

Instruction

Student Wellness Policy

The Brookfield Board of Education promotes healthy schools by supporting wellness through good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Goals for Nutrition Education and for Physical Activity.

1. Ensure that all students receive nutrition education that is interactive and teaches the skills students need to adopt healthy eating behaviors.
2. Offer nutrition education in the District's cafeterias as well as in the classroom, with coordination between the food service staff and teachers.
3. Provide consistent nutrition messages to students throughout the school, classroom, cafeteria, home, community and media.
4. Include in the District's health education curriculum, federal, state and local curriculum standards that include both nutrition and physical education.
5. Integrate nutrition in the health education curriculum and/or core curriculum (e.g. math, science, language arts).
6. Link nutrition education activities with the coordinated school health program.
7. Involve parents, students and the community in nutrition education standards.
8. Provide opportunities for students for physical activity during the school day including recess periods, physical education classes, walking programs and/or the integration of physical activity in the academic curriculum.
9. Provide opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.
10. Work with the community to create an environment that is safe.

6142.101(b)

The Board shall establish the Brookfield Wellness and Food Service Advisory Committee (BWFSAC) to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board.

The members of the Committee shall include, but need not be limited to, board members, school administrators, food service directors, food service staff, other staff, parents/guardians, students, physical and health education teachers, dietitians, health care professionals and interested community members.

In developing such policies on nutrition and physical activity, the committee shall take public input to ensure that the policies address the issues contained in applicable state and federal statutes.

At the District level, the Board designates the Superintendent of Schools and or his/her designee with the operational responsibility for ensuring that each school meets the requirements of the district wellness policy.

In addition, the Principal of each school, or his/her designee, shall be responsible for the implementation and evaluation of the effectiveness of this wellness policy.

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and My Pyramid, published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education in addition to federal and state statutes. In addition, 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 restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold or served to students separately from school meals include options that meet the District's Nutrition Standards. All beverages sold or served to students during school hours on school premises will be healthy choices that meet the requirements of state statute.

All sources of food sales to students at school must comply with the District Nutrition Standards, including, but not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. The District shall ensure that all beverages sold to students comply with the requirements of state statute. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

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Program Evaluation

At the District level the following procedure shall be used to evaluate the effectiveness of the wellness policy:

- The Brookfield Wellness and Food Service Advisory Committee (BWFSAC) shall be established for the purpose of monitoring the implementation of the District's wellness policy and its nutrition and physical activity components; evaluating policy progress, serving as a resource to school sites and for recommending revisions of the policy, through the Superintendent or his/her designee, as determined necessary.
- The committee shall meet as necessary.
- The policy shall be continually reviewed to determine if it is meeting current needs and is workable in promoting healthy eating and physical activity.

At the school level the implementation of the wellness policy will be evaluated as described below.

In order to evaluate the effectiveness of the school wellness program in promoting healthy eating and physical activity and implement program changes as necessary to increase the program's effectiveness, the building Principal or his/her designee is responsible for ensuring:

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Program Evaluation

1. Board policy and this administrative regulation are implemented and maintained as written;
2. All building, grade-level nutrition and physical education curricula and materials are assessed for accuracy, completeness, balance and consistency with federal, state and local district educational goals and standards;
3. Nutrition and physical education are provided throughout the students' school years as part of the District's age appropriate, comprehensive nutrition and physical education programs;
4. Teachers deliver nutrition and physical education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
5. Teachers and school nutrition and food services personnel have undertaken joint project planning and action;
6. Teachers have received curriculum-specific training; and
7. Families and community organizations are involved, to the extent practicable, in nutrition education and physical activity.

(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)

(cf-6142.102

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
- 10-215b-33 Income from sale of food items
- PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks
- National School Lunch Program and School Breakfast Program; Competitive Foods Services. (7 CFR Parts 210 and 220-12.
- The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265
- 10-215e Nutrition Standards for foods that is not part of lunch or breakfast program
- 10-215f Certificate that food meets nutrition standards
- 10-221o Lunch periods. Recess
- 10-221p Boards to make available for purchase nutritions, low fat foods
- 10-221q Sale of beverage

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