

Revere Public Schools Wellness Policy

Wellness Policy Requirements

Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requires each Local Education Agency (LEA), with schools participating in the U.S. Department of Agriculture (USDA) Child Nutrition programs, to establish a local wellness policy by the first day of the 2006-2007 school year.

At a minimum, the wellness policy must:

1. Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness
2. Include nutrition guidelines for all foods available on each school campus during the school day
3. Provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the federal regulations
4. Establish a plan for measuring the implementation of the policy
5. Involve parents, students, a representative of the school food authority, school board members, school administrators and the public

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 has been formed and 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.
- 7 Shall meet at least four times per year with meeting minutes recorded

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 Nurse
- 5 Student representative
- 6 Parent representative
- 7 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 Chair Person and/or Co Chairperson shall be appointment of the Superintendent .The Chairperson/Co Chair Person. Chair Person and/or Co Chairperson 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

The "Act Relative to School Nutrition," signed into law on July 30, 2010, 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 provided to students thirty minutes before the beginning of the school day until thirty minutes after the school day ends. However, foods and beverages sold in vending machines must comply with the standards at all times.

*Source: http://edocket.access.gpo.gov/cfr_2011/janqtr/pdf/7cfr210.10.pdf Healthy Students, Healthy Schools: Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages

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."

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

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 and will incorporate physical activity lessons.

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.

3.2 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. All food sold on school grounds 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 that includes thirty

minutes before official beginning and thirty minutes after dismissal. “The regulations apply to competitive foods and beverages sold or provided to students 30 minutes before the beginning of the school day until 30 minutes after the school day ends. However, foods and beverages sold in vending machines must comply with the standards at all times.” *Massachusetts School Nutrition Standards for Competitive Foods and Beverages*

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 *RPS Food Service Provider* will conform to the same standards as competitive food sales

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.

7.0 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.

7.3 Policy Review

To help with the initial development of the district's Local Wellness Policy, the Local Wellness Policy Committee may conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of these school-by-school assessments can be compiled at the district level to identify and prioritize needs.

School districts may use the *School Health Index (SHI) Survey*, *The Youth Risk Survey* and the Body Mass Index (BMI) survey to conduct a baseline assessment and monitor the school's nutrition and physical activity environments and policies.

Assessments can be repeated at least every three years to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, revise the Local Wellness Policy and develop work plans to facilitate its implementation.

Appendix A

Definitions and Acceptable Nutrients per 8 ounces

- À la carte entrée means a single food or combination of foods offered as a main course or central focus of a meal, generally a protein source. When applying the standards, the food product should be analyzed as a whole, not by the individual ingredients that make up the product. For example, a turkey sandwich would include the bread, condiments, turkey, etc.
- Artificial sweeteners means substances added to food or beverages to provide a sweet taste while providing few or no additional calories, including aspartame, sucralose, acesulfame-K, neotame, sugar alcohols and saccharin.
- Standards for fluid milk and milk substitutes are defined by the USDA: All milk served must be pasteurized fluid milk which meets state and local standards for such milk. All milk must have vitamins A and D at levels specified by the Food and Drug Administration and must be consistent with state and local standards for such milk.
- Nondairy beverages must provide the nutrients listed in the following table.
- Milk substitutes must be fortified in accordance with fortification guidelines issued by the Food and Drug Administration.
- Fresh means fresh, frozen, dried or canned without added sugar, fat or sodium for the purpose of these regulations.
- Grain-based products means food products in which the primary ingredient is grain, including pasta, crackers, granola bars, chips and bakery items.
- Item means one serving of a product; packaged items can contain no more than one serving per package.
- Low-fat means 3 grams or less per Reference Amount Customarily Consumed (RACC) standards established by the federal Food and Drug Administration.
- Natural flavorings means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.
- Public school means an elementary, middle, high, charter, innovation or comparable school operated by a public school district or board of trustees pursuant to Chapter 71 of the Massachusetts General Laws. Reduced fat means at least 25% less fat per Reference Amount Customarily Consumed (RACC) than an appropriate reference food.
- School day means the hours of the day that students must attend school.
- Sweetener means a substance derived from a natural product that is added to food or beverages to provide a sweet taste. Such a substance may be nutritive or nonnutritive. A nutritive sweetener may be either naturally occurring, such as honey, or refined from plants, such as sugar from sugar cane. Nonnutritive sweeteners include products that may be regarded as natural.
- Trans fat-free means less than 0.5 grams of trans fat per item, or as otherwise specified by the federal Food and Drug Administration.
- Whole grains means grains or the foods made from them that contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed, the food product should deliver approximately the same balance of nutrients found in the original grain seed. For purposes of these regulations, whole grain should be the primary.

Appendix 1 Nutritional Guide

<u>Nutrient</u>	<u>Nutrient per 8 Ounces</u>
• Calcium	276 mg
• Protein	8 g
• Vitamin A	500 IU
• Vitamin D	100 IU
• Magnesium	24 mg
• Phosphorus	222 mg
• Potassium	349 mg
• Riboflavin	0.44 mg
• Vitamin B-12	1.1 mcg

*Source: http://edocket.access.gpo.gov/cfr_2011/janqtr/pdf/7cfr210.10.pdf Healthy Students, Healthy Schools: Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages