

## Students

**POLICY REGARDING WELLNESS**

It is the policy of the Hebron Board of Education (the “Board”) to promote the health and well-being of district students. In furtherance of this policy, the Board has created a District Wellness Committee 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 District Wellness Committee 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 District Wellness Committee 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 District Wellness Committee, adopts the following goals and guidelines in order to promote student wellness:**

**A. Federal Requirements**

1. Nutrition lessons are integrated into the curriculum and the health education program.
2. 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 or 220.8, as applicable.
3. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.
4. Free water will be available in the cafeteria during meal times.
5. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.
6. Guidelines from USDA’s Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers.
7. It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. This includes food sold a la carte, from vending machines accessible to students, from school stores, and from fundraisers with food to be consumed during the school day. (To ensure food sold in school meets requirements, the Smart Snack calculator can be found here: <https://foodplanner.healthiergeneration.org/calculator/>.)
8. Classroom celebrations will focus on activities, rather than food.
9. School-based marketing shall be consistent with Smart Snacks nutrition standards.
10. A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general

public will be included in the development, implementation, review and update of the wellness policy."

11. The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance.
12. The local wellness policy will be made available to faculty, staff, parents, and students via the district website.
13. The District Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool - Practice (WellSAT Practice) or the School Health Index.
14. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
15. Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

#### B. Nutrition Environment and Services

1. All schools will provide breakfast through the USDA School Breakfast Program.
2. It is prohibited for students with unpaid balances to be shamed in any way for unpaid meal balances. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
3. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
4. The food services team shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
5. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
6. Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.
7. Schools are encouraged to make locally grown produce available.
8. The use of food or candy as a classroom reward in any school is prohibited.
9. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

#### C. Nutrition Education

1. Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning.
2. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-6).
3. Nutrition education will be integrated into the broader curriculum, where appropriate.
4. The nutrition education program may work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
5. Children may have an opportunity to visit local farms.

#### D. Physical Education and Physical Activity

1. The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-6. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.

2. The physical education curriculum for grades K-6 will be aligned with established state physical education standards.
3. The physical education curriculum shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.
4. All elementary school students shall receive 150 minutes per week of physical activity opportunities throughout the school year.
5. Physical education for grades K-6 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
6. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
7. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
8. There will be no substitutions allowed for the physical education time requirement.
9. Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
10. Teachers should provide students with physical activity breaks.
11. Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

E. Employee Wellness

1. An employee wellness program will be implemented in each building to meet the unique wellness needs of school staff.
2. Principals should encourage staff to model healthy eating habits.

F. Integration and Coordination

1. The wellness committee meets quarterly throughout the school year.

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

A. Oversight of the Wellness Policy

1. Pursuant to this policy, the Board shall designate the Director of Educational Services to be responsible for the implementation and oversight of the school district's wellness program. The Director of Educational Services 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

1. 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

1. 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

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

Legal References:

Connecticut General Statutes:

§ 10-21i	Red Ribbon PASS Program
§ 10-215d	Regulations regarding nutrition standards for school breakfasts and lunches.
§ 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.

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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