

# Wellness Policy

## Revere Public Schools

### **PURPOSE AND GOALS**

The Revere Public Schools recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Revere Public Schools has a responsibility to culture a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

A Wellness Policy Committee is responsible for establishing and measuring the implementation of the district's Wellness Policy. Committee members work collaboratively and offer multiple perspectives to assure the Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

### **SCOPE**

This Wellness Policy includes:

- Section 1.0 Guidelines for establishing a district Local Wellness Policy Committee;
- Section 2.0 Nutrition standards for all foods and beverages available to students on each school campus during the entire school day;
- Section 3.0 Goals for nutrition education;
- Section 4.0 Goals for physical activity;
- Section 5.0 Goals for other school-based activities designed to promote student wellness;
- Section 6.0 Roles of district faculty, school staff, and food service personnel in a healthy school environment; and
- Section 7.0 A plan for measuring policy implementation.

## **POLICY**

### **1.0 Wellness Policy Committee**

#### **1.1 Mission**

The district maintains a Wellness Policy Committee that serves the following purposes:

- 1 Establish standards for all foods and beverages available to students on each school campus during the entire school day
- 2 Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
- 3 Develop guidance and serve as a resource to school sites for Wellness Policy implementation
- 4 Establish a plan for monitoring, measuring, and evaluating Wellness Policy implementation;
- 5 Review and evaluate the Wellness policy standards and implementation
- 6 Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

#### **1.2 Membership**

The Wellness Policy Committee membership will include at a minimum:

- 1 A school board member
- 2 A representative of the school administration
- 3 A representative of school food services
- 4 Student representative
- 5 Parent representative
- 6 Representative of the local community

Optional members may include at a minimum:

- 1 A staff/faculty representative by building or discipline
- 2 A school health practitioner
- 3 A community health practitioner

The Wellness Policy Committee will be co-chaired by the Director of Comprehensive Health and Guidance and the Chartwells' Director of Dining Services. The Director of Comprehensive Health and Guidance is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

### **2.0 Nutrition Guidelines**

#### **2.1. School Meals Program**

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Massachusetts. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

#### **2.2 Competitive Foods**

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.”

A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school or entire district is prepared to make changes to their a la carte product profile.

Snacks:

- o No more than 200 total calories per package
- o No more than 35% calories from fat
- o No more than 10% calories from saturated fat
- o No more than 480 mg sodium
- o No more than 35% sugar by weight
- o Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- o 100% fruit and vegetable juice, limited to 12 oz. portion size
- o Fat-free and 1% milk, 8-16 oz. portion size
- o Water and flavored water without added sugar, unlimited portion size
- o Caffeine free except flavored milk
- o Carbonated water and carbonated 100% fruit juice with USDA approval

### **2.3 Eating as a Positive Experience**

The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled as near the middle of the school day as possible. The National Association of State Boards of Education recommends that students should be provided adequate time to eat; lunch, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.

[http://www.nasbe.org/HealthySchools/healthy\\_eating.html](http://www.nasbe.org/HealthySchools/healthy_eating.html)

Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.

Adequate serving space will be provided and efficient methods of service will be used to ensure student have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

### **2.4 Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

### **3.0 Nutrition Education**

#### **3.1 Classroom**

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences that include the following characteristics:

**Nutrition knowledge:** including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage;

**Nutrition related skills:** including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and

**Assessment of personal eating habits:** setting goals for improvement, and planning to achieve those goals.

Nutrition lessons will be designed for integration into other areas of the curriculum such as math, science, language arts, and social studies; will be integrated within the sequential, comprehensive health education program; will incorporate physical activity lessons; and will be based upon the most recent Dietary Guidelines for Americans and the USDA MyPyramid food guidance system.

The nutrition education program will engage families as partners in their children's education.

The district's Local Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the district's educational and wellness policy goals.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

#### **Cafeteria**

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Nutrition education will be offered in the school dining room as well as in the classroom and other venues, with coordination between the foodservice staff and teachers.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items.

### **4.0 Physical Activity**

#### **4.1 Physical Activity during the School Day**

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.

#### **4.2 Physical Activity Before and After School**

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

#### **4.3 Physical Education Classes**

Physical education classes are taught by DOE (Department of Education) licensed physical education teachers in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

#### **4.4 Creating a Positive Environment for Physical Activity**

Physical activity (e.g. running laps, pushups) will not be used as a form of punishment. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline. This guideline does not apply to extracurricular sports teams.

Recess time will not be cancelled for instructional make-up time.

All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

Information will be provided to families to help them incorporate physical activity into their children's lives.

### **5.0 Other School Based Activities to Promote Student Wellness**

#### **5.1 Food Sold for Fundraising Activities**

The district will encourage non-food items to be sold as part of school-sponsored fundraising activities. The Wellness Policy Committee will explore whether when food is sold, it will conform to the same standards as competitive food sales (i.e. no foods of minimal nutritional value will be sold on the school campus during the school day; a minimum of 20% of foods will meet Chartwells Balanced Choices criteria).

#### **5.2 Healthy Classroom Parties and Celebrations**

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings or food-free celebrations, as defined in this policy, at school parties and events to support a healthy environment throughout the district.

Food and beverages for classroom parties and celebrations provided by Chartwells will conform to the same standards as competitive food sales:

- No foods of minimal nutritional value will be sold on the school campus during the school day.
- A minimum of 20% of foods will meet Chartwells Balanced Choices criteria.

#### **5.3 Food Used as a Reward or Punishment**

Teachers and school staff will not use food as a reward or punishment for students. For example, they will not give popcorn, candy, or food as a reward for a job well done on a class project or withhold snacks as punishment for bad behavior.

### **6.0 District Faculty, Staff and Food Service Staff Role in a Healthy School Environment**

#### **6.1 Professional Development**

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations and workshops.

District and food service staff are encouraged to model healthy eating behaviors.

## **Policy Implementation**

### **7.1 Monitoring**

On each school campus, one individual will be assigned to ensure compliance with standards of the Local Wellness Policy in his/her school. This individual will report on the school's compliance to the Chairperson of the Local Wellness Policy Committee.

The individual School Principal or their designee will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the Local Wellness Policy Committee.

### **7.2 Reporting**

The Chairperson of the Local Wellness Policy Committee will report on the district's compliance with the wellness policy to the school board and then be distributed to other interested parties and groups as the school board sees fit.