

Instruction

Wellness Policy

The Colchester Public School System is committed to providing a school environment that promotes the development of lifelong wellness practices to enhance learning and student success.

To accomplish these goals we ensure that:

- Our Child Nutrition Programs meet or exceed federal, state and local requirements and are accessible to all children. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition requirements.
- Sequential nutrition education is provided to all students through our curricula. Our physical education program provides comprehensive, developmentally appropriate fitness programs to encourage lifelong activity.
- Foods and beverages made available by schools during the school day are consistent with the current Dietary Guidelines for Americans and the Standards for Healthy Snacks established by the Connecticut State Department of Education.
- All foods made available on campus adhere to food safety guidelines as established by the Hazardous Critical Control Point (HACCP) Standards.
- The school environment is safe, positive, and clean and allows appropriate time and space for eating meals and engaging in physical activity in accordance with state guidelines and regulations.
- Teachers, administrators and staff will collaboratively support and engage in practices that promote, teach and reinforce positive health habits and create a healthy school environment.
- Our schools will work collaboratively with community agencies and organizations to educate families about strategies for promoting lifelong wellness practices.

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Legal Reference: Connecticut General Statutes
10-16b Prescribed courses of study.
10-215 Lunches, breakfasts and the feeding programs for public school children and employees.
10-221 Boards of education to prescribe rules, policies and procedures.
10-215a Non public school participation in feeding program.
10-215b Duties of state board of education re: feeding programs.
10-216 Payment of expenses.
10-215b-1 State board of education regulation. Competitive foods.
11-221o Lunch periods. Recess.
11-221p Boards to make available for purchase nutritious, low-fat foods.
PA 06-63 An Act Concerning Technical High School Wiring for Technology and Healthy Food and Beverages in Schools.
National School Lunch Program and School Breakfast Program; Competitive Foods.
(7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758 6772).
The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265.

Policy Adopted: May 22, 2006

COLCHESTER PUBLIC SCHOOLS
Colchester, Connecticut