

# Series 5000

## Students

### Student Wellness

It is the policy of the Eastford Board of Education 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, school administrators, the Board and members of the public. The Advisory Council will be involved in the development and implementation of the policy, the triennial assessment and periodic updating of the policy.

#### **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 Education and Promotion

- Nutrition education shall be integrated across the curriculum. All grade PK-8 instructional staff will be encouraged to integrate nutritional themes from the Connecticut Department of Education Health Education Framework into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes may include but are not limited to:

Knowledge of MyPlate  
([choosemyplate.gov](http://choosemyplate.gov))

Healthy heart choices

Sources and variety of foods  
Diet and disease  
Healthy snacks  
Healthy diet  
Major nutrients  
Serving sizes  
Identity and limitation of foods of low nutrient density

Dietary Guidelines for Americans  
Understanding calories  
Healthy breakfast  
Food labels  
Multicultural influences  
Proper Food Safety/Sanitation

- Nutrition Education will be integrated into other core subjects such as Math, Science, English Language Arts and Health.
- Families will be offered information that encourages them to teach their children about health and nutrition and assists them in planning nutritious meals for their families.

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*Eastford Board of Education*

# Series 5000

## Students

### Student Wellness

- Displays and advertising of foods with minimal nutritional value are strongly discouraged on school grounds.

#### B. Physical Activity and Other School-Based Activities

- The Eastford Board of Education encourages a minimum of two periods of physical education per week for all students with a minimum of 45-minute periods.
- Eastford seeks to keep the teacher/student ratio for physical education classes at a manageable level. The physical education teacher will be consulted to determine manageability.

Eastford Elementary School students in grades K-5 will have a minimum of 20 minutes of recess daily; recess will be outdoors whenever possible. On days when they do not have a regularly scheduled physical education class, students in grades 6-8 will have 20 minutes of time devoted to physical exercise during the regular school day.

#### C. Nutritional Guidelines for School Food

1. The Advisory Council will develop and recommend to the administration guidelines (*See Attachments A and B*) on nutrition standards for food and beverages offered through parties, celebrations, social events and any school functions (including concession stands at sporting and academic events).
  - After-school activities, field trips, school events and school party food offerings should include healthy choices.
  - The use of candy and other unhealthy foods as fundraisers should be limited.
  - Food and drink contracts should be evaluated to ensure compliance with these guidelines.

Due to the increase in student food allergies, sensitive and dietary needs, Eastford Elementary School does not allow food to be served to children for parties or for celebrating such events as birthdays or holiday parties. Occasionally “food tasting” may be offered by teachers to students when it is connected to a specific curricular objective. In these instances, parents will be notified in advance and alternative options will be provided where necessary.

2. School lunchtimes will be at appropriate times in appropriate settings.
3. Healthy food will be marketed in ways that increase its appeal.
4. Food should not be utilized as incentives or rewards; they are required to adhere to the Guidelines for Food and Beverages-- Attachments A and B.

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# Series 5000

## Students

### Student Wellness

#### D. 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, trashcans and other food service equipment, as well as cups used for beverage dispensing.

## **II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY**

- A. Oversight of the Wellness Policy: Pursuant to this policy, the Board shall designate the principal or his/her designee to be responsible for the oversight of the school district's wellness program. This individual will be responsible for ensuring that the goals and guidelines relating to nutrition education and promotion, 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 the school is 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 of Education 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

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# Series 5000

## Students

### Student Wellness

requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.

#### Legal References:

##### Connecticut General Statutes:

- § 10-215f Certification that food meets nutrition standards.
- § 10-221o Lunch periods. Recess.
- § 10-221p Boards to make available for purchase nutritious and low-fat foods.
- § 10-221q Sale of beverages.

Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*

Public Act 16-132, *An Act Establishing a Red Ribbon Pass Program*

##### Federal Law:

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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*Eastford Board of Education*

# Series 5000

Students

Attachment A

## Student Wellness

### Eastford Public Schools Student Nutrition/Wellness Plan Guidelines for Food and Beverages Offered to Students at School Functions

At any school function (parties, celebrations, receptions, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low fat dips (Ranch, French Onion, Bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice-cold water

#### **Foods to Avoid – CONSUME ONLY OCCASIONALLY ON SPECIAL OCCASIONS**

- Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn)

#### **Notes:**

1. In selecting food items to offer, keep in mind that numerous students and adults are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
2. The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.

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*Eastford Board of Education*

# Series 5000

## Students

## Attachment A

### Student Wellness

3. Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.
4. Parents have the right to use their own discretion in packing their children's lunches and snacks. They are encouraged to follow these guidelines to provide healthy food choices.

# Series 5000

Students

Attachment B

## Student Wellness

### Eastford School District Student Nutrition/Wellness Plan Foods and Beverages of Minimal Nutritional Value

These foods may not be sold to students on a school campus except during times approved by this policy\*:

- **Soda Water**– any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water Ices** – any frozen, sweetened water such as “popsicles” and flavored ice, with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **All Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- **Certain Chips and Snack Foods** – any that contain more than 9 grams of fat per serving.
- Due to their high sodium and fat content, traditional popcorn and pickles may be sold only one day per month. Low-fat popcorn would be acceptable for sale more often.

#### \*Approved Times for the Availability of Foods of Minimal Nutritional Value

Foods of minimal nutritional value may be sold after the end of the regular school day or at special events. Beverages of minimal nutritional value may only be sold in connection with an event occurring after the end of the regular school day or on the weekend, provided such sale is at the location of the event and the beverages are not sold from a vending machine or school store

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