

WEST HARTFORD PUBLIC SCHOOLS

POLICY 5631

Students

Wellness—Physical Activity and Nutrition

The West Hartford Public School District is committed to providing school environments which promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. This commitment is demonstrated through the West Hartford Board of Education's policy of promoting the health and well-being of district students.

In furtherance of this policy, the Board directs the West Hartford Public Schools Health Advisory Council to annually review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. The Health Advisory Council will include parents, teachers, students, school food service provider representatives, school administrators, nurses, a representative of the Board of Education and members of the public.

The Board also directs the administration to develop, in collaboration with the Health Advisory Council, Administrative Regulations on the following:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness;
2. Nutrition guidelines for all foods available to students at each school during the school day with the objectives of promoting student health and reducing childhood and adolescent obesity;
3. Assurances that guidelines for school meals are at least as restrictive as regulations and guidance set by the USDA;
4. A plan for measuring the implementation of this wellness policy, including the designation of one or more persons charged with operational responsibility for ensuring that each school meets the local wellness policy standards.

Legal Reference: 42 U.S.C. § 1751

Adopted: May 16, 2006