

STUDENTS

Wellness

It is the policy of the Coventry Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created a Wellness Advisory Council. The Board, following the recommendations of this Advisory Council, adopts the following goals and guidelines in order to promote student lifelong wellness practices among district students.

Each school shall develop further guidelines to address their school's specific areas of concern. These guidelines shall be no less restrictive than those in this policy.

I. GOALS AND GUIDELINES

A. Nutrition Education and Promotion

The Coventry School District has a comprehensive curriculum approach to nutrition in kindergarten through twelfth grade. Instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include, but are not limited to:

- Knowledge of food guide pyramid
- Healthy diet
- Major nutrients
- Serving sizes
- Healthy snacks
- Healthy breakfast
- Healthy heart choices
- Food labels
- Diet and disease
- Sources and variety of foods
- Guide to a healthy diet
- Multicultural influences
- Understanding calories
- Proper sanitation
- Identifying and limiting junk food

Nutrition education will be provided to parents.

B. Physical Activity and Other School-Based Physical Activities

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 a school's education program from grades pre-K through 12. Physical activity should include instructional physical education, co-curricular activities, (and recess K-5). Substituting any one of these components for the others is not appropriate.

All students shall be encouraged to:

1. Participate in after school activity programs, student health council, and community/family programs that encourage healthy habits.
2. Participate in physically active activities outside of school including individual and team sports.
3. Walk or bike to school where appropriate.

The district/schools will:

1. Offer the community after-school access to school activity facilities.
2. Not deny physical activity as a punishment.
3. Consider rewarding students with extra recess.
4. Teach the benefits of sports, fitness and recreation (i.e. happiness, overall health, social interaction).

C. Nutritional Guidelines for All Food in Schools

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

At all schools all foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day shall be consistent with the current Dietary Guidelines for Americans.

The district/schools will:

1. Support and promote proper dietary habits contributing to students' health status and academic performance.
2. Regulate after school activity, field trip, school event and school party nutritional offerings
3. Reduce and regulate the use of food as an incentive.
4. Reduce and regulate the use of candy (or other unhealthy single serving size foods) as fundraisers.

The School Food Service Program at all schools shall:

1. Follow all program Federal and State requirements.
2. At a minimum, all reimbursable school meals shall meet the program requirements and nutritional standards established by the USDA regulations & state laws as applicable to school meals.
3. Encourage students to make healthy choices.
4. Promote training and certification of food service staff.

D. Healthy School Environment

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

The District/schools will:

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. Provide training to classroom teachers on how to integrate nutrition education into other basic subjects.

3. Provide a school environment that is safe, comfortable, pleasing, and allows ample time and space for eating breakfast and lunch.
4. Schedule school meals at appropriate times in appropriate settings.
5. Market healthy food in ways that increase its appeal.
6. Require that all foods available in all schools comply with state and local food safety and sanitation regulations.
7. For the safety and security of the food and facilities, access to the food service operations shall be limited to the school food service staff and authorized personnel.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy, the Board shall designate the building principal to be responsible for the oversight of their school's wellness program. The Food Service Director shall be responsible for oversight of the Food Service Program. These individuals will be responsible for ensuring that the goals and guidelines relating to nutrition 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.

LEGAL REFERENCES:

Federal Law:

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, § 204
 Child Nutrition Act § 10(a)-(b), codified at 42 U.S.C. § 1799

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.

ADOPTED: June 8, 2006

REVISED: _____