

Note: All schools participating on the federally funded National School Lunch program are required to develop and implement wellness policies that address nutrition and physical activity.

The wellness policy must address four components:

- 1.) Nutrition Education,
- 2.) Physical Activity,
- 3.) Other School Based Activities, and
- 4.) Nutrition Standards for All Foods Served.

ISAAC Wellness Policy

The Interdistrict School for Arts and Communication (ISAAC) is committed to the optimal development of every student. ISAAC believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the ISAAC's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while decreasing distractions.

School Meals

ISAAC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. ISAAC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). ISAAC is committed to offering school meals through the NSLP and SBP programs.

- ISAAC meals are accessible to all students.
- ISAAC offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch; starting from the time they have received their meal and are seated.
- All school nutrition program staff will meet or exceed hiring and training requirements in the USDA professional standards for child nutrition professionals.

Other food available at school

- The foods and beverages sold outside of the school meal programs prior to 3:30pm (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school site will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school Executive Director/Principal, but shall not exceed more than one exemption per class.
- ISAAC will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);

- ISAAC will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasium, and cafeteria. ISAAC will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

Physical Education

ISAAC will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- ISAAC students will participate in physical education that meets or exceeds state standards.
- ISAAC students are required to take physical education in all grade levels.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes at ISAAC are taught by licensed teachers who are certified or to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted unless there is a medical accommodation that is prescribed by a physician.

Policy Monitoring/Implementation

- ISAAC will convene a school wellness committee that meets at least four times per year to establish goals to oversee school health policies and programs,

including development, implementation, and periodic review and update of wellness.

- The wellness committee membership will include but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school administrators, school board members; health professionals; and the general public. ISAAC will publish the wellness policy on the school website and maintain it updated as changes occur.
- ISAAC will notify households/families of the availability of the annual report through the school website, email and mail.
- The wellness committee will update or modify the wellness policy based as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated every three years as indicated.

Nutrition and Health Education

The aim of nutrition education is to facilitate the adoption of healthy eating and other health-promoting, nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the ISAAC community.

All required health education classes include a focus on knowledge and skills that support healthy eating and are aligned with the Connecticut Content and Performance Standards for Health Education. Nutrition education is integrated into other areas of the curriculum such as math, science, language arts, and social studies. Standards-based health and nutrition education information are taught by or done in collaboration with a teacher.

Standards-based health and nutrition education curricula information involve sharing information with families and the broader community (i.e., area sports leagues, youth groups & school clubs) to positively impact students and the health of the community. In recognition of the existing health disparities prevalent among Connecticut's children, nutrition education includes multiple options for achieving optimum nutrition and health, and includes practical, multi-ethnic approaches that reach across all economic strata.

ISAAC will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program. The school will promote the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program and After School Snack Program.

Other School Based Activities

Access to facilities for physical activity after school hours

Students, parents, and other community members will have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day. The school's physical activity facilities (gym) will be made available to use by

parents with their children outside the normal school day, subject to priority use being for children and subject to other competing uses and safety and risk management considerations. School sites will establish or enhance physical activity opportunities for students, staff, and parents (family fitness nights, fun walks and runs). School spaces and facilities will be available to students, staff and community members before, during and after the school day, on weekends and during school vacations. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

After-school programs

All students are encouraged to participate in daily physical activity. Students are offered extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools and middle schools, as appropriate, may offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Other School-Based Activities:

After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants. Encourage healthy eating habits in after school programming that services our students. Students shall be given opportunities for moderate to vigorous physical activity beyond the required Physical Education minutes of instruction through a range of before-, during- and after-school programs.

ISAAC encourages physical activity during recess for elementary students, intramurals programs, integration in the academic curriculum, and clubs as well as in physical education programs; Works with the community to create ways for students to participate in other physical activities in a safe location at times other than the school day. After-school programs will encourage physical activity, making healthy nutritional choices and promote healthy habits. ISAAC will work with the community to provide an avenue for reaching all students before and after school through organized physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities).

Designated Compliance LEA Official: Alexa Chalas

APPROVED

Board Approval ISAAC Board Meeting June 12, 2019