

SPRAGUE SCHOOL DISTRICT
Baltic, Connecticut

POLICY REGARDING WELLNESS

Wellness

It is the policy of the Sprague 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, Federal and/or evidence-based private sources in order to provide guidance on wellness issues, and
- Assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among District students.

The Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the board of education, members of the public and may also involve teachers of physical education and school health professionals. The School District will periodically review membership and solicit additional representatives as needed including soliciting membership among members of the community at large, parents and related professional groups.

Goals and Guidelines

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

- **Nutritional Education and Promotion**
The nutrition education program shall be based on theories and methods effective by published research and be consistent with the State of Connecticut’s health education standards.

The District/School will:

- Integrate nutrition education topics within the sequential, comprehensive health education program taught in Grades 3 through 8 Health classes.
- Integrate nutrition concepts and nutrition-related skills into the instruction of other subject areas and relevant school activities.
- Prepare staff responsible for nutrition education adequately and encourage participation in professional development activities to enable delivery of an updated and accurate nutrition education program.
- Encourage school staff members to reinforce and model healthy eating behaviors.

- Share nutrition education information with families and the broader community to reinforce good nutrition behaviors and positively impact students and the health of the community.
 - Discourage the use of food/candy as either an incentive or reward for good behavior or academic performance.
 - Assure that all nutrition education information disseminated to students/families is consistent with the DNS and/or Dietary Guidelines for Americans.
 - Utilize internal marketing tools to promote programs that encourage healthy choices within the school community. Internal tools include: Board and individual school websites, school PA announcements, published school newsletters, bulletin boards and display cases.
- Nutritional Guidelines for Food at School
Nutrition and Food Services Operation

The District/School will:

- Notify families of need-based programs for free and reduced priced meals and encourage eligible families to apply.
- Maintain the confidentiality of students and families applying for or receiving free or reduced priced meals (or free milk) in accordance with the National School Lunch Act.
- All students will be encouraged to wash hands and/or use available hand sanitizer before lunch.
- Operate a National School Lunch Program (NSLP) that meets applicable nutrition standards and offers healthy, low-fat and nutritious alternatives.
- Sell or offer varied and nutritious food choices consistent with the applicable Federal government Dietary Guidelines for Americans and applicable State law.
- Provide families, upon request, information about the ingredients and nutritional value of the foods served.
- Modify meals, as appropriate, for students with special food needs in accordance with applicable State and Federal laws.
- Whenever feasible students will be provided with lunch periods after physical activity as developmentally appropriate and all lunch periods will provide adequate time to eat to optimize student nutrition.
- Food Service employees will be trained, in accordance with Food Service contract, in sanitation, health, wellness and nutrition related subjects.
- The District shall use food commodities made available under the Federal Food Commodity Program for school menus.

National Guidelines for All Foods in Schools

Foods available on school grounds and at school-sponsored activities during the instructional day will meet or exceed the District Nutrition Standards. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

The District/School will:

- Emphasize nutrient dense foods.
 - Serve a variety of foods.
 - Support current Dietary Guidelines for Americans with regard to after-school activities, field trips, school events, and school party offerings.
 - Strongly encourage PTO to hold fundraisers that promote non-food items/activities or offer healthy food selections.
 - Encourage healthy food and/or non-food celebrations with the exception of curriculum based food and special school events.
 - Kool-Aid, electrolyte drinks or drinks with high sugar content are not permitted for sale in school or at school activities.
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- **Physical Activity**
Physical activity is included in the school's education program from Grades K through 8. The recess staff is encouraged to promote instructional physical education during recess in Grades K through 6. Designated school facilities are available for physical activity through intramurals, interscholastic activities and for community use outside of the school day.

All students shall be encouraged to:

- Where appropriate the school will disseminate information and encourage participation in community based programs.
- Students will be encouraged to participate, as appropriate, in physical activity programs outside of school including individual and team sports.

The District/School should:

- Work with Town agencies to provide extended opportunities for physical activity for staff and students whenever appropriate.
- Discourage the use or withholding of physical activity, physical education or recess as a form of punishment for inappropriate student behavior.
- Teach the benefits of sports, fitness and recreation (i.e., happiness, overall health, social interaction).
- Provide a standards-based sequential physical education program and assess each student's learning of concepts, motor skills, behavior, and effort three times each school year.

- Incorporate physical activity into the classroom as appropriate and suggest alternative activities are provided for students who are not able to fully participate in PE classes.
 - Strive to integrate physical activity across curricula throughout the school day.
 - Provide physical education courses where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge, as appropriate for each student. Average (50%) of each PE class is devoted to moderate vigorous activity.
 - Periodically review time allotted (a minimum of 45 minutes/week of PE) for physical activity so that such time is consistent with research and National and State standards.
 - Provide every student in Grades K through 6 a full, daily, quality recess period which promotes physical activity whenever possible and appropriate.
 - Encourage staff to participate/offer after-school activities that promote and role model an active lifestyle.
 - Encourage students in Grades 4 through 8 to participate annually in the State of Connecticut Physical Fitness Test, as appropriate.
 - Provide suitable adaptive physical education included as part of individual education plan for students with chronic health problems, other disabling conditions or other special needs that preclude such students participation in regular physical education or activities.
- Other School Based Wellness Activities
Healthy and Safe Environment

A healthy and safe environment (before, during and after school) supports academic success for all. Safer communities promote healthier students. Healthier students are more likely to do better in school and make greater contributions to their community.

To ensure a healthy and safe environment:

- School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards and be kept inviting, clean, safe and in good repair.
- School and District offices shall maintain an environment that is free of tobacco, alcohol and other illegal drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and an environment free of violence and harassment.
- Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- All staff including administrators, clerical workers, school nurses, teachers, coaches, paraprofessionals, bus drivers, food service staff, custodial staff, and volunteers are encouraged to participate in training on unintentional injuries, violence and suicide.

- The District shall provide information about wellness resources, services and assist in identifying and supporting the health, safety and well-being of all staff.

Health Education and Life Skills

Healthy living skills shall be taught as a part of the regular instructional program to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

The District/School will:

- Provide a Health Education Program for all students in Grades 3 through 8.
- Provide students with appropriate access to valid and useful health information and health promotion products and services.
- Provide opportunities, as appropriate, for students to practice behaviors that enhance health and/or reduce health risks.
- Strive to teach students in Grades K through 8 communication, goal setting and decision-making skills that enhance personal, family and community health.

Health Services

The purpose of school health services is to facilitate and promote student learning through teaching appropriate health strategies and providing appropriate health services to meet student needs. To that end, school health services should:

- Promote the prevention, early identification and remediation of health problems and health needs of students.
- Assist students in assuming responsibility for their own health and developing healthful attitudes and practices.
- Provide appropriate first aid care for illness and injuries that occur at school.
- Provide, or coordinate, appropriate care for acute and chronic health conditions that require management during the school day and during school-related activities.
- Promote environmental health and safety, injury prevention and awareness and remediation of hazards.
- Coordinate with, provide access to and/or refer to, other town agencies, community health care providers, programs and related partners as appropriate to meet student health needs.
- Assist in the prevention and mitigation of the spread of communicable diseases in accordance with State and Federal standards.
- Participate in preparedness efforts designed to meet the needs of students, staff and families in the event of a crisis or disaster affecting the School and/or the community.
- Provide health education instruction to students, staff, families, and community members, as appropriate.

- Collaboration with the Uncas Health District, school administrators, community groups/organizations, and members of the wellness committee to communicate information regarding wellness initiatives, programs and opportunities.

Social/Emotional

Programs and services that support and value the social and emotional well-being of students, families and staff help build a healthy school environment.

The District/School will:

- Provide a supportive team that includes counseling, psychological, health services, and/or social work services that encourage students, families and staff to request assistance when appropriate, utilizing a referral system to school or community resources.
- Assist students in developing skills to express thoughts and feelings in a responsible manner and to give and receive support from others.
- Strive to teach students to understand and respect the differences in others and how to build positive interpersonal relations.
- Encourage students and staff to balance work and recreation and become aware of stressors, which may interfere with health development.

Staff Health and Wellness Program

Employee health and wellness is a coordinated effort between the school administrators, school nurse and the Uncas Health District.

- All staff are invited to participate for personal health reasons and as role models of healthy behaviors.
- Programs offered may include, but are not limited to:
 - worksite programs (nutrition, physical activity, general health);
 - Educational programs;
 - Emails;
 - On-site health screenings; and
 - Co-sponsored events or flu clinics.
- Communication of wellness initiatives, programs and opportunities will be a collaborative effort among the school administrators, school nurse and members of the wellness committee.

Measuring the Implementation of the Wellness Policy

The Sprague Board of Education authorizes the Superintendent or his/her designee to appoint one individual to be responsible for the oversight of the District's wellness program.

The Advisory Council on Wellness will meet two times each school year (November and May) to have the opportunity to review any or all of the following:

- Data provided by the School related to the Wellness Plan;
- School wellness goals and plans based on the School Health Index;
- Requests from the School related to student health and wellness issues; and
- Issues related to plan implementation.

In addition, in accordance with Federal law and applicable regulations, the Board will inform and update the public (parents, students and community members) about the content and implementation of its wellness policy. As part of its update, the Board will periodically measure and make available to the public an assessment on the implementation of its wellness policy, including information about the extent to which the School is in compliance with the policy, and a description of progress made in attaining policy goals.

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. Federal Law: Pub L. 108-265, §204, codified at 42 U.S.C. §1758(f)(1) and 42 U.S.C. §1766, as amended by. Pub L. 111-296, §204, Healthy, Hunger-Free Kids Act of 2010. Richard B. Russell National School Lunch Act §9(f)(1) and §17(a), codified at 42 U.S.C. §1758(f)(1) and 42 U.S.C. §1766.

Policy Adopted: May, 2006

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