

WELLNESS POLICY

POLICY INTENT/RATIONALE

Acushnet Public Schools promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment where children learn and participate in positive dietary and lifestyle practices.

Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

GUIDELINES FOR FOODS AND BEVERAGES SERVED, OFFERED, OR SOLD

The school lunch program will continue to follow the USDA requirements for Federal School Meals Programs. In addition, all competitive foods and beverages sold or provided in the public schools shall comply with the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. Competitive foods are defined as foods and beverages provided in:

- a) school cafeterias offered as a la carte items;
- b) school buildings, including classrooms and hallways;
- c) school stores;
- d) school snack bars;
- e) vending machines
- f) concession stands
- g) booster sales;
- h) fundraising activities;
- i) school-sponsored or school-related events; and
- j) any other location on school property.

The regulations apply to foods and beverages sold or provided to students at least 30 minutes before the beginning of the school day or until 30 minutes after the end of the school day.

The regulations do not apply to food or beverages sold or provided on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day. In addition, the regulations do not apply to competitive foods or beverages sold or provided at booster sales, concession stands, and other school-sponsored or school-related fundraisers and events. However, the school committee encourages these standards to be followed during these time periods and activities. It is important to note that the approval of all fundraising and the sale of goods must comply with policies KHA Solicitations/Selling and Fundraising and KG Use of Facilities.

Only milk (8 oz.) and 100% juice (4 oz.) or water will be offered. Milk is offered for all lunches. 100% juice (4 oz.) or water may be offered for sale on an a la carte basis.

Soda and sports drinks shall not be sold to students during the instructional day. The consumption of soda and sports drinks by students is discouraged during the instructional day. Students are prohibited from consuming high caffeine energy drinks such as Red Bull, Amp, 5-Hour Energy, etc.

Sales of candy will not be permitted on school grounds during the instructional day with the exception of approved fundraisers. Candy used in the classroom as a reward or incentive is prohibited.

Food will not be used as a teaching aide unless food is integral to the concept being taught.

Classroom celebrations and/or birthday parties shall be limited to once per month. If food is provided at these parties, then it must be pre-packaged with the nutrition label clearly evident for the health and safety of all students and staff, especially those with food allergies. Healthy food or non-food options are preferable.

For further information on the state nutritional standards, one should access the “Healthy Students, Healthy Schools” document at:

<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>

CAFETERIA ENVIRONMENT

The cafeteria environment shall provide students with a relaxed, enjoyable climate. The cafeteria shall have adequate space to eat, clean, pleasant surroundings; adequate time to eat meals, and convenient access to hand washing or hand sanitizing facilities before meals.

Children will be encouraged to make healthy food choices during snack and lunchtime. Parents are encouraged to send foods that are healthy and nutritious. Children should not share their food or beverage with one another during meal or snack times.

STUDENT NUTRITION EDUCATION GOAL

The school district will provide to students health and wellness education aligned with the curriculum standards established by the Massachusetts Department of Elementary and Secondary Education.

The Wellness Committee will ensure this goal is met by mapping out the district health curriculum so it is aligned to the curriculum standards.

STUDENT & PARENT NUTRITION PROMOTION & EDUCATION GOAL

Nutrition education will promote nutrition through the provision of at least four informational newsletters or postings to the District website.

STAFF NUTRITION & PHYSICAL ACTIVITY EDUCATION

Nutrition and physical activity education opportunities may be provided to all school staff. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials, the scheduling of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

STUDENT PHYSICAL ACTIVITY GOAL

The District’s Wellness Committee will provide an opportunity for each student to engage in physical activity for at least one hour per week at the middle school and, on average, 30 minutes per day for elementary school students.

STUDENT PHYSICAL ACTIVITY

Acushnet Public Schools shall provide physical activity and physical education opportunities aligned with the Massachusetts Education Framework that provides students with the knowledge and skill to lead a physically active lifestyle.

Acushnet Public Schools shall utilize the following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage appropriate intensity of activity and individual goal setting so students can monitor their progress
 - Focus feedback on effort and improvement
3. Students will engage in recess or short physical breaks as scheduled or as agreed to by school administration.

ESTABLISH AND MAINTAIN A DISTRICT-WIDE WELLNESS COMMITTEE

The Wellness Committee shall develop guidance to explicate this policy, monitor the implementation of this policy, evaluate policy progress, serve as a resource to school sites, and offer revisions to the policy as necessary. In accordance with the Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010, this policy shall be reviewed annually by the Wellness Committee. By the end of each school year, the Wellness Committee will provide an evaluation report to the Superintendent describing the implementation of this policy. The report will include, but is not limited to:

- *A review of membership participation over the past school year
- *An evaluation of the progress made in reaching the annual goals (which are included in this document)
- *Specific actions taken for improving nutrition and wellness over the past school year
- *Successes and challenges of implementing the policy
- *Recommendations for revisions to this policy
- *Goals and objectives for the subsequent school year
- *Available statistics about the health and wellness status of students (such information may include results of BMI screening data, food consumption patterns or lunch program participation, the amount of time and the quality of the opportunities provided for physical activity, status of school health and behavioral health services and health education programs, etc.)

The Superintendent and/or Wellness Committee shall present the findings in the report to the School Committee and the general public. Per 105 CMR 215.100 this report, along with minutes of meetings (including the names of the attendees), shall be provided to the Department of Public Health or Department of Elementary and Secondary Education upon request.

Responsibilities of the Wellness Committee may include, but are not limited to, oversight of the implementation of district nutrition and physical activity standards, integration of nutrition and physical activity in the overall curriculum, assurance that staff professional development includes nutrition and physical activity issues, assurance that students receive nutrition education and engage in vigorous physical activity, pursuance of contracts with outside vendors that encourage healthful eating and reduction of school / district dependence on profits from foods of minimal nutritional value, and consistent healthful choices among all school venues that involve the sale of food.

The Wellness Committee will meet no less than quarterly to keep abreast of changing events. The Wellness Committee shall consist of at least one of the following: Food Service Director, Business Manager, assistant principal/principal, physical education or health teacher, guidance counselor, school nurse, parent, School Committee member.

LEGAL REFS: 105 CMR 215 and 105 CMR 225

Section 204 of the Healthy, Hunger-Free Kids Act of 2010

Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act of 2004

CROSS REFS: KG Use of Facilities; KHA Solicitations/Selling and Fundraising

RESOURCES

USDA:

www.fns.usda.gov/fns/nutrition.htm

MASS Action for Healthy Kids:

www.actionforhealthykids.org/

MA Education Framework:

www.doe.ma.edu/frameworks/health/1999

NASPE:

www.aahperd.org/naspe

Fuel Up to Play 60:

www.fueluptoplay60.com

Adopted: 6/6/06

Revised: 4/3/12; 5/15/12; 10/2/12