

**Series 5000
Policy 5029
Students**

POLICY REGARDING WELLNESS

It is the policy of the Hartland 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 (“Wellness Advisory Council”) 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 Advisory Council 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 of education, and members of the public and may also involve Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council 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 Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

Nutrition Education and Promotion

- *Promote good nutrition for students consistent with applicable federal and state requirements and guidelines.*
- *Create a positive relationship between nutrition, physical activity, and student capacity to develop and learn.*
- *Implement nutrition education that is a part of the district’s standards based health education curriculum.*
- *Nutrition education is offered at each grade level and is sequential and comprehensive in scope addressing nutrition, exercise, sleep, healthy habits and rest and relaxation.*
- *Nutrition education will include lessons that promote skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods.*
- *Use nutrition and health posters, signage, and displays in the classroom and hallways, and/or bulletin boards that are frequently rotated to educate students as appropriate.*
- *Staff are encouraged to model healthy eating and physical activity behaviors.*
- *Integrate nutrition education into other core subjects such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.*
- *Offer information to families that encourage them to teach their children about health and nutrition, and assist them in planning nutrition meals for their families.*

Physical Activity and Other School-Based Activities

- *Support and promote active and healthy lifestyles for students.*
- *Provide a safe and enjoyable environment for all children regardless of ability level.*
- *Hartland School requires physical education waiver documentation for all K-12 students that are unable to participate or request an exemption from physical education class.*
- *Adopting a written physical education curriculum for grades k-12 that is aligned with national and/or state physical education standards*
- *Administer the Connecticut Physical Fitness Assessment aligned to State Department of Education regulation.*
- *Promote walking and biking to school through safe routes.*
- *Offer staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity and other activities that support staff and wellness.*
- *Recess and other physical breaks will be provided to students.*
- *School newsletters and information on the school website will be provided that promote healthy eating, recipes and physical activity.*
- *Allowing physical activity breaks during school*

Nutritional Guidelines for School Food

- *Students will be offered, and the school will promote, nutritious food choices consistent with the [Dietary Guidelines for Americans](#) and [My Plate](#), published by the US Department of Health and Human Services, and the Department of Agriculture in addition to federal and state statutes and national health organizations.*
- *Meals will focus on providing food choices while moderating calories, limiting fats, sodium and sugars and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.*
- *Participation in the school meal programs will be promoted, how families will be notified of the availability of Child Nutrition Programs to determine children's eligibility for such programs. For example, 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.*
- *Prohibit the sales of foods with minimal nutritional value as defined by the US Department of Agriculture and ensure that all foods sold to students separately from school meals meet the [Connecticut Nutrition Standards](#).*
- *All beverages sold or served to students on school premises will be healthy choices that meet the state statute requirements and [USDA beverage requirements](#) and [Smart Snack Standards](#). The stricter requirements where different between the state and federal regulations will be followed.*
- *The school website will post the most current school menu.*
- *All food sales to students at school will comply with the [Connecticut Nutrition Standards for Food in School](#).*
- *Free drinking water will be provided to staff and students throughout the school day.*
- *Provide training and certification of food preparation and food service staff as needed.*
- *Protect the privacy of all students eligible for free and reduced meals and maintain strict confidentiality. Hartland Public Schools takes steps beyond*

federal law and regulations to protect the privacy of students who qualify for free or reduced priced meals.

- *Provide students with fresh, locally grown foods when available.*
- *Information on what steps the district will take to ensure that students qualifying for free or reduced priced meals are not overly identified in any way.*
- *Addressing the amount of “seat time” students have to eat school meals and requiring meal periods to include at least 20. Minutes of “seat time” for lunch*

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 and 220.8 as applicable. See <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>.

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, cups used for beverage dispensing, on educational materials, and in school publications and school media outlets.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

A. Oversight of the Wellness Policy

Pursuant to this policy, the Board shall designate the Superintendent or his/her designee to be responsible for the implementation and oversight of the school district’s wellness program. The Superintendent or his/her designee 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

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

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

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
- § 10-215f 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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REVISED: December 13, 2022

Hartland School Wellness Plan

School Wellness Advisory Committee

Committee Role and Membership

With the purpose of monitoring the implementation of the School's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a School-wide Wellness Advisory Committee shall be established and maintained. The committee will meet at least **four times per year** to establish goals for and oversee school health and safety policies and programs, including the development, implementation, review and update of the school wellness policy. Committee membership will include to the extent possible, but not limited to:

- School Food Service Personnel
- Parent representative
- Student representative
- Staff member representative
- Administrative representative
- Physical Education and Health Program representative
- Other individuals appropriate to the evaluation process
- Mental health and social services staff

The superintendent, or his/her designee, will convene the Wellness Advisory Committee and facilitate the development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability & Community Engagement

Implementation

The district will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineated roles, responsibilities, actions, and timelines; as well as specific goals and objectives for nutrition standards for all foods and beverages available at the school, food and beverage marketing nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

It is recommended that the school use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and create an annual progress report. The wellness policy and progress reports can be found on the school website.

Record Keeping

The school will maintain records to document compliance with the requirements of the wellness policy at the School's Administrative Office. Documentation maintained in this location will include, but 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 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 committee.

- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the school wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the school wellness policy has been made available to the public.

Annual Notification of Policy

The 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. Annually, the school will publicize the name and contact information of the school official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least one every three years, the 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.
- a description of the progress made in attaining the goals of the school's wellness policy.
- Triennial assessment results will be made available to the public on the school website. The report will include an assessment on compliance, the extent to which the policy compares to model wellness policies and the progress made in achieving goals.

The person responsible for managing the triennial assessment and contact information is the Superintendent or his/her designee. The Wellness Advisory Committee will monitor the school's compliance with this wellness policy.

Revisions and Updating of the Policy

The Wellness Advisory Committee will modify the wellness policy based on the results of the triennial assessment and/or school priorities, community needs, wellness goals, new health curriculum information and technology advancements, and new Federal or state guidance or standards issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement

The community will actively communicate ways in which representatives of the Wellness Advisory Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The school will 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. The school will use electronic and non-electronic communications, presentations to parents, and sending information home to ensure that all families are actively notified of the content, implementation, 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 school is communicating important school information with parents.

Nutrition

School Meals

Our school district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving; and to meet the nutrition needs of school children within the given calorie requirement. The goal of the school meal program is to help improve the diet and health of school age children, help mitigate childhood obesity, model healthy eating healthy choices while developing lifelong healthy eating patterns.

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010, as amended. This school is committed to offering school meals through NSLP and other applicable Federal child nutrition program that:

- are accessible to all students.
- are appealing and attractive to students.
- meet at a minimum, the nutrition requirements established by the USDA for federally-funded programs.
- reduce the levels of sodium, saturated fats and trans fats in meals (per Department of Agriculture Nutrition Standards and Connecticut Nutrition Standards.
- offer a variety of fruits and vegetables
- meet the nutrition needs of school children within their calorie requirements (per Department of Agriculture Nutrition Standards and Connecticut Nutrition Standards.
- purchase or obtain fresh fruits and vegetables from local farmers, when practical.

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color, and eye appeal. Menus shall be planned with input from students, parents, and other school personnel and shall take into account students' cultural norms, ethnic favorites and preferences. Meal patterns and nutrition standards of federal regulations will be fulfilled as required.

At this time, the school does not offer the USDA school breakfast program.

The school will share and publicize information regarding the nutrition content of school meals with students, families, and school staff. The information will be available in a variety of forms that can include handouts, school website, newsletters, or other appropriate means.

Special dietary needs of students will be accommodated according to the USDA document "Accommodating Children with Special Dietary Needs in School Nutrition Programs."

With parental permission and appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs.

The district protects the privacy of all students eligible for free and reduced meals and maintains strict confidentiality. Hartland Public Schools takes steps beyond federal law and regulations to protect the privacy of students who qualify for free or reduced priced meals and/or have unpaid meal balances.

District Nutrition Standards

The school strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals with relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. In an effort to support the consumption of nutrient-dense foods in the school setting, the school will follow the beverage requirements of state statute and federal regulations, whichever is stricter, and has adopted the Connecticut Nutrition Standards governing the sale of food on school grounds. Sites are encouraged to study these standards and must develop a building policy using the following Connecticut Nutrition Standards and state beverage requirements as minimal guidelines.

Food:

1. Any given food item offered for sale to students will:
 - a. meet the proportion size requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards.
 - b. not contain any chemically altered fat substitutes and will meet the fat requirements of the Connecticut Nutrition Standards.
 - c. meet saturated fat requirements of the Connecticut Nutrition Standards.
 - d. meet the trans-fat requirements of the Connecticut Nutrition Standards.
 - e. not contain any artificial sweeteners or sugar alcohols and will meet the sugar requirements of the Connecticut Nutrition Standards.
 - f. meet the sodium requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards.
2. Foods and beverages will not contain caffeine, with the exception of trace amounts of naturally occurring substances.
3. Limit condiment use and provide low-fat, low-sugar, and low-sodium varieties.
4. Increase choice of whole grains and foods containing fiber.
5. Encourage the consumption of nutrient-dense foods like whole grains, fresh fruits and vegetables, lean meats, legumes and low-fat dairy products.

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
- appropriate supervision
- convenient access to hand washing facilities before and after meals

Meal Schedules

Meal periods shall be scheduled at appropriate times. In compliance with federal regulations pursuant to state statute, the school will provide students with a lunch period of no less than 20 minutes.

Staff Qualifications and Professional Development

All school food service personnel shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. The school food service personnel will refer to the USDA's Professional Standards for School Nutrition website to search for training that meets specific learning needs.

Water

The Federal Healthy Hunger Free Kids Act of 2010 requires schools to make free portable water available where meals are served for schools participating in the Federal School Lunch Program. To promote hydration, free and safe water will be available to all students throughout the school day. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The district is committed to ensuring that all foods and beverages available to students on school grounds during the day support healthy habits. The foods and beverages sold and served outside of the school meal program, will meet the Connecticut Nutrition Standards at a minimum. The CT Nutrition Standards aim to improve student health and wellbeing, increase consumption of healthy foods and create an environment that reinforces the development of healthy eating habits.

Acceptable food list is available at <http://www.sde.ct.gov>

To support healthy food choices and improve student life styles, all foods and beverages outside the reimbursable school meal program that are sold to students on school grounds during the school day will meet or exceed the Connecticut Nutrition Standards. These standards will apply in all locations and through all services where food and beverages are sold, which may include, but are not limited to, a la carte items, vending machines, school stores, and snack or food carts.

Food Brought into School

The School shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the District's nutrition standards. Classroom snacks, if provided to all children, must only include healthy choices that meet the state requirements for allowable beverages and the District's nutrition standards. Please refer to the Hartland School Student Handbook for additional information.

District policy is that all foods should also meet the Connecticut Healthy Food Certification standards. If food is brought from home to be shared with other students, the school shall develop procedures to ensure that all foods follow CDC guidelines.

Celebrations and Rewards

All foods offered on school grounds will support healthy food choices and improve student health and well being. This includes:

- Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non food celebration ideas.
- Classroom snacks brought by parents. The district will provide parents a list of foods and beverages that meet Connecticut Nutrition Standards
- Rewards and incentives. The district will provide teachers and other staff members with a list of alternative ways to reward children to include physical activity.

Fundraising (Policy 5010)

Fundraising activities will support healthy eating and wellness. Foods and beverages that meet or exceed the Connecticut Nutrition Standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas as recommended by the Connecticut Nutrition Standards.

After School

Snacks served and/or sold during after school activities will meet the USDA Smart Snacks nutrition standards.

Nutrition Education

Nutrition education shall be offered as part of a planned school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. The district aims to teach, model, encourage, and support healthy eating habits by students. The school will provide nutrition education and engage in nutrition promotion that:

- is part of health class and integrated into other classroom instruction.
- is designed to provide students with the knowledge and skills needed to promote and protect their health
- promotes fruits, vegetables, whole grains, low fat and fat free dairy products.
- include developmentally appropriate, culturally relevant, and participatory activities, such as school gardens, farm visits, and taste tests.

Healthy Eating Topics in Health Education

The district will include the following essential healthy eating topics in the health education curriculum:

- food guidance from MyPlate
- reading and using USDA's food labels
- eating a variety of foods
- balancing food intake with physical activity
- eating more fruits, vegetables, and whole grains
- choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat.
- eating calcium rich foods
- choosing and preparing healthy snacks and meals
- accepting body size differences
- risks of unhealthy weight control practices
- food safety
- importance of water consumption
- importance of eating breakfast
- healthy choices when eating at a restaurant
- eating disorders
- Dietary Guidelines for Americans
- reducing sodium intake
- social influences on healthy eating, including media, family, peers and culture.
- finding valid information on services related to nutrition
- how to develop a plan and track progress toward achieving a personal goal of healthy eating
- restricting peer pressure related to unhealthy choices
- supporting or advocating for others' healthy dietary behavior

Educational Reinforcement

Guest speakers and performers invited to address students shall receive appropriate orientation to relevant district policies. School officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families, as appropriate.

Food and Beverage Marketing in Schools

The District is committed to providing a school that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on the District property that contains messages inconsistent with the health information the district is imparting through nutrition and health education.

Any foods and beverages marketed or promoted to students on school grounds during the school day will meet the Connecticut Nutrition Standards such that only those foods that comply with the nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product in its container.
- Displays
- Corporate brand, logo, name or trademark on school equipment, such as message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, planners, or school supplies displayed and distributed by the district.
- Advertisements in school publications and/or mailings.

Staff as Role Models

The school district shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity, and body size acceptance to academic success and lifelong wellness. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

Staff Wellness

The school highly values the health and well-being of every staff member and supports personal efforts by staff members to maintain a healthy lifestyle and that encourages staff members to serve as role models.

Candy

Candy and gum (including sugarless candy and sugarless gum) shall not be sold to students on school premises during school hours.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity everyday. A large portion of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom based physical activities, walk and bicycle to school, and out of school time activities and the district is committed to providing these activities. The school will ensure that these opportunities are in addition to, and not a substitute for physical education.

Physical activity during the school day will not be withheld as punishment for any reason if appropriate. The district will provide teachers and staff with a list of ideas for alternative ways to discipline students.

To the extent possible, the district will ensure that the grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

Physical Education

It is the board's position that all students have equal and equitable opportunities for physical activity and physical education. The goals of the school are:

- All students from pre-k through grade 8 will participate in a weekly, high quality, standards-based physical education program
- to deliver quality physical education consistent with state and/or national standards with appropriate class sizes, facilities, equipment and supplies

Physical education for grades preK-8 is required to be taught by a certified teacher endorsed to teach physical education. When possible, the district will offer professional learning opportunities to help promote positive physical activities.

The district will include in the physical education curriculum the following essential topics on physical activity:

- the physical, psychological, and social benefits of physical activity
- how physical activity can contribute to healthy weight
- how physical activity can positively contribute to the academic learning process
- how inactive lifestyles contribute to chronic disease
- cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- differences between physical activity, exercise, and fitness
- phases of an exercise session, warm up, work out, cool down
- overcoming barriers to physical exercise
- decreasing sedentary activities
- opportunities for physical activities in the community

- preventing injury during physical activity
- weather related safety
- how much physical activity is enough (frequency, intensity, time and type of activity)
- developing individualized fitness plans
- monitoring progress toward reaching goals in an individualized physical activity plan
- social influences on physical activity, including media, family, peers, and culture
- how to find valid information or services related to physical activity and fitness
- how to influence, support, or advocate for others to engage in physical activity
- how to resist peer pressure that discourages physical activity

Incorporating Physical Activity Into the Classroom

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. opportunities for physical activity shall be incorporated into other subject lessons, as appropriate.

Daily Recess

All students in grades K-5 shall have at least 20 consecutive minutes a day of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity. The school will also offer a morning recess for students prior to the start of school.

Outdoor recess will be offered when weather conditions allow for outdoor play.

In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity to the extent possible.

Recess will compliment, not substitute, physical education class. Recess monitors will encourage students to be active, and will serve as role models by being physically active alongside the students whenever possible.

Physical Activity Breaks

The district recognizes that students are more attentive and ready to learn when provided with periodic breaks where they can be physically active. Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The district recommends teachers provide short physical activity breaks for students during and between classroom time. The physical activity breaks should compliment, not substitute, for physical education class, recess, and class transition periods.

The district will provide resources and links to resources, tools, and technology with ideas for physical activity breaks.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and do their part to limit sedentary behavior during the school day.

The district will support classroom teachers incorporating physical activity into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connection between learning and movement.

Teachers will serve as role models by being physically active alongside students whenever possible.

Shared Use Agreement

The school will develop a joint use agreement with community partners in order to provide expanded physical activity for students and community members.

Active Transport

The district will support active transport to and from school such as walking or biking. The district will encourage this behavior by engaging in 5 or more of the activities below, including but not limited to:

- designation of safe routes to school
- Promotional activities such as participation in National walk and bike to school week.
- Secure storage facilities for bicycles and helmets
- Instructions on walking/bicycling safety provided to students
- Documentation of number of children walking and or biking to and from school
- Staff members positioned at crosswalk for arrival and dismissal
- Crosswalks exist on street leading to school

Other Activities that Promote Student Wellness

The district will integrate wellness activities across the entire school setting. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complimentary, and work toward the same set of goals and objectives promoting student well being.

The school is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition during mathematics, with consultation provided by either the school curriculum specialists.

All school sponsored events will adhere to the wellness policy. All school sponsored wellness events will include physical activity opportunities.

Family and Community Involvement

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

- Physical education activity ideas are sent home with students
- Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities
- Families are invited to attend and participate physical education activity programs and health fairs
- Physical education curriculum includes activities that students can do with their families
- School staff consider the various cultural preferences in development of physical education programs
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Staff Wellness

The Wellness Advisory Committee will have a subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources.

The school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The district promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free.

Professional Learning

When possible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement efforts.

Social and Emotional Wellness

Developing social and emotional competence is a vital part of being able to function effectively in life as a citizen. Opportunities to develop and strengthen social and emotional learning skills have shown positive effects.

Studies demonstrate that social and emotional learning is tied to better academic performance, higher college retention rates, increased employment rates and wages, and better overall health and well-being.

The district will integrate social emotional learning using grade level appropriate methods. This integration with academic learning will help students cultivate social and emotional strategies and skills such as: self-management, perseverance, empathy and good decision making.

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