

NEW MILFORD BOARD OF EDUCATION
New Milford Public Schools
50 East Street
New Milford, Connecticut 06776

POLICY SUB-COMMITTEE
MEETING NOTICE

DATE: April 25, 2017
TIME: 6:45 P.M.
PLACE: Lillis Administration Building - Rm. 2

RECEIVED
TOWN CLERK

APR 21 P 12:51

CT

NEW MILFORD, CT

AGENDA

New Milford Public Schools Mission Statement

The mission of the New Milford Public Schools, a collaborative partnership of students, educators, family, and community, is to prepare each and every student to compete and excel in an ever-changing world, embrace challenges with vigor, respect and appreciate the worth of every human being, and contribute to society by providing effective instruction and dynamic curriculum, offering a wide range of valuable experiences, and inspiring students to pursue their dreams and aspirations.

1. **Call to Order**
2. **Public Comment**

An individual may address the Board concerning any item on the agenda for the meeting subject to the following provisions:

- A. A three-minute time limit may be allocated to each speaker with a maximum of twenty minutes being set aside per meeting. The Board may, by a majority vote, cancel or adjust these time limits.
- B. If a member of the public comments about the performance of an employee or a Board member, whether positive, negative, or neutral, and whether named or not, the Board shall not respond to such comments unless the topic is an explicit item on the agenda and the employee or the Board member has been provided with the requisite notice and due process required by law. Similarly, in accordance with federal law pertaining to student confidentiality, the Board shall not respond to or otherwise discuss any comments that might be made pertaining to students.

3. **Discussion and Possible Action**

- A. Policy for Review:
 1. 6141.321/4118.4/4218.4 Acceptable Use and Internet Safety

4. **Item of Information**

- A. Regulation for Discussion:
 1. 6142.2 Student Nutrition and Physical Activity (Student Wellness)

5. **Public Comment**

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6. Adjourn

**Sub-Committee Members: J.T. Schemm, Chairperson
Wendy Faulenbach
Dave Littlefield
Tammy McInerney**

**Alternates: Bill Dahl
Brian McCauley**

FOR FIRST REVIEW

COMMENTARY: *The suggested revisions below incorporate a "Digital Citizen" approach to acceptable internet use issues.*

6141.321(a)
4118.4/4218.4

Instruction

~~Acceptable Use and Internet Safety~~

Responsible Use of Technology, Social Media, and District Network Systems

Overview

The New Milford Public Schools Board of Education provides students, staff and community members with access to a large variety of technology and network resources which provide multiple opportunities to enhance learning within the school district network and on the Internet. Communication within the school district, the community and global entities are encouraged as part of 21st century skills. All learners need and deserve 21st century learning opportunities to thrive as tomorrow's leaders, workers, and citizens. However, all users must exercise appropriate and responsible use of District technology and information systems. Users include anyone authorized by administration to use the network. This policy is intended to promote the most effective, safe, productive, and instructionally sound uses of network information and communication tools.

The District technology infrastructure is defined as all technology related resources, including but not limited to; software, hardware, cabling and connections that provide access to resources, including the Internet. District devices as well as personal devices are subject to the guidelines when using the district network or representing the district in communications. The District maintains content filtering devices and software programs that control access to resources and meet the Federal standards established in the Children's Internet Protection Act. (CIPA) Such technology protection measure shall be in operation during any use of computers with Internet access. However, it is recognized that this measure alone is no guarantee that users will not be able to find Internet resources which are profane, offensive, obscene, or otherwise objectionable. The ultimate responsibility for appropriate use of Internet resources lies with the user.

Digital Citizen

Definition: "Self-monitored participation that reflects conscious interdependence with all (visible and less visible) community members."

A responsible digital citizen is one who:

- A. Respects one's self:
 - a. Users will select online names and logins that are appropriate and will consider the information and images that are posted online to ensure appropriateness. Users will not share login and password information.**

- B. Respects others:**
 - a. Users will refrain from using District network systems and social media to bully, tease, or harass other people. Users will communicate in a professional respectful manor with anyone engaged.*

- C. Protects one's self and others:**
 - a. Users will follow protocols that will protect themselves and others by reporting abuse and not forwarding inappropriate materials or communications.*

- D. Respects authorship:**
 - a. Users will properly reference or cite work, websites, books, media, etc., used in any student work.*

Responsible Use

Responsible use of the District's technology resources is expected to be ethical, respectful, and academically honest. Digital storage on district servers or on the cloud as well as technology devices used for any purpose will be treated as extensions of the District's technology. The Superintendent, or his or her designee, may review files and communications including electronic mail to ensure that users are using the system in accordance with District policy. Users should not have any expectation of privacy in files stored electronically. Electronic files, data and communications stored or disseminated through the District's technology may be subject to disclosure pursuant to the Freedom of Information Act.

Users may not access the District's networks without prior written authorization and are expected to comply with the following rules of network etiquette and citizenship, including but not limited to:

- A. Use of the New Milford Public Schools network, technology devices, the student and parent portal, and social media must be consistent with the District's educational objectives and curriculum.**

- B. Transmission of material in violation of any local, Federal, or State law is prohibited.**

- C. Intentional or unintentional use of District resources to access or process, proxy sites, pornographic, obscene, sexually explicit, harassing, threatening or illegal material or communications or explicit text or files or files dangerous to the integrity of the network is strictly prohibited.**

- D.** *Cyberbullying is prohibited at all times, whether in district or out of district, on any device using any connection.*
- E.** *Software, applications, and media may not be installed, downloaded or uploaded without having an approved Software Form from the Building Principal, Assistant Superintendent and Director of Technology.*
- F.** *Use of the District network for commercial activities, product advertisement, religious or political campaigning, lobbying, or solicitation of non-district material is prohibited.*
- G.** *Accessing unauthorized chat rooms or instant messaging using the District's network is prohibited.*
- H.** *Bypassing the District's content filter is strictly prohibited.*
- I.** *Users may not share their passwords and are expected to maintain their passwords privately and securely.*
- J.** *Users shall not vandalize, damage, disable, intentionally disrupt or degrade the District's technology systems or network and may be held personally and financially responsible for malicious or intentional damage or interruptions to network service, software, data, user accounts, hardware, and/or any other unauthorized use.*
- K.** *Files stored on District-managed or cloud networks are the property of the District and may be inspected at any time.*
- L.** *Materials published electronically must be for educational purposes. Administrators may monitor these materials to ensure compliance with content standards.*
- M.** *Each user is responsible for taking reasonable precautions to ensure he or she does not introduce viruses into the District's network. All material not belonging to the District must be scanned for viruses prior to being placed onto the District's computer system. Users should understand that their home computers and laptops might contain viruses. All disks, memory sticks or perpetual media (e.g., DVD, CD) transferred from these computers to the District's network must be scanned for viruses.*
- N.** *Users shall not "hack into," "snoop," monitor any network traffic or otherwise access data not intended for the user including, but not limited to, other users' files and administrative data.*

- O. Users shall not violate copyright or otherwise use the intellectual property of another individual or organization without permission.*
- P. Users shall not plagiarize (to take material created by others and presenting it as if it were one's own) or cheat (to deceive by trickery, mislead or fool).*
- Q. Users shall not send, transmit, or otherwise disseminate proprietary data, personally identifiable information about students or other confidential information.*

Procedures for Use

- A. Students shall receive education about the following:
 - a. Safety and security while using e-mail, chat rooms, social media, and other forms of electronic communications;*
 - b. The dangers inherent in online disclosure of personally identifiable information; and*
 - c. The consequences of unauthorized access including but not limited to hacking, cyber-bullying, and other unlawful or inappropriate activities online.**
- B. All student users and their parents are required to sign a written agreement annually, or at the time of enrollment, to abide by the terms and conditions of this policy and any administrative procedures and guidelines. If the agreement is not signed, District network privileges will not be given.*
- C. Students shall not (1) access or use another person's account without written permission; (2) share their password with anyone else or engage in activities that would reveal anyone's password; (3) allow others to access a computer that the user is logged on to; or (4) ever sign in, or attempt to sign in, as another person.*

Violations and Sanctions

Accessing the Internet or District network is a privilege, not a right. Inappropriate use and violation of this or any other Board policy may result in cancellation of all network access. Inappropriate material is defined as any material or use that is inconsistent with the goals, objectives, and policies of the educational mission of the District. Any user can be denied access temporarily or permanently if the school or District administrator determines that a user has used the Internet or District network in an inappropriate or unacceptable manner. Students may also be disciplined or subject to other legal action.

No Expectation of Privacy

All users are warned that there should be no expectation of privacy in connection with the use of the District's computer resources. Users should not create, store or use messages, files or other information which they do not want school authorities to see. The following reasons explain why users should have no expectation of privacy:

- A. The District may have a duty under federal law to monitor on-line activities of users and enforce the use of protective measures. Authorized administrators and staff may review use of the District's computer resources and the Internet at any time, without reason or prior notice, to maintain system integrity and determine that users are acting responsibly or otherwise consistent with this policy.
- B. Computer resources are owned, controlled, and maintained by the District. They are provided to staff and students to be used for educational purposes only. Files or any information stored on school-based networks are subject to periodic inspection and routine maintenance.
- C. E-mail communications can be stored indefinitely on any number of computers. Copies of messages may be forwarded to others either electronically or on paper. In addition, e-mail sent to non-existent or incorrect user names may be delivered to persons that you never intended.
- D. Use of passwords to gain access to the computer network or to encode particular files or messages does not imply that users have an expectation of privacy in such access or materials. The District has global passwords that permit it to access all material stored on the computer system, regardless of whether that material has been encoded with a particular user's password.
- E. District personnel may receive or create e-mail messages and other documents that are public records that may be subject to disclosure under the Freedom of Information Act.

Use of Computer Resources by School Personnel

The computer resources are the property of the District and may only be used for approved purposes. Users are permitted access to assist them in the performance of their jobs. Occasional use of the computer resources by an individual school employee for personal communications is permitted when the use does not interfere with the employee's or other user's job responsibilities, performance of the computer resources, or operation of the District. A short social message and a quick note to a family member are examples of permitted personal use. Use for personal or third party gain or profit, or for entertainment, is strictly prohibited. Solicitation for any purpose, other than to support a community service drive officially sponsored by the District, will not be tolerated. Employees are reminded that this limited, occasional personal use must comply with this policy, and all other policies, regulations and practices of the District. Use of computer resources is a privilege that may be revoked at any time, in whole or in part, at the sole discretion of the District.

Policy Violations

Users who become aware of any misuse of computer resources must immediately report the incident to the administration. Any violation of this policy may result in immediate termination of school-provided access to computer resources, including the Internet. Additional disciplinary action may be taken in keeping with existing policies, procedures and practices regarding the conduct, including but not limited to suspension and/or expulsion from school (students) or termination of employment (personnel). When appropriate, law enforcement agencies may be involved and legal action or prosecution may result.

Board Liability

The Board makes no warranties of any kind, neither expressed nor implied, for the use of computer resources and the Internet access it is providing.

The Board is not responsible, and shall not be liable, for:

- A. Damage resulting from unauthorized or inappropriate District network or social media activity;*
- B. Use of information obtained via the Internet, including any damages a user may incur including but not limited to, loss of data resulting from delays, non-deliveries, mis-deliveries, or service interruptions caused by negligence, errors;*
- C. The accuracy or quality of information obtained through the Internet;*
- D. Unfiltered content that may be viewed or downloaded on District equipment that has been provided to individuals for use outside District property;*
- E. Issues or damage caused by the connection of personal devices to the District's network or improper use of the District's network or equipment; or*
- F. Personally owned devices that are damaged, lost, or stolen.*

Notice of Policy

[Students and school personnel shall be given notice of this policy annually. All other users shall be given notice of this policy prior to obtaining access to or using District computer resources.]

[COMMENTARY: The statement of notice is currently being reviewed.]

Each user is required to sign an Acknowledgement Form stating that they have received notice of and understand this policy and any accompanying administrative regulations.

The administration may issue regulations and guidelines in connection with this policy.

Legal References:

20 U.S.C. 6777 Internet Safety (Children's Internet Protection Act)

47 U.S.C. 254 Universal Service

45 C.F.R. 54.520, "Children's Internet Protection Act certifications required from recipients of discounts under the federal universal service support mechanism for schools and libraries."

Conn. Gen. Stat. § 31-48d – Employers engaged in electronic monitoring required to give prior notice to employees. Exceptions. Civil penalty.

Responsible Use Policy Agreement
New Milford Public Schools

What is the Responsible Use Policy Agreement?

The Responsible Use Policy was adopted by New Milford Public Schools Board of Education in 2017. The Responsible Use Policy (RUP) outlines the Board's specific expectations for students' use of the school system's electronic information resources, including the school system's computer networks and the Internet.

The RUP requires the preparation of the Responsible Use Policy Agreement which one parent (or legal guardian) and all students in grades first through twelve are required to sign and return to school before the student will be allowed to access and use these resources. By reading and signing this Agreement, you are giving your permission for your child to use these resources, and you are stating that you understand and will explain to your child what the Agreement means. Students in grades first through twelve are required to sign the Agreement to indicate that they understand the RUP and the Agreement and agree to abide by them.

New technologies have greatly expanded the amount and type of information available to students and teachers. In addition to our large collection of print media in the school libraries, each school has access to a large array of electronic information systems via electronic periodicals and encyclopedias and the Internet. However, access to so much information brings new responsibilities to use the resources and information responsibly and ethically. Below you will find a summary of the guidelines for accessing and using all the information obtained through these technologies. We teach a simple and straightforward version of the following guidelines starting in grade K, and we add more complex dimensions as students' progress through the school system.

Student Consent Form

As a user of the New Milford Public Schools' electronic information resources and computer networks, I have read, understand and will abide by the Responsible Use Agreement which implements the Responsible Use Policy. I understand that my signature and the signature of one of my parents or legal guardians are preconditions to my accessing and using the District's electronic information resources. I also specifically agree to the following:

- 1. I will use digital technology resources only for educational and research purposes that are consistent with the educational objectives of my teachers and the Board of Education.***

2. *I will use digital resources in a responsible, ethical and legal manner at all times. I will not intentionally do anything to another users' work on the resources.*
3. *I will not plagiarize. I will give appropriate citations to an author or resource as the source of information I find.*
4. *I will use digital technology resources as directed by a teacher or staff member.*
5. *I will be considerate of other users and data privacy when using District resources. I will be polite and use appropriate language at all times. My log-in and password will be kept private and not shared with other users.*
6. *I will send and receive electronic mail (email) appropriately for educational purposes. I will report any inappropriate email messages or any misuses of email immediately.*
7. *I will not give out any personal information regarding myself or anyone else in the district while using email.*
8. *I will never intentionally damage, degrade or disrupt the electronic information resources, including computer services or computer equipment. I will not tamper with computer hardware or software, vandalize or change data in any way, intentionally introduce computer viruses, attempt to gain access to restricted or unauthorized networks or network services or violate copyright laws. I understand that such activity may be a crime.*
9. *I will use the portal for educational requirements and will use appropriate language at all times.*
10. *If I do not follow the rules outlined in this Agreement and in the Responsible Use Policy, I know that I may lose my privilege to use the District's electronic information resources. I also know that I may be disciplined for not following the rules and that my parents and I may have to pay for any damage I cause because of my intentional misuse of these resources.*
11. *I am aware that some violations of the Responsible Use Policy may also be violations of local, state and federal laws and regulations and that I may be prosecuted for violating those laws.*

Student Name: _____

Signed: _____ **Date:** _____

(Student)

Parental Consent Form
Responsible Use Policy Agreement
New Milford Public Schools

I give the New Milford Board of Education permission to allow my child to access and use the electronic information resources in the schools for educational purposes. I understand that when using a resource such as the Internet, it is impossible to restrict access to all controversial or potentially inappropriate materials or to predict with complete certainty what information a user may locate. I understand that the District will use filtering programs, access controls and active supervision of students and will make all reasonable efforts to protect students from any misuses or abuses as a result of their use of the District's electronic information resources.

My child and I have read the Board's Responsible Use Policy and this Responsible Use Policy Agreement for grades one through twelve, and we have discussed the Policy and this Agreement. I understand that my child, in addition, will receive several lessons from the school librarian and classroom teacher about the Responsible Use Policy and the Responsible Use Policy Agreement.

I understand, and explained to my child, that he or she may lose his or her privilege to use these resources at school and may be disciplined if he or she does not follow all of the rules outlined in the Responsible Use Policy and the Responsible Use Policy Agreement. I understand that my child and I may be held liable for costs incurred by my child's deliberate violation of the Policy.

Student Name: _____

Signed: _____ *Date:* _____
(Parent or Guardian)

Parent/Guardian Printed Name: _____

I give permission to allow school personnel to record audios, take photos, or videos of my child. These images or recordings, as well as student work, may be published in various locations, including the school or the district website. I am aware that the district has no control over any subsequent use or publication of the images, recordings, or student work so published. I am also aware that third parties, such as media or other parents, may take images of my child in school or at school events, and in those instances, the district has no control over the use of those images once they are published.

Signed: _____ *Date:* _____
(Parent or Guardian)

~~NEW MILFORD PUBLIC SCHOOLS
New Milford, Connecticut~~

~~INTERNET FILTERING OVERRIDE REQUEST~~

Staff member (Please print) _____ School _____

- ~~Please create an authorized Internet filtering override username and password for indicated staff member. The override will allow this individual unfiltered access to the Internet for a maximum of 60 minutes per activation.~~
- ~~E-mail notification can be sent each time the override is activated. Notification messages contain the account username and the time of activation. They do not list sites visited while the override is enabled.~~
- ~~Please provide access to the following URL's:~~

~~Please state the reason for override.~~

~~Have you viewed the sites?~~

~~For which grade level do you feel the sites are appropriate?~~

Staff member's signature and date _____

Staff member's e-mail address _____

Building administrator signature & date _____

**NEW MILFORD PUBLIC SCHOOLS
BOARD OF EDUCATION**

**EMPLOYEE ACKNOWLEDGMENT
REGARDING
COMPUTER AND INTERNET USE**

I have read and agree to comply with the terms of the New Milford Board of Education's policy no. 4118.4 or 4218.4 governing the use of the District's computer resources by school personnel. I understand that a violation may result in disciplinary action, including possible termination, as well as civil or criminal liability. I also understand that I am responsible for financial obligations resulting from my unauthorized use of the computer resources, and that the District may revoke my access privileges at any time.

Signature: _____ Date: _____

Print: _____

**NEW MILFORD PUBLIC SCHOOLS
BOARD OF EDUCATION**

**NOTICE REGARDING ELECTRONIC MONITORING
of School District Personnel and Guest Users**

In accordance with Connecticut law, the New Milford Board of Education (“District”) hereby gives notice to all its employees of the potential use of electronic monitoring in its workplace. While the District may not actually engage in the use of electronic monitoring, it reserves the right to do so as management deems appropriate in its discretion, consistent with the provisions set forth in this notice.

“Electronic monitoring”, means the collection of information on District premises concerning employees’ activities or communications, by any means other than direct observation of the employees. Electronic monitoring includes the use of a computer, telephone, wire, radio, camera, electromagnetic, photo electronic or photo-optical systems.

The law does not cover the collection of information for security purposes in any common areas of District premises which are open to the public, or which is prohibited under other state or federal law.

The following specific types of electronic monitoring may be used by the District in its workplaces:

- Monitoring of e-mail, Internet usage and other components of the District’s computer resources for compliance with its policies, procedures and guidelines concerning use of such resources.
- Video and/or audio surveillance within the District’s facilities (other than in restrooms, locker rooms, lounges and other areas designed for the health or personal comfort of employees or for the safeguarding of their possessions).
- Monitoring of employee usage of District’s telephone systems.

The law also provides that, where electronic monitoring may produce evidence of misconduct, the District may use electronic monitoring without any prior notice when it has reasonable grounds to believe employees are engaged in conduct that violates the law, violates the legal rights of the District or other employees, or creates a hostile work environment.

**6141.321
4118.4/4218.4
Appendix FE
(for Contracted Users)**

**NEW MILFORD PUBLIC SCHOOLS
BOARD OF EDUCATION
New Milford, Connecticut**

**USER ACKNOWLEDGMENT
REGARDING
COMPUTER AND INTERNET USE**

I acknowledge receipt of the New Milford Board of Education's policy number 6141.321/4118.4/4218.4 governing the use of the District's computer resources. As a user of the Board's computer resources and Internet access, I agree to read and comply with the terms of the district's acceptable use policy. I understand that a violation of this policy may result in disciplinary action, including possible termination, as well as civil or criminal liability. I also understand that I am responsible for financial obligations resulting from my unauthorized use of the computer resources, and that the District may revoke my access privileges at any time.

Signature: _____ Date: _____

Print: _____

ITEM OF INFORMATION REGULATION REVISION

COMMENTARY: The suggested revisions below are designed to incorporate new U.S. Department of Education Food Nutrition Service ("FNS") regulations and to better align the administrative regulation with existing requirements for local school wellness policies.

Please note that this regulation and Board Policy # 6142.2 should be read together to constitute the District's local wellness policy. Please also note, that federal regulations require that the District insure that "parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public" be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy. The regulations further require the District to inform the public of changes to the policy and of progress towards meeting the goals of the policy. New changes to the regulations require Districts to perform triannual assessments of wellness policy implementation and progress. Documentation reflecting compliance with community involvement mandates and efforts to make the policy available to the public must be kept as part of the triannual assessment process.

6142.2(a)

Instruction

Student Nutrition and Physical Activity (Student Wellness)

The Board of Education's Wellness Advisory Council has been charged by the Board with the responsibility for developing, implementing, monitoring, reviewing and revising the District's local school wellness policy (the "policy"). Together these administrative regulations and Board Policy # 6142.2 constitute the District's wellness policy and will be reviewed, revised and implemented as appropriate.

I. WELLNESS ADVISORY COUNCIL

A. Responsibilities

The Wellness Advisory Council shall be responsible for the following:

~~The New Milford School District will use the following strategies to strive toward optimum wellness of the school community as a part of a coordinated school health model.~~

~~**1. Establish and maintain a district-wide Wellness Advisory Council with the purpose of**~~

- ~~• Explaining the policy to the school community;~~
- ~~• Monitoring the implementation of the policy;~~
- ~~• Evaluating the policy progress;~~
- ~~• Making recommendations for policy revision; and~~
- ~~• Serving as a collaborative hub for information, resources and strategies for the schools and community.~~

B. Membership

Members of ~~this council~~ *the Wellness Advisory Council* shall consist of but not be limited to the following members:

- District Food Service Director
- Registered dietitian
- Local health practitioner
- School nurse
- Physical education and health education teachers
- Family and consumer science teacher
- Student representative
- School board member
- District administrator
- Parent

The Superintendent or designee(s) will convene the Wellness Advisory Council and facilitate development of and updates to the policy, and will ensure each school's compliance with the policy. Furthermore, each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

[NOTE: Federal regulation requires that each district identify school officials "responsible for the implementation and oversight of the local school wellness policy to ensure each school's compliance with the policy." 7 CFR § 210.31. This doesn't necessarily require the designation of a wellness policy coordinator at each school, but such an approach may be the easiest way to ensure compliance at each individual school.]

C. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: <http://www.newmilfordps.org>.

[NOTE: Federal regulation require wellness policies to include a “description of the plan for measuring the implementation of the local school wellness policy, and for reporting local school wellness policy content and implementation issues to the public.” 7 CFR § 210.31. The above language is designed to satisfy this requirement.]

D. Recordkeeping

The District will retain records to document compliance with the requirements of the policy at [District’s Administrative Offices, Room #] and/or on [District’s central computer network]. Documentation maintained in this location will include but will not be limited to:

- *The written wellness policy;*
- *Documentation demonstrating that the policy has been made available to the public;*
- *Documentation of efforts to review and update the policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the Wellness Advisory Council;*
- *Documentation to demonstrate compliance with the annual public notification requirements;*
- *The most recent assessment on the implementation of the policy;*
- *Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.*

E. Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District’s (or schools’) events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the Wellness Advisory Council.

F. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the policy to assess the implementation of the policy and include:

- *The extent to which schools under the jurisdiction of the District are in compliance with the policy;*

6142.2(d)

- *The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and*

[NOTE – FNS has specifically endorsed the model policy adopted by the Alliance for a Healthier Generation as compliant with the new federal regulations. The language in these sections comes directly from the Alliance for a Healthier Generation's model policy.]

- *A description of the progress made in attaining the goals of the District's wellness policy.*

The position/person responsible for managing the triennial assessment and contact information is _____ (list the person responsible here, their title, and their contact information) _____.

The Wellness Advisory Council, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District [or school] will actively notify households/families of the availability of the triennial progress report.

G. Revisions and Updating the Policy

The Wellness Advisory Council will update or modify the policy based on the results of the annual School Health Index and triennial assessments and/or as District 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 policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

H. Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of the Wellness Advisory Council and others can participate in the development, implementation and periodic review and update of the policy through a variety of appropriate means. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District and individual schools are communicating important school information with parents.

6142.2(e)

The District will actively notify the public about the content of or any updates to the policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

[NOTE – As noted above, the above-language comes from a model policy developed by the Alliance for a Healthier Generation. This language has been specifically endorsed by the FNS as compliant with the new federal regulations, however, changes may be made so long as the overall recordkeeping, annual notification, community involvement, etc. goals of the new regulations are met.]

II. GOALS

The District's policy is designed to address methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum standards. The District is committed toward achieving the following goals:

[NOTE: The regulations (7 CFR § 210.31) require that the wellness policy address "specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness." This revision is designed to make the policy's goals more explicit and in-line with the regulation.]

2. A. Nutrition *Promotion and Education*

- Nutrition ***promotion and education*** shall be a part of a comprehensive, sequential K-12 health education curriculum.
- The goal of nutrition ***promotion and education*** is to provide students with age-appropriate, fundamental and comprehensive knowledge of nutrition and how it relates to their overall health and to learn skills and foster decision making that promote healthy eating behaviors.
- Revise health education curriculum K-8 to reflect current District, state and national guidelines and standards for nutrition ***promotion and education***.
- Collaborate with physical educators in their curriculum revisions for a coordinated school health and wellness approach to K-12 health and physical education that includes nutrition ***promotion and education***.
- Collaborate with nutrition and food services to reinforce messages on healthy eating and allow students to practice healthy eating behaviors.
- Nutrition ***promotion and education*** will be taught by qualified health educators, family and consumer science educators or, in the elementary schools, by certified teachers who have received curriculum-specific preparation and professional development.
- Nutrition ***promotion and education*** is encouraged in other content areas to reinforce and support health messages.
- Utilize a standard health education assessment tool (i.e. Health Education Assessment Project) District-wide to assess nutrition ***promotion and education***.

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- Utilize recommendations from *Wellness Advisory Council* for program improvements.
- Utilize the *Wellness Advisory Council* to plan and promote age-appropriate nutrition *promotion and* education to parents at all grade levels.

3. B. Physical Education and Physical Activity

The New Milford Public School District shall provide physical activity and physical education opportunities that provide students with the knowledge and skills necessary to lead a physically active lifestyle.

• Physical Education Instruction

- As recommended by the National Association for Sport and Physical Education, Physical Education (NASPE) classes shall be standards-based and sequential, building from year to year. Content will include movement, personal fitness, and personal and social responsibility. NASPE recommends physical education 150 minutes/week for elementary school-aged students and 225 minutes/week for middle and high school students.
- NASPE standards state that students shall spend at least 50% of P.E. class time participating in moderate to vigorous physical activity.
- Students should be able to demonstrate competency through the application of knowledge, skill, and practice.
- Children should be exposed to a wide variety of physical activities.
- Self-monitoring is encouraged so students can see how active they are and can set their own goals.
- Intensity of activities should be individualized.
- Feedback should be focused on the process of doing your best rather than on product.
- Teachers should be active role models for health and fitness.
- Developmentally appropriate components of health-related fitness assessments (e.g. President's Council) should be introduced to the students at an early age to prepare them for future assessments.
- Each child will receive his/her own baseline.
- Technological advances should be utilized to support the curriculum (e.g. heart monitors, pedometers, computerized fitness programs).
- Revise 9-12 physical education curriculum to reflect a coordinated health and physical education program that is based on wellness and fitness.
- Develop a wellness elective for the high school level that incorporates a final assessment that requires a fitness and nutrition plan for lifetime fitness and wellness.
- Study scheduling barriers and investigate strategies to increase the amount of weekly physical activity at all grade levels.
- Utilize recommendations from the *Wellness Advisory Council* for program improvements.

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- **Daily Recess**
 - On typical school days, recess shall be offered daily for a minimum of 30 minutes for all K-5 students.
 - During inclement weather, efforts should be made to provide an indoor back-up plan for physical activity opportunities.
 - Physical activity opportunities (e.g. intramurals and clubs at all levels and interscholastic sports at the middle and high school level) shall be offered daily before school and/or after school.
 - Extended periods (periods of two hours or more) of inactivity are discouraged for elementary school-aged children.
 - Physical activity or energizing breaks should be incorporated into the academic classroom. Physical education and health instructors can be a resource for this information.

- **Physical Activity and Discipline**
 - Physical activity is not to be used as punishment. School employees may not require students at any grade level to perform a physical activity as a form of discipline.
 - Opportunities for physical activity during the regular school day for elementary students may not be withheld as a disciplinary consequence for misbehavior, incomplete assignments or other misconduct.

- **Use of School Facilities Outside of School Hours**
 - School facilities should be made available to facilitate physical activity events.
 - Agencies using the facility are responsible for leaving the facilities in the same condition as they were found.
 - Plan and sponsor community events that focus on fitness and wellness.

- **Health Fitness Assessment**
 - In elementary school, teacher observation will be used to assess student's performance based on the benchmarks of the curriculum.
 - Fitness or activity logging will begin in the upper elementary school.
 - Beginning in the middle school, and through high school, a health-related fitness assessment will be administered. Students will receive results and use them as a baseline in understanding their own levels of fitness, create fitness goals and plans, and log activities identified to achieve these goals.

4. C. School Nutrition Program

- Establish a *School Nutrition Subcommittee* of the *Wellness Advisory Council*. This subcommittee will consist of but not be limited to the Food Services Director, a registered dietitian, teachers who teach nutrition education, a parent and a student. The subcommittee will assist the school District in implementing and monitoring the regulations regarding the school nutrition component of the policy.
- The Food Services Director must be certified by the “National School Nutrition Association” at level three or a registered dietitian. The District will provide staff development for all nutrition professionals according to their levels of responsibility.
- The District shall continue to provide meals that follow the USDA requirements for Federal School Meal Programs under 7 CFR Part 210 and 220.
- The New Milford Public School District strongly encourages the sale and distribution of nutrient-dense foods for all school meals, functions and activities. This includes all before- and after-school activities, including clubs, sports, and PTA functions. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy and include whole grains, fresh fruits, vegetables, and low fat dairy products. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted nutrition standards governing the sale of food, beverages and snacks on school grounds. They are delineated below and are to be used as minimal guidelines.
- All food items made available for sale to students aside from the reimbursable National School Breakfast Program, and National School Lunch Program in the New Milford Public School District shall meet the standards set forth in the Connecticut State Department of Education Healthy Snack List.

III. DISTRICT NUTRITION STANDARDS

A. *Beverages* BEVERAGES

~~C.G.S. Section 10-221q applies to all beverages sold to students as part of school meals and separately from school meals in all public schools. This statute allows five categories of beverages to be sold to students in public schools at all times and from all sources, including, but not limited to, cafeterias, vending machines, school stores and fundraisers. Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for water, which is unlimited.~~

Pursuant to state law, only the following beverages shall be permitted to be sold to students on school grounds from any source, including, but not limited to, school stores, vending machines, school cafeterias, and any fund-raising activities on school premises, whether or not school sponsored:

Acceptable beverages include:

- *Milk that may be flavored but contain no artificial sweeteners and no more than four grams of sugar per ounce, so long as the portion size for such milk does not exceed twelve ounces;*
- *Nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, no more than four grams of sugar per ounce, no more than thirty-five per cent of calories from fat per portion and no more than ten per cent of calories from saturated fat per portion, so long as the portion size for such milks does not exceed twelve ounces;*
- *One hundred per cent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners, so long as the portion size for such juice does not exceed twelve ounces;*
- *Water, which may be flavored but contain no added sugars, sweeteners, artificial sweeteners or caffeine.*
- ~~MILK, LOWFAT (1%) UNFLAVORED AND NONFAT FLAVORED OR UNFLAVORED with no more than 4 grams of sugar per fluid ounce and no artificial sweeteners~~
- ~~NONDAIRY MILK SUBSTITUTES SUCH AS SOY OR RICE MILK (FLAVORED OR UNFLAVORED) that comply with the USDA nutrition standards for nutritionally equivalent milk alternatives and contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat~~
- ~~BEVERAGES THAT CONTAIN ONLY WATER AND FRUIT OR VEGETABLE JUICE~~

[NOTE – The above changes are designed to more closely reflect the language of the applicable state statute – CGS § 10-221q. The requirements of the statute are minimum standards that can be exceeded if desired.]

B. FOODS**I. FOOD CATEGORIES**

The Connecticut Nutrition Standards includes six categories of competitive foods 1) Snacks 2) Entrees 3) Non Entrée Combination Foods 4) Fruits and Vegetables 5) Cooked Grains *and* 6) Soups.

To be allowed for sale to students, a competitive food item must meet at least one general standard and all nutrient standards for the specific food category to which it belongs.

Two categories of foods and beverages are not allowed regardless of whether their nutrient content meets the Connecticut Nutrition Standards or the state statute for beverages. These include significantly fortified products with the exception of naturally nutrient-rich foods fortified with nutrients at levels based on scientifically documented health needs (e.g., mild fortified with vitamins A and D), and products containing nutrition supplements (e.g., amino acids, extracts, herbs or other botanicals).

II. GENERAL STANDARDS

1. Whole Grain-rich (WGR) Foods

The food item is a grain product that:

- a) Contains at least 50 percent whole grains by weight or has a whole grain as the first ingredient
- b) Any remaining grain ingredients are enriched; and c) any noncreditable grains such as bran, germ and modified food starch, are less than two percent of the product formula. If water is the first ingredient, the second ingredient must be a whole grain.

2. Food Groups

The food item has one of the following food groups as the first ingredient: fruits, vegetables, dairy or protein foods, e.g., meat, beans, poultry, seafood, eggs, nuts, seeds. If water is the first ingredient, the second ingredient must be a fruit, vegetable, whole grain, dairy or protein food.

3. Combination Foods

The food item is a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable.

4. Snacks and Desserts

This category addresses chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers and cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels), frozen desserts, ice cream, cheese, yogurt and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).

- Calories: No more than 200 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments
- Trans Fat: All products must be 100 percent trans-fat free including any added accompaniments. Labels must indicate zero trans-fat as served and the ingredients statement cannot contain any partially hydrogenated oils.

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- Sugars: No more than 35 percent of total sugars by weight and *no more than* 15 grams of total sugars as served including any added accompaniments. No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
 - *Smoothies: No more than 4 grams of total sugars per ounce for smoothies made with low-fat yogurt and/or other low-fat dairy alternatives and/or fruit and/or 100 percent juice. Portion size limited to no more than 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools.*
 - *Yogurt and Pudding: No more than 4 grams of total sugars per ounce.*

[NOTE – These additions reflect specific requirements included in the CT State Department of Education’s Connecticut Nutrition Standards for Foods in Schools as published in Feb. 2017.]

- Sodium: ~~No more than 230 milligrams as served including any added accompaniments. Effective July 1, 2016, no~~ *No* more than 200 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances.

5. Entrees

The entree standards apply ONLY to entree items that are sold only a la carte, i.e., entrees that are not part of a reimbursable meal.

- Calories: No more than 350 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments.
- Trans Fat: *Zero trans fat (less than 0.5 gram) as served including any added accompaniments.* All products must be 100 percent trans-fat free including any added accompaniments. Labels must indicate zero trans-fat as served and the ingredients statement cannot contain any partially hydrogenated oils.
- Sugars: No more than 35 percent of total sugars by weight and no more than 15 grams of total sugars as served including any added accompaniments. No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.

6142.2(I)

- Sodium: No more than 480 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances

6. Non Entree Combination Foods

This category includes nutrient-rich combination foods that are not entrees, such as WGR vegetable egg rolls, carrot sticks with peanut butter and vegetables with hummus dip.

- Calories: No more than 200 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments.
- Trans Fat: ***Zero trans fat (less than 0.5 gram) as served including any added accompaniments.*** All products must be 100 percent trans fat free including any added accompaniments. Labels must indicate zero trans fat as served and the ingredients statement cannot contain any partially hydrogenated oils.
- Sugars: No more than 35 percent of total sugars by weight ~~and no more than 15 grams of total sugars as served~~ including any added accompaniments. No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.

[NOTE – 15 grams of total sugar as served limit not included in February 2017 SDE Connecticut Nutrition Standards.]

- Sodium: ~~No more than 230 milligrams as served including any added accompaniments. Effective July 1, 2016, no~~ **No** more than 200 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances

7. Fruits and Vegetables

This category includes fresh, frozen, canned and dried fruits including fruit snacks that are 100 percent fruit and vegetables. Make quality fruits and vegetables available at any place snack items are sold. ("Quality" means fruits and vegetables prepared and packaged without added fat, sugar, or sodium.)

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- Calories: No more than 200 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments.
- Trans Fat: ***Zero trans fat (less than 0.5 gram) as served including any added accompaniments.*** All products must be 100 percent trans-fat free including any added accompaniments. Labels must indicate zero trans-fat as served and the ingredients statement cannot contain any partially hydrogenated oils.
- Sugars: No more than 35 percent of total sugars by weight ~~and no more than 15 grams of total sugars as served~~ including any added accompaniments. No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
- Sodium: ~~No more than 230 milligrams as served including any added accompaniments. Effective July 1, 2016, no~~ **No** more than 200 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances

8. Cooked Grains

This category includes all cooked grains such as rice, pasta and quinoa except for cooked breakfast cereals like oatmeal, which are in the “Snacks” category. Whole Grain-rich: Cooked grains must be WGR, i.e., the product 1) contains at least 50 percent whole grains by weight or has a whole grain as the first ingredient; 2) any remaining grain ingredients are enriched; and 3) the combined total of any noncreditable grains are less than two percent of the product formula, i.e., cannot exceed 6.99 grams.

- Calories: No more than 200 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments.

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- Trans Fat: ***Zero trans fat (less than 0.5 gram) as served including any added accompaniments.*** All products must be 100 percent trans-fat free including any added accompaniments. Labels must indicate zero trans-fat as served and the ingredients statement cannot contain any partially hydrogenated oils.
- Sugars: No more than 35 percent of total sugars by weight and no more than 15 grams of total sugars as served including any added accompaniments. No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
- Sodium: ~~No more than 230 milligrams as served including any added accompaniments. Effective July 1, 2016, no~~ ***No*** more than 200 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances

9. Soups

This category includes all soups including ready-to-serve, canned, frozen and rehydrated.

- Calories: No more than 200 calories as served including any added accompaniments.
- Total Fat: No more than 35 percent of calories as served including any added accompaniments. No chemically altered fat substitutes.
- Saturated Fat: Less than 10 percent of calories as served including any added accompaniments.
- Trans Fat: ***Zero trans fat (less than 0.5 gram) as served including any added accompaniments.*** All products must be 100 percent trans-fat free including any added accompaniments. Labels must indicate zero trans-fat as served and the ingredients statement cannot contain any partially hydrogenated oils.
- Sugars: No more than 35 percent of total sugars by weight and no more than 15 grams of total sugars as served including any added accompaniments.
- Sodium: ~~No more than 230 milligrams as served including any added accompaniments. Effective July 1, 2016, no~~ ***No*** more than 200 milligrams as served including any added accompaniments.
- Caffeine: No caffeine, with the exception of trace amounts of naturally occurring caffeine related substances

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- In order to accommodate students and staff with dietary restrictions, whenever several sources of protein are provided at the same time, care will be given to offer as diverse a selection of protein sources as possible (i.e., red meat (from mammals), poultry, fish, dairy, and/or plants.)
- Snacks, including beverages, brought from home by students should be nutritious. Classroom snacks should reinforce the importance of healthy choices. Teachers should encourage students to adhere to the list of snacks recommended by the District's Nutrition Standards.
- Foods defined as giving minimal nutritional value shall not be sold anywhere on school premises.

Meal Readiness:

Schools shall schedule lunch periods to follow recess periods in all elementary schools. Middle schools shall schedule recess before lunch whenever possible.

Environment:

The cafeteria environment shall be maintained as a place where students have a relaxed, enjoyable climate, and adequate space to eat with clean and pleasant surroundings. The display of corporate logos and trademarks are prohibited. There should be adequate time to eat meals. (The School Nutrition Association recommends at least 20 minutes sit down time for lunch and 10 minutes sit down time for breakfast.) Convenient access should be made available to hand-washing or hand sanitizing facilities before meals.

Nutrition information for products offered under the National School Lunch and Breakfast Program, and á la carte will be readily available. Vending machines, school stores, and fundraising events shall have nutrition information readily available.

Student Incentives:

Schools shall not use foods or beverages, especially those that do not meet the *above* nutrition standards for foods and beverages as rewards for academic performance or good behavior, and shall not withhold food or beverages (including food served through school meals) as a punishment.

Classroom celebrations:

Schools should limit celebrations that involve food during the school day. Schools should encourage celebrations that promote physical activity, *and only foods and beverages that meet the above nutrition standards may be distributed to students as part of classroom celebrations.* Parents, guardians and families shall receive guidance from the Nutrition Advisory Council on foods that are appropriate for celebrations, which include healthy choices and serving sizes.

[NOTE – The above change reflect a new requirement that all food and beverages distributed to students as part of a classroom celebration must meet district nutrition standards. However, the regulation gives districts wide-latitude to determine what such standards for food provided but not sold to students should be.]

Fundraising:

To support children's health and school nutrition-education efforts, school fundraising activities shall not involve ready to eat food, and shall use only foods that meet the above nutrition and portion size standards for foods and beverages. Schools will encourage fundraising activities that promote physical activity. The Wellness Advisory Council will make available a list of ideas for acceptable fundraising activities.

Other School Wellness Activities:

- A. Parent/Guardian/Staff Information: Nutritional information should be provided to parents and staff members through newsletters, publications, health fairs, and other activities focusing on, but not limited to...
 - 1. Healthy snack ideas
 - 2. Healthy lunch ideas
 - 3. Healthy breakfast ideas
 - 4. Nonfood birthday celebration ideas
 - 5. Calcium needs of children
 - 6. Healthy portion sizes
 - 7. Food label reading guidelines
 - 8. Fun activities to encourage increased physical activity inside and outside of school
- B. Require staff to consider health/wellness/nutritional implications in scheduling and promoting school activities (i.e. lunch, recess, assembly programs, extra-curricular activities, etc.)
 - 1. Staff should promote appropriate student dress for recess during all seasons
 - 2. Recess is ordinarily outdoors every day unless extreme weather, safety or other conditions make outdoor recess imprudent or impractical. The principal, in consultation with the nurse, should have the discretion to determine if recess needs to be held inside.
 - 3. When recess must be indoors, staff should make every effort to provide opportunities for physical activities on a regular basis
 - 4. Provide assembly programs that promote healthy lifestyle choices
 - 5. Provide extra-curricular physical activities
- C. The District highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourages staff members to serve as role models.

Marketing and Promotion:

The New Milford BOE has established a coordinated school health program in order to provide a well-rounded approach to wellness. An integral component of this model is the involvement of students, parents and the community as a whole. Student, parent and community based marketing of the wellness plan will be consistent with District-wide nutrition and physical education and health promotion concepts. Indeed, the classroom, the cafeteria and school activities should provide and promote a clear and consistent message that explains and reinforces healthy eating

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and physical activity habits. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards for meals or for food and beverages sold individually.

Students will have a strong voice in order to promote ownership in creating a positive nutrition and physically active environment. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy is encouraged.

The District will support parent's efforts to provide a healthy diet. The District will offer an annual event designed to support healthy food and activity choices while giving parents an opportunity to share their practices with others in the school community. Healthy nutrition tips will be posted on the District's website along with nutrient analysis of school menus.

Engaging staff in the creation of a positive, healthy environment is crucial to the success of this policy. Nutrition and physical activity education opportunities to promote staff health and role modeling behavior is encouraged.

Community support of this initiative is integral to the wellness policy's success. A community environment that supports healthy lifestyles and choices is key to creating a well-rounded picture for children and their families. The school District needs to carry its wellness message beyond the District's gate. Participation on key healthy community-based initiatives will help to achieve school-parent-community coordination. Some additional opportunities worth exploring include:

- Setting up cross generational activities with health related themes

- Consider setting up a local speaker's bureau

- Explore role of Channel 17 and student broadcasts to carry message

- Explore role of local papers to carry message

- Planned promotions such as health fairs and contests

- School based health committee to build support for wellness strategies

- Measurement and Evaluation: Physical education teachers provide annual written summary of student's reaction to phys-ed activities. Goal: Extend the age when students decide they no longer want to be active. List activities that demonstrate incorporation of marketing strategies into the fabric of school life. List wellness related activities that demonstrate outreach to students, parents, community.

[NOTE – Portions of this section could be combined with the section on Community Involvement, Outreach and Communications, or this section could remain as is.]

Measurement and Evaluation:

- ~~Each school will complete a self-assessment of school wellness in the first quarter of the 2006/07 school year to provide a baseline for improvements needed.~~
- Measurement and evaluation:
 - Establish a baseline of school wellness in each school by conducting a self-assessment using a standard instrument.
 - Determine school-based leadership and responsibility in each site to monitor compliance to achieve policy goals.
 - Determine District-wide Administrator to ensure District-wide implementation of the policy.

Regulation approved: June 13, 2006
Regulation revised: October 8, 2013
Regulation revised: October 20, 2015

NEW MILFORD PUBLIC SCHOOLS
New Milford, Connecticut