

## Instruction

## Student Wellness

It is the goal of the Kent Board of Education to strive to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the educational process. The Board of Education promotes student health, wellness, good nutrition and regular physical activity as a part of the total learning environment. Kent Center School 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 and wellbeing of children. Improved health optimizes student performance potential.

## Nutrition Education and Promotion

Healthy eating is demonstrably linked to a longer and healthier life. To promote the health and well-being of all students, students will receive consistent nutrition messages throughout the school. The entire school environment, not just the classroom, shall be aligned with the school's health goals to positively influence a student's understanding and habits as they relate to good nutrition and regular physical activity.

Students will receive nutrition education that is interactive and teaches the skills students need to adopt healthy eating behaviors. The **nutrition curriculum** will encompass the following:

- ●The promotion of adequate nutrient intake and healthy eating practices;
- ●Skill development, such as reading labels to evaluate nutrient quality of foods, meal planning, and analysis of health information;
- ●Examination of the problems associated with food marketing to children;

- ●Nutrition themes such as the USDA's My Plate, body image, and food safety. Nutrition promotion will include participatory activities such as IGA visits, and experience working in school gardens;
- ●Nutrition education will promote fruits, vegetables, whole-grain products and low-fat dairy products;
- ●Students will have opportunities to taste foods that are low in saturated and trans-fats, sodium, and added sugar;
- ●School staff involved in nutrition education and in supporting a healthy school environment will be provided with adequate up-to-date nutrition information.
- ●Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, and presentations. The school menu will be posted online;
- ●All staff is encouraged to promote healthy lifestyles. In addition, staff is encouraged to model healthy habits as a valuable part of student education;
- ●Healthy alternatives will be encouraged at food sales and parties related to school activities;
- ●The practice of good nutrition during school will be encouraged by the sale and/or free distribution of foods of maximum nutritional value, as defined in the federal regulations;
- ●Suggestions will be provided to families with regard to packing school lunches and snacks that meet district nutrition standards;
- ●Staff will involve family members and the community in supporting and reinforcing

nutrition education and the promotion of healthy eating and lifestyles;

The effectiveness of this policy in promoting healthy eating will be evaluated regularly and the program will be adapted as appropriate to increase its efficacy.

### **Nutrition Standards for All Food and Beverages Sold or Served on School Grounds**

School meals will include a variety of healthy choices while accommodating special dietary needs;

- ●All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- ●The school meal programs will be administered by a team that includes a qualified chef and a dietary consultant. All cafeteria staff will be provided training on USDA meal

plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;

- ●All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used;
- ●Students will be provided at least 20 minutes to eat lunch after being seated;
  
- ●Meals will be served in a clean and pleasant setting and under appropriate supervision.
  
- ●Rules for safe behavior will be consistently enforced;
  
- ●Lunch may be followed by a recess period and will be scheduled between 11a.m. and 1p.m.;
- ●Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- ●Students will have access to handwashing/hand sanitizing facilities before meals and snacks and staff will remind students to make use of them;
- ●Participation in school meal programs will be promoted. Parents will be notified of the availability of the lunch food program and will be encouraged to determine eligibility for reduced or free meals.
- ●Foods served as part of child care programs run by an outside organization (e.g., Park and Rec) must meet the district's nutrition standards for competitive foods. (see below) Smarter Lunchrooms

<https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>

### **Competitive Foods and Beverages**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district's nutrition standards.

## **Additional Foods Available to Students Fundraising**

Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. Fundraising activities that promote physical activity are encouraged. Fundraising

activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

## **Celebrations**

Foods that meet district's nutrition standards will be encouraged at school celebrations;

All foods offered on the school campus will meet or exceed state standards including through:

- **•Celebrations and parties. The WC, (Wellness Committee), will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.**
- **•Classroom snacks brought by parents. Parents will be made aware that they need to provide an ingredients list of food treats to the school nurse 24 hours in advance of a celebration;**
- **•The School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.**
- **•Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.**

## Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available elsewhere as necessary. Supervisory staff will facilitate access to water in the cafeteria.

- ●Students will be allowed to bring drinking water from home into the classroom.
- ●Water will be encouraged as a substitute for sugar-sweetened beverages.
- ●School staff will be encouraged to model drinking water consumption.
- ●Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains and other methods for delivering drinking water are maintained.

## Marketing

School-based marketing will be consistent with nutrition education and health promotion.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the “*state nutrition standards*” such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

## Physical Education

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in the school's education program from kindergarten through grade eight.

- **Physical Education will be standards-based, using national and state-developed standards. <https://portal.shapeamerica.org/standards/pe/>**
- **Physical Education classes will be sequential, building from year to year, and content**

will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.

- **Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation.**
- **Students will be able to demonstrate competency through application of skills.**
- **Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.**
- **Physical education classes will count toward graduation and GPA;**
- **Teacher to student ratio will be no greater than 1:25;**

- ●The school will provide adequate space/equipment and conform to all safety standards;
- ●All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- ●Physical education staff will receive professional development on a yearly basis;
- ●The school will conduct the annual Connecticut State Fitness Test for grades 4, 6 and 8;

## Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

Youth Physical Activity, The Role of Schools.

[https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet\\_pa\\_guidelines\\_schools.pdf](https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf)

Healthy Schools

<https://www.cdc.gov/healthyschools/>

## **Access to Physical Activity**

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. *This does not include participation on sports teams that have specific academic requirements.* The WC will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

## ***Recess (Elementary)***

All elementary students will be allowed at least **20 minutes of recess** on all days during the school year. *This policy may be waived on early dismissal or late arrival days.*

**Outdoor recess** will only be withheld in the event of extreme weather, *below 20°F, during storms with lightning or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.* In the event that recess must be held indoors, teachers and staff are expected to provide adequate physical activity as possible. The WC will provide materials and options for appropriate indoor physical activities.

## **Physical Activity Programs**

Kent Center School will offer a variety of extracurricular physical activity programs, such as physical activity clubs and intramural programs, as well as interscholastic sports programs to all students.



## Active Transport.

Kent Center School will support active transport to and from school, such as walking or biking.

- ●Designate safe or preferred routes to school
- ●Use crossing guards
- ●Use crosswalks on streets leading to schools
- ●Document the number of children walking and or biking to and from school

## Responsibilities

The Principal or Vice Principal, shall be responsible for ensuring:

- ●Board policy is implemented as written;
- ●All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and regional educational goals and standards;

- ●Nutrition education is provided throughout the student’s school years as part of the school’s age-appropriate, comprehensive nutrition program. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies activities;
- ●Families and community organizations are involved, to the extent practicable, in nutrition education;
- ●The Board of Education shall establish a Wellness Advisory Committee to develop school policies on nutrition and physical activity for recommendation to and approval by the Board;
- ●The members of the Committee may include board members, school administrators, other staff, parents/guardians, students, physical and health education teachers, health care professionals, and interested community members.

### **Other Activities that Promote Student Wellness**

Kent Center school will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The school will

coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Kent Center School and staff are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

## **Staff Wellness and Health Promotion**

The WC will focus on staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness. School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. These may include the monthly staff outings, participation in fundraising walks, walking in the Kids' Marathon (which may lead to participation in the Kent Pumpkin Run), student vs. staff basketball/kickball games and field day involvement.

## **Community Involvement, Outreach and Communications**

Kent Center School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district.

The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

The School will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and tri-ennial reports.

### **Wellness Policy Implementation, Monitoring, Accountability**

Based on the tri-ennial assessment, Kent Center School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan

delineates roles, responsibilities, actions and timelines specifics and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will use the

#### **Alliance for a Healthier Generation Assessment Tool:**

<https://schools.healthiergeneration.org/dashboard/assessment/>

This wellness policy and the progress reports can be found at: [kentcenterschool.org](http://kentcenterschool.org)

#### ***Recordkeeping***

The School will retain records to document compliance with the requirements of the wellness policy at the School's Administrative Offices, Main Office, KCS and electronically on the School website. Documentation maintained in this location will include but will not be limited to:

- **•The written wellness policy;**
- **•Documentation demonstrating that the policy has been made available to the public;**
- **•Documentation of efforts to review and update the School's Wellness Policy, including an indication of who is involved in the update, and methods the district uses to make stakeholders aware of their ability to participate on the WC;**
- **•Documentation to demonstrate compliance with the annual public notification requirements;**
  - **○The most recent assessment on the implementation of the local school wellness policy;**
  - **○Documentation demonstrating the most recent assessment on the implementation of the School Wellness Policy will be made available to the public.**

### ***Annual Notification of Policy***

Kent Center School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website and the Student-Parent Handbook sent out annually.

### ***School Wellness Committee Role and Membership***

Kent Center School will convene monthly meetings of the school Wellness Committee (WC), to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. WC membership will include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, mental health and social services staff, school administrators, school board members, health professionals, and the general public.

The names, titles, and contact information of current members of the WC are provided below:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Betsey Levesque	School Nurse	levesqueb@kentcenter.com	Chairman and Coordinator of the Wellness Committee
Beth Menard	School Lunch Specialist	menardb@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Marci Saunders	Physical Education Teacher	saundersm@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Kathleen Robey	Classroom Teacher	robeyk@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Sharon Hurlbutt	Classroom Teacher	hurlbutts@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Marilyn Dwyer	Classroom Teacher	dwyerm@kentcenter.com	Helps to implement the idea and visions of the wellness committee.

Lee Sohl	Reading Intervention	sohl@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Monica Rodriguez	Home/School Liason/Social Worker/Parent	rodriguez@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Florence Budge	Principal	budge@kentcenter.com	Helps to implement the idea and visions of the wellness committee.
Gonzalo Garcia-Pedros	Board of Education Member/Parent	garciag@southkentschool.org	Helps to implement the idea and visions of the wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the Kent Center School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- ●The extent to which school is in compliance with the wellness policy;
- ●The extent to which Kent Center School’s wellness policy compares to model local

school wellness policies;

- ●A description of the progress made in attaining the goals of the School's wellness policy.

The person responsible for managing the triennial assessment and contact information is:

**Marci Saunders: email: saundersm@kentcenter.com.**

The KCS BOE and the WC will monitor the school's compliance with this wellness policy. The school will actively notify households/families of the availability of the triennial progress report in 'Wellness Minutes' which is posted online.

### ***Revisions and Updating the Policy***

The WC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as priorities change. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

**Kent Center School will be using the Alliance for a Healthier Generation Assessment Tool.**  
<https://schools.healthiergeneration.org/dashboard/assessment/>

### **Evaluation and Enforcement**

The Wellness Advisory Committee and the principal shall monitor the implementation of the wellness policy and its nutrition and physical activity components, serve as a resource to the school, and recommend revisions of the policy through the Board of Education, as determined necessary. The policy



shall be reviewed, at least annually, to determine if it is meeting current needs and is workable in promoting healthy eating and physical activity.

Adopted:

Kent Board of Education adopted :