will have access to healthy and appetizing food
- Schools will foster in student appreciation for the variety of nutritious food choices and assist in the understanding of choosing food based on a balanced diet.
- Schools will introduce healthy food options to encourage students to expand their food preferences.
- Schools will encourage students to explore new healthy options offered to them.
- The district will encourage families to provide a healthy breakfast for their children through communications and the district website. To the extent possible, and within state law, the district will operate and promote the USDA School Breakfast program.
- Schools will provide students with clear and accurate nutritional information.
- Nutrition education will be part of the district's comprehensive school health education curriculum and will be integrated in other aspects of the school environment as appropriate.
- Students will develop an understanding of how food can impact their energy, health, and well-being as they develop life-long health habits.
- Students will develop an awareness of healthy food choices and good decision-making that will positively impact their health and wellness.
- Students will explore the benefits of fresh foods/whole foods as opposed to processed food.
- Schools will emphasize the positive relationship between good nutrition, physical activity, appropriate sleep/rest, and balanced choices in fostering wellness.
- Students will increase their awareness of the diversity of individual dietary needs, the restrictions, and the biological implications of food choices (i.e., food allergies, blood sugar, etc.).
- Schools will disseminate information to families to encourage them to teach their children about health and nutrition.

B. Physical Activity and Other School-Based Activities

- Schools will support and promote an active lifestyle for students.
- Schools will provide physical education courses and opportunities for developmentally appropriate physical activity during the school day and encourage physical activity outside of the school day.
- 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, and collaboration and cooperative behavior.



- Encourage classroom staff to provide physical activities/movement breaks throughout the school day as appropriate.
- Schools will support and promote an active lifestyle for students and engage families and the community in the process when appropriate.
- Take a holistic approach toward increasing the health of students by concentrating on the physical, mental, and emotional health of each student.

C. Nutritional Guidelines for School Food

- All foods adhere to food safety and security guidelines.
- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 and 220.8 as applicable. See <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>.
- All food and beverages sold to students during the day, including a la carte, vending machines, and school stores shall be in compliance with USDA Nutrition Standards (Smart Snacks Guidance- <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>).
- In order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food and beverage sales that compete with the District's nonprofit food service in compliance with the Child Nutrition Act. The District 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 to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements. School meals are priced and marketed to appeal to all students who are encouraged to choose and consume a balanced meal.
- Students are offered a variety of meats/poultry, fresh fruits, vegetables, dairy, and whole grains on a daily basis.
- School Food Service Staff are trained in appropriate substitutions of foods in order to meet the nutritional goals of the program.
- The Food Service Program aims to be financially self-supporting. However, budget neutrality or profit generation will not take precedence over the nutritional needs of the children.
- Parents, students, and staff advisory groups will be consulted in menu planning through surveys, taste tests, and focus groups.
- Schedule meal periods so that other school activities will not conflict.
- Food preparation areas meet all health and safety regulations.



- Provide a dining area that is safe, comfortable, and pleasing that allows ample time and space to purchase and eat meals.

D. Other Guidelines for Food Service

- The Food Services Director shall identify students who qualify for Free and Reduced price meals through direct certification processes and outreach to families. Communication will be provided to families regarding the process and application for Free and Reduced price meals. The Food Service Director will develop and implement procedures for protecting the privacy of students who qualify for free or reduced price meals.
- All food service personnel shall have adequate training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics.
- The district shall provide an adequate space and environment to eat, and convenient access to handwashing facilities/hand sanitizing before meals.
- In compliance with the Federal Healthy Hunger Free Kids Act of 2010, the schools will make free potable water available where meals are served for schools participating the Federal School Lunch Program.

E. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, cups used for beverage dispensing, on educational materials, and in school publications and school media outlets.

F. Non-sold Foods and Beverages

The district prohibits foods and beverages to be brought into the schools by students and other persons and provided to students for such events as birthdays, classroom celebrations, or classroom activities.



II. Measuring the Implementation of the Wellness Policy

A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the Superintendent and building principals to be responsible for the implementation and oversight of the school district's wellness program. The Superintendent will be responsible for ensuring that the goals and guidelines relating to nutrition promotion and education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy, and that all school policies and school-based activities are consistent with the wellness policy.

B. Triennial Assessment

At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy and will provide the basis for appropriate updates or modification to the wellness policy.

C. Informing and Updating the Public

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the triennial assessment. The results of the triennial assessment will be made available in an accessible and easily understood manner. The Board will make its wellness policy and any updates to the policy available to the public on an annual basis.

D. Recordkeeping

The Board will retain records to document compliance with the local school wellness policy requirements. The Board shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.



**Series 5000
Students**

Policy 5140

Wellness

Legal References:

Conn. Gen. Stat. § 10-21i

Conn. Gen. Stat. § 10-215d

Conn. Gen. Stat. § 10-215f

Conn. Gen. Stat. § 10-221o

Conn. Gen. Stat. § 10-221p

Conn. Gen. Stat. § 10-221q

42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1), 42 U.S.C. § 1758b and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

20 U.S.C. § 7118, as amended by Pub. L. 114-95, *Every Student Succeeds Act*.

7 C.F.R. § 210.10 Meal requirements for lunches and requirements for afterschool snacks.

7 C.F.R. § 210.11 Competitive food service and standards.

7 C.F.R. § 210.31 Local school wellness policy.

7 C.F.R. § 220.8 Meal requirements for breakfasts.

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