

## EASTHAMPTON PUBLIC SCHOOLS

## WELLNESS POLICY

The Easthampton Public School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District endorses a healthy 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 and ensures that no child is left behind.

This policy is a starting point in an ongoing effort to address student health and the growing problem of childhood obesity. This policy will be evaluated annually and, if necessary, revised to include policies for nutrition education goals, physical activity goals, and increased nutrition standards addressing all school-based activities, with the intent of promoting student wellness. The entire school community will be asked to participate in the further development of these policies.

**I. Wellness Committee**

- A. The School Superintendent or his/her designee serves as the chair of this committee.
- B. The school district will establish a wellness committee that consists of at least one:
  - Parent
  - Student
  - School Nurse
  - Physical activity staff
  - School nutrition staff
  - School Food Service Representative
  - School Committee member
  - Community youth-serving agency representative
- C. The Wellness Committee is empowered with:
  - Developing guidance to implement this policy
  - Monitoring the implementation of this policy
  - Evaluating policy progress
  - Revising policy as necessary
  - Serving as a resource to school sites

**II. Definitions**

- *School Day* is defined as the time between the arrival of the first child at school and the end of the last scheduled instructional period.
- *Candy* is defined as any food that, as served in its finished form, contains by weight, 40 percent or more refined sugar, or any food product commonly referred to as “candy”.
- *Other Foods* are defined as any food or beverage, other than those served as part of the school meal, including: snacks from vending machines, foods sold during school hours for fund-raising purposes, and foods for parties. Other foods do not include those brought to school by individual students for their own consumption.
- *School Sponsored* events or programs are those under the control and administration of the school district. Fundraisers must follow district approval procedures and funds are deposited in school accounts. Examples include clubs and activities but do not include parent-run booster clubs.

### III. Food and Nutritional Guidelines

The Easthampton Public School District strongly encourages the sale or distribution of nutrient dense foods and beverages for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient-dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop a building policy using the following District Nutrition Standards in this policy as minimal guidelines.

#### A. General Guidelines and Rationale

1. The goal of the Easthampton Public Schools is to have all foods or beverages made available to students by the school on school premises meet the USDA and the Department of Health and Human Services' *2010 Dietary Guidelines for Americans*, and their nutrition standards. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture as those regulations apply to schools.
2. The goal for every school will be to provide foods and beverages that minimize fat and sugar, are free of trans-fats, contain whole grains, follow specific serving sizes and emphasize a healthy lifestyle.
3. Food allergies and how they are addressed can be found in the Easthampton Public Schools Life Threatening Allergy Policy File: JLC-A.

#### B. School Food Service and Competitive Food Sales

1. The Easthampton Food Service Department will work to increase the nutritional value of meals by meeting or exceeding the State and Federal Nutritional Guidelines.
2. The Easthampton school breakfast and lunch programs, which are part of the National School Breakfast Program (NSBP) and the National School Lunch Program (NSLP), will follow the USDA Requirements for Federal School Meals Programs as well as all state regulations under the Department of Elementary and Secondary Education: Nutrition Health and Safety.
3. The Easthampton Public Schools will follow the Massachusetts "Act Relative to School Nutrition", signed into law on July 30, 2010 which requires the Massachusetts Department of Public Health to establish standards for competitive foods and beverages sold or provided in public schools during the school day. The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors. The regulations are part of the Commonwealth's broad-based, collaborative initiative to reduce childhood obesity and prevent its complications in childhood and later in adulthood.

The regulations apply to competitive foods and beverages sold or made available in public schools 30 minutes before the beginning of the school day until 30 minutes after the school day ends. They do not apply to foods and beverages sold as part of a federally reimbursable lunch or breakfast, all of which follow USDA national guidelines.

Foods and beverages sold in vending machines must comply with the standards at all times.

Competitive foods are defined as foods and beverages provided in:

- School cafeterias offered as à la carte items
- School buildings, including classrooms and hallways

- School stores
- School snack bars
- Any other location on school property
- Vending machines
- Concession stands
- Booster sales
- Fundraising activities
- School-sponsored or school-related events
- Any other location on school property

Category	Nutrition Standards
Juice	100% fruit and vegetable juice – no sugar added. No more than 4 ounce serving
Milk (including alternatives such as lactose free and soy)	Low-fat (1% or less and fat free) No more than 8 ounce serving.
Water	No added sugars, sweeteners or artificial sweeteners. May contain natural flavorings and/or carbonation.
Other beverages (soda, sports drinks, teas, waters, etc.)	No beverages other than juice, milk, milk substitutes shall be sold or provided.
Calories	Foods shall not exceed 200 calories per item. A la carte items shall not exceed the calorie count items offered as part of the NSLP equivalent portion size.
Fat	No more than 35% of total calories from fat.
Trans-fat	All foods will be trans-fat free.
Fat Exemptions	1 ounce servings of nuts, nut butters, seeds, and reduced-fat cheese.
Sodium	No foods shall contain more than 200 mg of sodium [per item. A la carte entrees shall not have more than 480 mg of sodium per item.
Grains	All bread or grain-based products shall be whole grain. These include crackers, granola bars, chips, bakery items, pasta, rice, etc.
Caffeine	No food or beverage will contain more than trace amounts of caffeine.
Artificial Sweeteners	No food or beverage will contain an artificial sweetener.
Water	Water will be made available to all students through the school day.

### C. School Sponsored Fundraising

All schools are encouraged to use fundraising projects that follow the Wellness Policy nutrition standards, or use non-food items, or activities that promote physical activity such as:

- Walk-a-thons, jump-rope-a-thons and fun runs
- Talent shows
- Raffles for spa treatments or sporting events, concerts, or movie tickets donated by local businesses
- Items with school logos
- Car washes
- Read-a-thons
- Book fairs
- Community service projects

#### D. School Sponsored Events and Celebrations

1. Each school council will establish healthy guidelines for school celebrations and school sponsored events that increase the healthy options available and encourage the consumption of healthy food and drink alternatives for children.
2. The serving of soda and candy during the school day is not permitted.
3. Non-school sponsored organizations, such as booster clubs, will be given copies of the policy and encouraged to have fundraisers that promote health and wellness.

#### IV. Nutrition and Health Promotion Goals

1. The Wellness Committee will develop yearly nutrition and health promotions that will be coordinated through all segments of the school community (health classes, physical education classes, athletics and extra-curricular activities, school dining rooms, nurses' offices, guidance, etc.).
2. The school district will support additional programs that will enhance student wellness such as:
  - Health education curriculum
  - Physical education curriculum
  - Health services
  - Counseling services
  - Family and community involvement activities

##### A. Nutrition Education

The health education curriculum in grades Pre-K – 12 will provide students with the knowledge to make healthy food choices. The schools support a multifaceted approach in teaching students about nutrition and its role in promoting health and well-being over a lifetime. Any nutrition information and education provided will be evidenced-based and geared to preventing known diet-related anticipated health risk facing the student population such as, but not limited to, obesity, dental hygiene, diabetes, heart disease, etc. Classroom education will complement guidelines developed by other components of the Wellness Policy. Student skills that may be taught include, but are not limited to:

- Food label reading
- Portion sizes
- Food groups
- Safe food handling practices to avoid food borne illness
- Making healthy food choices
- Influences of advertising in food choices and diet

##### B. Physical Education

The Schools provide many opportunities for young people to engage in physical activity that can play an important role in motivating young people to stay active for life. As detailed in the Center for Disease Control and Prevention's "Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People", a comprehensive approach to promoting physical activity through schools includes:

- Regularly scheduled physical education that is inclusive and emphasizes:
  - (a) a diverse selection of competitive and noncompetitive, structured and unstructured activities
  - (b) the needs and interests of all students with a wide range of abilities, including those with limited athletic skill
  - (c) participation and enjoyment

- Classroom health education that complements physical education by giving students the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Daily recess periods for elementary school students, featuring time for unstructured but supervised play.
- Extracurricular physical activity programs such as intramural programs and physical activity clubs
- Families are encouraged to promote additional physical exercise.

**V. Evaluation**

The Superintendent or designee will be responsible for overseeing the Wellness Policy and monitoring and evaluating compliance and implementation.

The Wellness Committee will review student health and school program data every year and will create an annual action plan with measureable objectives. An assessment of accomplishments for the year, and of work still needed, will be included in an annual report that will be submitted to the School Committee and the Departments of Public health and/or Elementary and Secondary Education, if requested.

LEGAL REFS.:                   The Child Nutrition and WIC Reauthorization Act of 2004, Section 204. P.L. 108 – 265  
                                       The Richard B. Russell National School Lunch Act, 42 U.S.C. Sections 1751 – 1769h  
                                       The Child Nutrition Act of 1966, 42 U.S.C. Sections 1771 – 1789  
                                       The Healthy, Hunger-Free Kids Act of 2010  
                                       The Act Relative to School Nutrition of 2010

Approved by Easthampton Public School Committee: 1<sup>ST</sup> Reading: 7/30/09; 2<sup>nd</sup> Reading: 8/27/09; Adopted: 8/27/09

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