

Instruction

Student Wellness including Nutrition and Physical Activity (District Wellness Policy)

Whereas, the New Haven Public Schools (NHPS) believes that good health fosters student attendance and enhances education;

Whereas, New Haven Public Schools is committed, through its Healthy Schools Program, to a coordinated, comprehensive, evidence-based approach to student wellness that includes the provision of access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, New Haven Public Schools recognizes the importance of family involvement to ensure the adoption of healthy lifestyles by our students;

Whereas, New Haven Public Schools understands that community participation is essential to the development and implementation of successful school wellness policies; and,

Whereas, the Federal Government, in the Child Nutrition and WIC Reauthorization ACT of 2004 (Public law 108-265) and in subsequent legislation has required that all public and private schools participating in the USDA's child nutrition programs must establish a wellness policy that applies to the entire school campus (defined as "all areas of the property under the jurisdiction of the school that are accessible to students during the school day") during the entire school day (defined as "the period from midnight before to 30 minutes after the end of the official school day."),

Thus, NHPS is committed to providing school environments that promote and protect children's health, wellbeing, and ability to learn. Therefore, it is the policy (hereafter the District Wellness Policy) of the New Haven Public School District that:

- The school district will support a District Wellness Committee consisting of administrators and other school staff, community partners, parents, students and any other interested parties as part of a comprehensive and coordinated "Healthy Schools Program" (HSP), and modeled after the Alliance for a Healthier Generation's Healthy School Program and the Centers for Disease Control's Coordinated School Health Program, whose purpose is to promote healthy behaviors and ensure a safe learning environment.
- The school district will ensure that the activities necessary to operationalize the District Wellness Policy will be developed, implemented, monitored and reviewed by the District Wellness Committee and will be known as the District Wellness Plan and Annual Action Agenda. This Plan, as a working extension of the District Wellness Policy, and the District Wellness Policy itself, will be revised at least every three years by the District Wellness Committee and presented for review to the Board of Education. The District Wellness Committee will serve as the principal venue for review of all proposals for school based programs, initiatives and polices related to student wellness.

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- The school district will ensure that the public will be informed about the content of the District Wellness Policy and Plan, and will make them available along with any updates on an annual basis. These efforts to inform the public must be documented and include records of efforts to engage key stakeholders and the public in general, as well as to solicit their participation in development, implementation and review of the Healthy Schools Program.
- The school district will further support the HSP by encouraging the development of a Wellness Committee at each school to implement and monitor the District Wellness Policy and Plan. The District-wide Wellness Committee will provide support, training, and help coordinate the efforts of these site-based committees.
- The school district will ensure that all food sold to students under the jurisdiction of the district must comply with the Connecticut Nutrition Standards and all beverages sold to students will comply with the requirements of state statute as well as any USDA requirements, and the District will comply with all state and federal mandates that are applicable to our food service program.
- The school district will also establish standards for all foods and beverages provided, but not sold, during the school day on any school campus that, minimally, will also be consistent with state and federal nutrition standards for competitive food and beverages.
- The school district will review and consider evidence-based strategies and techniques to establish goals and objectives for nutrition promotion and education including review of the Smarter Lunchrooms Action Guide from the Connecticut State Department of Education.
- The school district will ensure that qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school district will ensure that marketing on the school campus during the school day is limited to only those foods that are consistent with state and federal standards for competitive food and beverages.

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- The school district will ensure that all students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis during the school day. Conversely, physical activity will not be withheld as a punishment. Schools will provide a quality, evidence-based physical education program that will foster a life-long appreciation for physical fitness through participation in fitness activities. The school district will comply with all state and federal mandates related to student wellness. Students will acquire the knowledge to lead a healthy and productive lifestyle.
- The school district will ensure that all students will receive appropriate health education to promote healthy behaviors based on an evidence-based curriculum. Education will also extend to the students' homes via workshops for parents and information provided to students and communicated electronically to parents/guardians such as school menus and other bulletins.
- The school district will ensure that, to the maximum extent practicable, all schools in our district will participate in available federal school meal programs - the School Breakfast Program, National School Lunch Program (including after-school snacks) and the Summer Food Service Program.
- The school district will seek through the District Wellness Committee to partner with agencies and other groups in the community to encourage healthy behaviors, including increased physical activity and the consumption of nutritious foods both on the part of the students and their families. The District Wellness Committee will serve as the principal forum for all proposals for wellness activities in the schools.
- The school district will comply with all state health and safety standards regarding pupils, staff, facilities and other areas where such legislation or regulation shall apply.

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NEW HAVEN PUBLIC SCHOOLS
New Haven, Connecticut