

Instruction

Student Wellness

Student Nutrition and Physical Activity

The Cheshire Public Schools strives to make significant contributions to the general well being, mental and physical capacity and learning ability of all students, affording them the opportunity to participate fully in the educational process. The Board of Education promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children.

Healthy eating and physical activity are linked scientifically to enhance academic performance and reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Board of Education to:

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not limited to the classroom, shall be aligned with healthy school goals that influence the understanding, beliefs, and habits related to good nutrition and regular physical activity for each student.
- B. **Support and promote proper dietary habits that contribute to the health status and academic performance of each student.** All foods available on school grounds and at school-sponsored activities during the instructional day should meet the District Nutrition Standards. 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. **Provide continuing opportunities for students to engage 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 incorporated into the schools' education program. Physical activity should include regular instructional physical education in addition to co-curricular activities or recess.
- D. **Support the District's commitment to improving academic performance in all students.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research indicating 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. Cheshire Public Schools will always consider the diversity of the student population (i.e. economic, religious, racial, cultural, and medical status) to ensure that each child's needs are met.