

NATCHAUG HOSPITAL POLICY AND PROCEDURE MANUAL
TITLE: NUTRITION AND PHYSICAL ACTIVITY – STUDENT WELLNESS

Policy#: 1.17

Section: Community Programs

Subsection: School Programs

Purpose:

To provide guidance to all school programs in order to comply with state and federal mandates regarding nutrition, physical activity as well as psychological wellness.

Scope:

School sites

Policy:

To ensure the health and well-being of all students, it is the policy of the Natchaug Hospital Schools to:

1. Ensure that all students have access to adequate and healthy food choices while at school.
2. Encourage and promote a healthy lifestyle for students by supporting the implementation of educationally sound and financially accountable school food and nutrition programs.
3. Ensure the integrity of the school meals program by prohibiting food sales/parties for students, held during school hours, which are in direct conflict with the lunch and breakfast programs. The hospital provides meal programs in compliance with legislative regulations.
4. All foods available on school grounds, and at school-sponsored activities during the instructional day, should meet or exceed the hospital nutrition guidelines. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals served in a pleasant eating environment. Colleagues are encouraged to focus on the most recent federal guidelines.
5. Educate all students to possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, colleagues are encouraged to model healthy habits as a valuable part of student education.
6. Coordinate school food service with this policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
7. Provide school colleagues involved in nutrition education and in supporting a healthy school environment with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
8. Wherever possible, involve students, parents, teachers, school officials, community and business leaders in ensuring that the school environment promotes healthy eating and lifestyles.
9. Continuously evaluate the effectiveness of this policy in promoting healthy eating and change the program as appropriate to increase its effectiveness.
10. Promote knowledge and behavior that improves health, intellectual development and overall quality of life.

Overall Goals:

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not just the classroom, shall be aligned with

NATCHAUG HOSPITAL POLICY AND PROCEDURE MANUAL
TITLE: NUTRITION AND PHYSICAL ACTIVITY – STUDENT WELLNESS

Policy#: 1.17

Section: Community Programs

Subsection: School Programs

healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

- B. Support and promote proper dietary habits contributing to students' health status and academic performance.** All foods available at school during the instructional day should meet or exceed the most recent guidelines. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12. Physical activity should include regular instructional physical education activities, and recess in grades K-6.
- D. The School is committed to improving academic performance in high-risk groups so that no child is left behind.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, racial, cultural and medical) should be considered at all times to ensure that all student needs are being met so that no one is left behind.

Issued: 12/2012
Replaces: 2/2020
Revised: 11/2023