



Beliefs and Vision

The Clinton Board of Education is committed to wellness and acknowledges and believes the following:

- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases that are often established in childhood, include unhealthy eating habits, physical inactivity, and obesity;
- School districts around the country are facing significant fiscal and scheduling constraints, therefore, providing healthy choices and opportunities for children are dependent upon school community and broader community partnerships;

Therefore, the Clinton Public Schools is committed to providing school environments that promote the health and well-being of district students.

I. Goals and Guidelines

An integral aspect of this commitment includes the Food Service program and its mission is defined as: *Stimulating minds and bodies by serving nutritious, healthy meals, prepared with care.*

A. Goals for Nutrition Promotion and Education

Promotion:

- Schools will ensure that students will have access to healthy and appetizing food
- Schools will foster in students appreciation for the variety of nutritious food choices and assist in the understanding of choosing food based on a balanced diet.
- Schools will introduce healthy food options to encourage students to expand their food preferences.
- Schools will encourage students to explore new healthy options offered to them.

Education:

- Schools will provide students with clear and accurate nutritional information.
- Nutrition education will be part of the district's comprehensive school health education curriculum and will be integrated in other aspects of the school environment as appropriate.



- Students will develop an understanding of how food can impact their energy, health, and well-being as they develop life-long health habits.
- Students will develop an awareness of healthy food choices and good decision-making that will positively impact their health and wellness.
- Students will explore the benefits of fresh foods/whole foods as opposed to processed food.
- Schools will emphasize the positive relationship between good nutrition, physical activity, appropriate sleep/rest, and balanced choices in fostering wellness.
- Students will increase their awareness of the diversity of individual dietary needs, the restrictions, and the biological implications of food choices (i.e., food allergies, blood sugar, etc.).
- Schools will disseminate information to families to encourage them to teach their children about health and nutrition.

B. Nutrition Guidelines for Food Sold in Schools

- All foods adhere to food safety and security guidelines.
- Adopt the “Massachusetts A La Carte Food and Beverage Standards to Promote a Healthier School Environment” by Action For Healthy Kids as a guideline for all A La Carte snack vending (including those sold through snack lines, vending machines, school stores, and fundraising activities).
- School meals are priced and marketed to appeal to all students who are encouraged to choose and consume a balanced meal.
- Students are offered a variety of meats/poultry, fresh fruits, vegetables, dairy, and whole grains on a daily basis.
- School Food Service Staff are trained in appropriate substitutions of foods in order to meet the nutritional goals of the program.
- The Food Service Program aims to be financially self-supporting. However, budget neutrality or profit generation will not take precedence over the nutritional needs of the children.
- Parents, students, and staff advisory groups will be consulted in menu planning through surveys, taste tests, and focus groups.
- Schedule meal periods so that other school activities will not conflict.
- Food preparation areas meet all health and safety regulations.
- Provide a dining area that is safe, comfortable, and pleasing that allows ample time and space to purchase and eat meals.



- Marketing of foods and beverages at school during the school day may only be permitted for foods and beverages that meet the federal nutrition guidelines/standards, promote student health and reduce childhood obesity.
- Beyond complying with the federal guidelines of the National School Lunch Program, the district has the option to participate in Connecticut's Healthy Food Certification. The Board of Education must formally take action each year to certify that all food items offered for sale to students will comply with the Connecticut Nutrition Standards and whether food items will be exempted under certain conditions.

C. Goals for Physical Education/Activity and Other School-Based Activities

- Schools will support and promote an active lifestyle for students.
- Schools will provide physical education courses and opportunities for developmentally appropriate physical activity during the school day and encourage physical activity outside of the school day.
- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, and collaboration and cooperative behavior.
- Encourage classroom staff to provide physical activities/movement breaks throughout the school day as appropriate.
- Schools will support and promote an active lifestyle for students and engage families and the community in the process when appropriate.
- Take a holistic approach toward increasing the health of students by concentrating on the physical, mental, and emotional health of each student.

II. Measuring the Implementation

A. Oversight

In an effort to measure the implementation of this policy, the Board of Education designated the Superintendent and building principals to be responsible for ensuring that each school meets the goals outlined in this policy.

B. Assessment

To ensure continuing progress, the district will evaluate implementation efforts and their impact on students and staff at least every three years. The district will make available to the public the results of the triennial assessment and evaluation, including the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of this policy.



C. Informing and Updating the Public

The school wellness policy shall be made available annually, at a minimum, to students and families by means of school registration, student handbooks, and the Board's website. This availability shall include the policy, including any updated to and about the wellness policy and the triennial assessment, including progress toward meeting the goals of this policy. In addition, the annual notification shall include a description of each school's progress in meeting the wellness policy goals; summary of each school's wellness events or activities; contact information for the leader(s) of the wellness policy team; and information on how individuals and the public can get involved.

D. Documentation of Compliance, Assessment, and Public Notice

The district will retain records to document compliance with the local school wellness policy requirements. The district 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:
- Conn. Gen. Stat. § 10-215f
 - Conn. Gen. Stat. § 10-221o
 - Conn. Gen. Stat. § 10-221p
 - Conn. Gen. Stat. § 10-221q
 - Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*
 - Public Act 16-132, *An Act Establishing a Red Ribbon Pass Program*
 - 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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