

## **STUDENT NUTRITION AND PHYSICAL ACTIVITY: STUDENT WELLNESS**

The LEARN Board of Directors believes that LEARN programs should make a significant contribution to the general well-being of each student, promoting healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

Children who eat well-balanced meals and are physically healthy are more likely to learn in the classroom. The link between good nutrition and good education is clearly demonstrated by better attendance, higher test scores, and fewer behavioral problems in school. Therefore, it is the policy of the LEARN Board of Directors to provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades PreK-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
- Accurate information related to these topics as part of the program curriculum to students and their families.

The Executive Director or designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each Director or designee shall report to the Executive Director or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.

### Wellness Council

LEARN shall establish a Wellness Council or Councils. Representation may include: an administrator, the Food Service Director, school nurse, teacher(s), coach, students and parents/guardians. The Councils shall use state and other appropriate resources to guide its activities.

Each Wellness Council shall serve as an advisory committee regarding student health and nutrition issues.

- The Wellness Council may develop and recommend informational materials that will assist in implementing this policy.
- The Wellness Council may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.
- The Wellness Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.
- The Wellness Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.
- The Wellness Council shall provide periodic reports to the Executive Director or designee regarding the status of its work, as required.

Federal statute requires the designation of one or more persons within LEARN (or at each program as appropriate) who is charged with the operational responsibility for ensuring that LEARN complies with its own student wellness policies/procedures.

**Legal Reference:**

Connecticut General Statutes.

10-16b Prescribed courses of study.

10-215 Lunches, breakfasts, & other feeding programs for public school children and employees.

10-215a Nonpublic school and nonprofit agency participation in feeding programs.

10-215b Duties of the State Board of Education re: feeding programs; competitive foods.

10-215d Regulations re: nutrition standards for school breakfasts and lunches.

10-216 Payment of expenses.

10-221 Boards of Education to prescribe rules, policies and procedures.

PA 04-224 An Act Concerning Childhood Nutrition in Schools, Recess, and Lunch Breaks.

National School Lunch Program and the School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 2, January, 1980).

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265.

Connecticut State Board of Education Regulations  
Federal Statutes and Regulations.

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