



## YESHIVA K'TANA OF WATERBURY LOCAL SCHOOL WELLNESS POLICY

### PURPOSE AND STATEMENT OF COMMITMENT

Yeshiva K'tana of Waterbury (the "School") is committed to supporting the health, well-being, and academic success of all students by fostering a school environment that encourages healthy eating, physical activity, and overall wellness. The School recognizes that student wellness is closely linked to student attendance, readiness to learn, academic achievement, and lifelong healthy habits.

This Local School Wellness Policy (the "Policy") is adopted in accordance with applicable federal law and USDA requirements governing local school wellness policies. This Policy is intended to reflect the School's educational program, food service operations, physical activity practices, and wellness goals as they apply to the students served by the School.

This Policy applies to all school programs, activities, and settings under the School's authority that affect student wellness, including, but not limited to, nutrition education, school meals, physical activity, wellness promotion, and implementation oversight.

A current copy of this Policy shall be made available to the public.

### I. WELLNESS GOALS

The School establishes the following goals to promote student wellness:

1. To provide nutrition promotion and nutrition education designed to support student wellness and healthy decision-making.
2. To provide students with access to school meals that comply with applicable USDA nutrition standards for reimbursable meals.
3. To promote healthy food and beverage choices throughout the school environment.
4. To ensure that students have access to free drinking water during meals and throughout the school day.
5. To provide students with regular opportunities for physical activity during the school day and, where feasible, beyond the school day.
6. To maintain practices that protect the privacy and dignity of students participating in free or reduced-price meal programs.
7. To support employee wellness and encourage staff to model healthy behaviors.
8. To maintain an active wellness committee and an implementation process that supports continuous review and improvement.

## II. NUTRITION EDUCATION AND PROMOTION

### A. Nutrition Education

The School shall provide nutrition education that is designed to promote student wellness and support healthy eating behaviors.

1. Nutrition education shall be age-appropriate and, for applicable grade levels, sequential and comprehensive.
2. Nutrition education shall be integrated, where appropriate, into subjects beyond health instruction.
3. Nutrition education shall include behavior-focused, interactive, skills-based, or participatory methods to the extent practicable.
4. Instruction may address topics including healthy food choices, portion awareness, label reading, meal planning, the relationship between food and health, and other wellness concepts appropriate to the age and developmental level of students.
5. The School shall continue to strengthen collaboration between instructional staff and nutrition services personnel, where feasible, in order to reinforce healthy eating messages across the school setting.
6. The School shall continue to develop, where practicable, instruction relating to agriculture, food systems, and the connection between food choices and the broader food environment.

### B. Nutrition Promotion

The School shall promote healthy eating and student participation in school meal programs through positive and consistent practices, which may include the following:

1. Marketing and encouraging healthy food and beverage choices.
2. Communicating with families regarding school meal availability and eligibility for free or reduced-price meals.
3. Using strategies designed to increase student participation in school meals.
4. Reinforcing healthy nutrition messages across the school environment.

### C. Staff Conduct and Role Modeling

1. School staff shall be encouraged to model healthy eating and physical activity behaviors.
2. School staff shall support wellness efforts through consistent and age-appropriate messaging.

## III. NUTRITION STANDARDS FOR SCHOOL MEALS AND OTHER FOODS AND BEVERAGES

### A. USDA Reimbursable Meals

1. The School shall offer reimbursable meals that comply with all applicable USDA meal pattern, nutrition, and calorie requirements for the grade groups served.
2. The School shall administer its meal program in a manner consistent with federal requirements and recognized food safety and operational standards.
3. Food and nutrition services staff shall receive annual training as required under USDA Professional Standards.
4. Students shall be provided sufficient time to eat their meals after being seated, consistent with

School practice and applicable guidance.

5. The School shall use practices that support participation in school meals.
6. The School shall communicate eligibility information for free and reduced-price meals to families.
7. The School shall address unpaid meal balances in a manner that does not stigmatize students.
8. The School shall protect the privacy of students who qualify for free or reduced-price meals.

#### B. Competitive Foods and Beverages

1. Any foods and beverages sold to students during the school day on the school campus outside the reimbursable meal programs shall comply with applicable USDA Smart Snacks in School requirements and any other applicable state or federal standards.
2. If competitive foods are not presently sold in a particular setting, the School shall maintain compliance procedures in the event such sales are later introduced.

#### C. Classroom Celebrations and Student Rewards

1. The School shall establish and communicate guidelines governing foods and beverages served at classroom celebrations and similar school events.
2. Staff shall be encouraged to use non-food celebrations and non-food-based positive reinforcement whenever appropriate.
3. Food shall not be used as a routine reward or incentive for students.
4. The School may require advance notice or other reasonable procedures for classroom celebrations in order to support compliance and oversight.

### IV. ACCESS TO DRINKING WATER

1. Students shall have access to free drinking water during meals.
2. Students shall have access to free drinking water throughout the school day.
3. The School shall maintain water access in a safe and sanitary manner consistent with the facilities and operations of the School.
4. The School shall promote water as a healthy beverage choice.

### V. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

#### A. Physical Education

1. The School shall maintain and continue developing a written physical education curriculum aligned, as appropriate, to applicable standards and grade-level expectations.
2. The physical education program shall promote a physically active lifestyle and support lifelong fitness habits.
3. The School shall work toward consistent implementation of physical education across the grades served.
4. Physical education staff shall receive professional development, as feasible, relating to activity-based learning and lifestyle fitness education.

## B. Physical Activity During the School Day

1. Elementary students shall be provided recess during the school day.
2. Teachers shall provide physical activity breaks during classroom instruction, especially in elementary grades and as appropriate in other settings.
3. Physical activity shall not be used as punishment.
4. Physical activity shall not be withheld as a disciplinary consequence or classroom management technique.

## C. Physical Activity Before and After School

1. The School shall encourage, support, or expand opportunities for students to engage in physical activity before and after school where feasible.
2. Such opportunities may include clubs, recreational activities, walking groups, sports, open-gym opportunities, or comparable programs appropriate to the School's setting and resources.
3. The School shall consider opportunities for family and community engagement in school-based physical activity where feasible.

## VI. EMPLOYEE WELLNESS

1. The School shall support employee wellness through reasonable measures that encourage healthy eating, physical activity, and staff participation in wellness initiatives.
2. Staff shall be encouraged to model healthy behaviors for students.

## VII. WELLNESS COMMITTEE AND STAKEHOLDER PARTICIPATION

### A. Wellness Committee

The School shall maintain an active wellness committee or committees to oversee implementation and review of this Policy.

1. The wellness committee shall include representation, to the extent practicable, from school leadership, food service personnel, teachers, health and physical education staff, parents, and other stakeholders relevant to the School community.
2. The School shall work to broaden committee representation in areas identified through the triennial assessment.
3. The wellness committee shall meet on a regular basis, and the School shall work toward quarterly review meetings as appropriate for implementation oversight.
4. The School may publicize committee meetings, invitations, updates, or outcomes to the school community.

### B. Designated Officials and Oversight

1. The School shall designate responsible official(s) at the building level for implementation of and compliance with this Policy.
2. The Wellness Coordinator, in partnership with the school principal and other relevant personnel, shall oversee implementation, monitoring, and recommended revisions to this Policy.
3. The wellness committee shall review implementation progress and recommend adjustments as needed.

## VIII. PUBLIC AVAILABILITY, MONITORING, AND TRIENNIAL ASSESSMENT

1. This Policy shall be made available to the public.
2. The School shall assess implementation of this Policy at least once every three years in accordance with applicable federal requirements.
3. The results of the triennial assessment shall be made available to the public.
4. The School shall review and update this Policy as appropriate based on the triennial assessment, implementation data, operational needs, and changes in law or guidance.
5. Progress may be monitored through committee review, staff input, observations, implementation checklists, participation data, student feedback, and other reasonable measures.

## IX. IMPLEMENTATION PRIORITIES

Consistent with the School's 2024–2025 triennial assessment, implementation and policy refinement priorities include:

1. Strengthening written and operational guidance for classroom celebrations and food-based rewards.
2. Continuing development of behavior-focused and interactive nutrition instruction.
3. Expanding collaboration between instructional staff and food service personnel.
4. Increasing inclusion of agriculture and food systems content where practicable.
5. Continuing development and implementation of written physical education curriculum and active-lifestyle promotion.
6. Expanding opportunities for student physical activity before and after school where feasible.
7. Broadening wellness committee representation and regularized review practices.

## X. POLICY ADMINISTRATION

The School administration is authorized to implement this Policy through administrative procedures, handbooks, staff guidance, operational protocols, and committee practices, provided such measures remain consistent with applicable law and this Policy.

If any provision of this Policy is determined to be inconsistent with applicable law, regulation, or controlling guidance, the School shall implement the Policy in a manner consistent with such authority, and the remaining provisions shall continue in effect.

This Policy shall remain in effect until amended, revised, or replaced by the School.