

WELLNESS POLICY

POLICY INTENT /RATIONALE:

The Acushnet Public School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports 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 potential and ensues that no child is left behind.

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 healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fats, high added sugar, and low nutrient foods to support school programs.

B. SUPPORT AND PROMOTE PROPER DIETARY HABITS CONTRIBUTING TO STUDENT'S HEALTH STATUS AND ACADEMIC PERFORMANCE.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

C. PROVIDE MORE 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 included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with Massachusetts Physical Education Frameworks, as well as co-curricular activities, and recess.

D. ESTABLISH AND MAINTAIN A DISTRICT-WIDE WELLNESS COMMITTEE WITH THE PURPOSES OF:

Developing guidance to explicate this policy

Monitoring the implementation of this policy

Evaluating policy progress

Serving as a resource to school sites, (e.g. providing lists of healthy Incentives, snacks, birthdays, etc.) And

Revising policy as necessary

Responsibilities of the Wellness Committee may not include, but not be limited to, oversight of the following:

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.

Consistent healthful choices among all school venues that involve the sale of food.

STUDENT NUTRITION

THE SCHOOL LUNCH PROGRAM:

The full meal school lunch program will continue to follow the USDA Requirements for Federal School Meals Programs.

The School Food Service Program provider will strive to follow the

Mass Action for Healthy Kids Nutrition Standards when determining the items in a la carte and “competitive foods” sales.

A la carte and “competitive foods” items that do not meet Healthy Kids Nutrition Standards may be acceptable when Offered on a very infrequent intermittent basis.

The Food Service Director will work closely with the Wellness Committee.

CAFETERIA ENVIRONMENT:

A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.

The cafeteria environment is a place where students have:

**Adequate space to eat and clean ,pleasant surroundings;
Adequate time to eat meals. (The School Nutrition Association of America recommends at least 20 minutes For lunch from the time students are seated with their food);
And
Convenient access to hand washing or hand sanitizing Facilities before meals.**

FUNDRAISING:

All fund-raising projects are encouraged to follow the Mass Action for Healthy Kids Nutrition Standards.

All fund raising projects for sale and consumption within and Prior to the instructional day must follow the Mass Action for Healthy Kids Nutrition Standards when determining the when determining the items being sold

All fund raising projects for sale and consumption AFTER the Instructional day are encouraged to follow the Mass Healthy Kids Nutrition Standards, if they do not, they must gain prior approval. List to be made up by committee.

TEACHER –TO-STUDENT INCENTIVE:

The use of food items as part of a student incentive is strongly discouraged. Should teachers feel compelled to utilize food as an incentive, they are required to adhere to the Mass Action for Healthy Kids Nutrition Standards.

STUDENT NUTRITION EDUCATION:

The Acushnet Public School district has a comprehensive curriculum approach to nutrition in Kindergarten through 8th grade. The health benefits of good nutrition should be emphasized. These nutritional themes include but not limited to:

Knowledge of Food Pyramid

Sources & variety of food

Diet and disease

Healthy snacks

Healthy diet

Major nutrients

Serving size

Identify and limit foods of low nutrient density

Healthy heart choices

Dietary Guidelines for Americans

Understanding calories

Healthy breakfast

Food labels

Multicultural influences

Proper Food Safety/Sanitation

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

PARENT NUTRITION EDUCATION:

Nutrition education will be provided to parents beginning at the elementary Level. The goal will be to continue to educate parents throughout middle and high school level

Nutrition education may be provided in the form of handouts, posting on the District website, articles and information provided in district or school news Letters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

STAFF NUTRITION & PHYSICAL ACTIVITY EDUCATION:

With the purpose of:

Encouraging all school staff to improve their own personal health and wellness

Improving staff morale

Creating positive role modeling

Building the commitment of staff to promote the health of students

Building the commitment of staff to help improve the school nutrition and physical activity environment.

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not limited to, the distribution of educational and informational materials and the arrangement 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.

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The Acushnet Public School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those 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 building policy using District Nutrition Standards as minimal guidelines.

FOOD:

Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.

Any given food item for sale prior to the start of the school day and Throughout the instructional day, will have no more than 30% of its total calories derived from fat.

Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.

Nuts and seeds with minimal added fat in processing (no more than 3 Grams of added fat per 1.75 ounce or less package size) are exempt From these standards because they are nutrient dense and contain High levels of monounsaturated fat.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be approved.

BEVERAGES:

In the Elementary school only milk & 100% juice or water in 8oz or less will be offered .Milk is required for all lunches. 100%juice or water may be offered in 8oz or less for sale on an a la carte basis.

In the middle school, only milk, 100% juice or water in 12 oz containers will be offered. Milk is required for all lunches. 100% juice or water in 12oz containers or less may be offered for sale on an a la carte basis.

CANDY:

Candy is defined as any processed food item that has:

- 1. sugar (including brown sugar, corn sweetener, corn syrup, Fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients
AND**
- 2. sugar is more than 25% of the item by weight.**

Sales of candy will not be permitted on school grounds during the instructional day.

STUDENT PHYSICAL ACTIVITY

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

The Acushnet Public School District shall utilize the following Implementation Strategies:

- 1. Physical education classes and physical activity opportunities will be available for all students.**
- 2. Physical activity opportunities shall be offered daily before school ,during school (recess) or after school.**

3.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 self- monitoring so youngsters can see how active they Are and set their own goals

Individualize intensity of activities

Focus feedback on process of doing your best rather than on product

Be active role model

4.Introduce developmentally appropriate components of a health-related fitness assessment.(e.g. Fitness Gram, Physical Best or President’s Council) to the students at an early age to prepare them for future assessment.

5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.

The 2004 Guidelines from NASPE recommend:

Children should accumulate at least 60 minutes, and up to several hours, Of age appropriate physical activity on all, or most days of the week. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.

Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health , wellness, fitness and performance benefits.

Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

6. Beginning in Middle School, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve the goals. Logs should include day,

time, type and length of activity, whether the activity was done alone or with others, and how the student felt before and after the activity.

7. Physical education classes shall be sequential, building from year to year ,and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.(NASPE recommendations for physical education are 150 minutes per week for elementary students and 225 minutes per week for middle and high school students.)