

Instruction

Student Nutrition and Physical Activity (Student Wellness) — Regulation

Nutritious foods shall be available as an affordable option whenever food is sold or served on District property or at District events. Schools shall restrict the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school food services operation must be minimized.

Hot Lunch Program

The full meal program will follow the U.S. Government's Nutrition Standards.

The Hot Lunch provider will be expected to make every effort to follow the Brookfield Nutrition Standards when determining the items in a la carte sales.

- a la carte items that do not meet the Brookfield Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
- a la carte items that do not meet the Brookfield Nutrition Standards may be acceptable when offered on an intermittent basis.

Food and beverages sold or served in District schools shall include nutritious, low-fat foods and drinks which may include, but shall not be limited to, low-fat dairy products, natural fruit juices and fresh or dried fruit at all times when food or drink is available for purchase by students during the school day. "Food and drinks available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales during the school day.

Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed.

It is encouraged that the lunchroom environment be a place where students have:

- adequate space to eat and pleasant surroundings;
- adequate time for meals (at least twenty minutes daily); and
- convenient access to hand washing facilities before meals.

Other Foods Offered or Sold

The District recognizes that federal government standards requiring schools to provide National School Lunch Program meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Other Foods Offered or Sold (continued)

Foods offered in schools or school-sponsored activities and food and beverage sold, as part of approved school fund-raising events shall be nutritious foods as determined by the District's nutrition committee and in conformity with state statute.

Accordingly, pursuant to state statute, whenever any group makes foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must be available in the school at the same time for purchase by students. Also, whenever any group makes drinks available for purchase during the school day, low-fat milk, water and 100% fruit juices must be available in the school at the same time for purchase by students.

"Foods and drinks available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales during the school day. This includes the following:

- If a candy bar fundraiser is held during the school day, the school must have a low-fat dairy products and fresh or dried fruit available for purchase while the fundraiser is being held.
- No non-nutritional beverages (soda, sports drinks, fruit-flavored beverages, etc.) shall be available for purchase from vending machines in the Brookfield Schools available to students. 100% fruit juices and low-fat milk shall be available for purchase at the same time. The school must have milk vending machines and juice/water vending machines available to students if the cafeteria is closed. State law specifies that water must be available for purchase. The availability of a water fountain does not meet this requirement.
- Snack machines with chips, cookies and other non-candy snack foods are available for use by BHS students during the school day. BHS snack machines must also have low-fat dairy products and fresh or dried fruit available for purchase. Snack machines with chips, cookies and other non-candy snack foods are available for use by WMS students only after the close of the school day. WMS snack machines must also have low-fat dairy products and fresh or dried fruit available during this time. Cookies will be the only snack food available for sale to students at HHES. No snack foods will be available for sale to students at CES.
- School stores that sell food must ensure that low-fat dairy products and fresh or dried fruit are available for purchase either in the food store itself or elsewhere in the school, while the school store is selling food. Low-fat milk, water and 100% fruit juices must be available for purchase by students if other drinks are sold.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Fundraising

All fundraising projects must follow the Brookfield Nutrition Standards.

All fundraising projects held on school grounds will follow the Brookfield Nutrition Standards when determining the items being sold.

- Items being sold that do not meet the Brookfield Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
- Items being sold that do not meet the Brookfield Nutrition Standards may be acceptable when offered on an intermittent basis.

Teacher-to-Student Incentive

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Student Nutrition Education

The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- | | |
|----------------------------------|-------------------------------|
| *Knowledge of food guide pyramid | *Healthy diet |
| *Healthy heart choices | *Food labels |
| *Sources and variety of foods | *Major nutrients |
| *Guide to healthy diet | *Multicultural influences |
| *Diet and disease | *Serving size |
| *Understanding calories | *Proper sanitation |
| *Healthy snacks | *Identify and limit junk food |
| *Healthy breakfast | |

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Nutrition education may be provided in the form of handouts, posting on the District website or presentations that focus on nutritional value and healthy lifestyles.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.); and

Brookfield Wellness and Food Service Advisory Committee

With the purposes of monitor the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide wellness committee shall be established. (*required by law*) The committee will meet a minimum of four times annual. Committee membership shall consist of:

- District Food Service Coordinator
- Dietician
- Parent representatives
- Student representatives
- Staff member representatives
- Administrative representative
- Physical Education representative
- Health Program representative
- School Nurse representative

Brookfield Nutrition Standards

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following Brookfield Nutrition Standards as minimum guidelines.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Food:

- As required by Connecticut law, low-fat milk, 100% fruit juice, water, low-fat dairy products, such as, but not limited to low-fat yogurt and low-fat cheese shall be available for purchase by students during mealtimes during the regular school day.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat or no more than 7 grams of fat per serving.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

Beverages: (see CT Statute)

- Schools operating the special milk program are required by state law to offer 100% fruit juice and water for purchase in addition to low-fat milk.
- Vending sales of soda or artificially sweetened drinks will not be permitted on school grounds. The non-vending sale of soda or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
- Milk, water and 100% fruit juices may be sold on school grounds throughout the instructional day.
- Other than water, no drink offered for sale shall exceed 12 ounces.

Candy:

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

Guidelines for Food and Beverage Offered to Students at School

The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options should be available. Some suggested foods are listed below:

- Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Fruit juice and vegetable juice (at least 50% full strength) and bottled water
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chickens/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, crackers and cookies such as fig bars and ginger snaps
- Angel food and sponge cakes.
- Flavored yogurt & fruit parfaits (low-fat/non-fat yogurt)
- Jell-o and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water
- Pretzels
- Bread products as such as bread sticks, rolls, bales and pita bread
- Ready-to-eat low sugar cereals
- Low-fat (1 percent) and skim milk

Fundraising Activities and Concessions

Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift-wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices.

Instruction

Student Nutrition and Physical Activity (Student Wellness)

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.

Learning Incentives

The use of foods of minimal nutritional value as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be substituted.

Foods of Minimal Nutritional Value as Defined by USDA

“Competitive foods” are those foods or beverages sold in competition with the District’s food service program. The sale of competitive foods is restricted as follows:

1. Competitive foods in the following list are considered by the U.S. Department of Agriculture to be of minimal nutritional value:
 - all confections
 - candy
 - potato chips
 - carbonated beverages
 - fruit drinks containing less than 50% pure fruit juice
 - tea or coffee
2. The above shall not be sold in the food service area during meal periods.
3. Competitive foods, other than those of minimal nutritional value, may be sold during meal periods only if the income they generate accrues to the non-profit school lunch fund.
4. No competitive foods may be sold without the prior approval of the Superintendent or his/her assigned designee.
 - **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 “...sicles” 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.
 - **Certain Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.
 - **Hard Candy** – A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints,

Instruction

Student Nutrition and Physical Activity (Student Wellness)

after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.

Physical Education

It is the Board's position that all students have equal and equitable opportunities for physical activity and fitness education in District schools. The Superintendent or his/her designees is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. All children, from kindergarten through grade 12 will participate in a daily, quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall strive, within financial, space, and human constraints, for students in grades one through eight to engage in physical education averaging 100* instructional minutes per week. All high school students shall complete 2 ½ credits of health and physical education for graduation.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs.

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school Principal is responsible for ensuring:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
- D. Physical education curriculum includes homework that students can do with their families:

Instruction

Student Nutrition and Physical Activity (Student Wellness)

- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Advisory Committee

The District shall convene a Nutrition and Physical Activity Advisory Committee to assist in development and implementation of the District-wide nutrition and physical fitness policy. The committee membership shall include food service directors and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public and interested community organizations.

Program Evaluation

- A. Nutrition
In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the Superintendent or designee is responsible for evaluating and assessing whether the Board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.
- B. Physical Education
District physical activity health and fitness programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs using tools like the Healthy Kids Survey, CDC School Health Index or other assessments. Results of these surveys and assessments will be reported to the Board, school sites, and made available to parents and community on an annual basis.

Regulation approved: 6/21/06