

# **SCITUATE PUBLIC SCHOOLS**

## **WELLNESS POLICY**

### **School Year 2010-2011**

In 2004, Congress passed the Child Nutrition Reauthorization Act (PL 108-265), the federal law funding school lunches. The new law requires all school districts receiving federal funds for school meals to establish a Wellness Policy by September 2006.

The Scituate Public Schools are committed to providing a healthy school environment that enhances learning and development of lifelong wellness practices. To accomplish this we have set forth the following goals.

- The food services program will provide well-balanced, nutritious and varied meals, snacks and beverages that are in compliance with federal, state and district requirements (see appendix).
- Foods and beverages sold in school vending machines, snack bars, and stores and for school-sponsored fundraising purposes and provided to students as refreshments during the school day will meet district guidelines (see appendix).
- Students will be provided with regular opportunities for physical activity during and after the school day through physical education classes, through daily recess periods for elementary grades 1-4, and through a range of after school programs including intramurals, interscholastic athletics, and physical activity clubs.
- The school environment will be clean, safe, and comfortable and allow scheduled time and appropriate space for eating meals.
- The use of food as a reward or incentive will be discouraged. Alternative approaches to recognizing or rewarding achievement will be strongly encouraged.
- Deprivation of food as a punishment will be prohibited.
- Limitations to or excesses of physical activity as disciplinary measures will be discouraged.

The superintendent of schools will establish a plan and procedures to guide implementation of the wellness policy. Each principal or a designee will be responsible for ensuring that the school meets the goals of the Wellness Policy.

## **NUTRITION EDUCATION GOALS**

The primary goal of nutrition education is to influence students' eating behaviors. Building nutritional knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, schools should provide nutrition education that is appropriate for students' ages; reflects students' cultures; and provides opportunities for students to practice skills and have fun. Schools should also choose nutrition education curricula that are aligned with the national and state frameworks and foster lifelong healthy eating.

- Students in grades pre-K–12 will receive basic nutrition education and at the junior and senior high levels the instruction will be interactive thereby teaching the skills they need to adopt healthy eating behaviors.
- Nutritional guidance will be offered in the school dining rooms as well as in the classrooms, with coordination between the food service staff and teachers.
- Students will receive consistent nutritional messages throughout schools, classrooms, and cafeterias.
- District health education curriculum standards and guidelines will include both nutrition and physical education, aligned with the state frameworks.
- Nutrition will be the main focus of the Family and Consumer Sciences classes and will also be integrated into the Health Education curriculum.
- Staff providing nutrition education will have the appropriate certification, be highly qualified, and will attend workshops to stay current in this field.
- The school administration will consider employing a K-5 health specialist to promote nutrition education at the elementary level.

## **PHYSICAL ACTIVITY GOALS**

The primary goals for physical activity are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-term and long-term benefits of a physically active and healthful lifestyle.

- All students will take physical education classes from kindergarten through twelfth grade. Successful completion of physical education classes is a graduation requirement.
- Kindergarten students will have one thirty minute physical education class every week. Elementary students in grades 1-6 will have one forty-five minute physical education class every week and may have daily supervised recess periods. Middle school students will have a forty-five minute physical education class every other day for the entire year. High school students will have a sixty minute physical education class every day for one term all four years.
- The student teacher ratio in physical education classes will be approximately 25 to one. All of our physical education teachers will be certified and highly qualified.
- Both national and state standards will be used in developing our goals and objectives for the physical education curriculum.
- Students will be given opportunities for physical activity through a range of before-school and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools will work with the community to create ways for students to walk, bike, rollerblade, or skateboard safely to and from school.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

## **NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

The Scituate Public Schools will comply with the district guidelines (see appendix) for:

- Foods and beverages sold a la carte on school campuses during lunch periods.
- Foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- Foods and beverages sold as part of school-sponsored fundraising activities.
- Refreshments served at parties, celebrations, and meetings during the school day.

The Scituate Public Schools will make decisions on these guidelines based on nutritional goals, not on profit making.

The advertising of food or beverages on school grounds will be discouraged.

## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

The goal is to create a total school environment that is conducive to eating healthily and being physically active.

### ***Eating Environment:***

The Scituate Public Schools will:

- Provide a clean, safe, enjoyable meal environment for students.
- Provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Make water fountains and bottled water machines available in all schools, so that students can get water at meals and throughout the day.
- Encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced price meals.

### ***Time to Eat***

The Scituate Public Schools will:

- Ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- Schedule lunch time as near the middle of the school day as possible.
- Provide healthy breakfast choices for our METCO students.
- Explore extending the breakfast program to more of our students.
- Limit the number of snacks that students can buy at lunch to one at the elementary level and two at the middle school level.

### ***Food or Physical Activity as a Reward or Punishment***

The Scituate Public Schools will:

- Prohibit the use of food as a reward or punishment in schools.
- Discourage using recess or other physical activities as a form of discipline or for classroom make-up time.

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## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES** **DESIGNED TO PROMOTE STUDENT WELLNESS** *(Continued)*

### ***Consistent School Activities and Environment***

The Scituate Public Schools will:

- Promote and encourage all schools' fundraising efforts which are supportive of a healthy life-style.
- Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- Encourage students, teachers, school administrators, food service professionals, parents and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- Encourage all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

## **GOALS FOR MEASUREMENT AND EVALUATION**

- Funds to support policy implementation and/or evaluation will be part of the Scituate Public Schools operating budget.
- The Food Service Director and School Administration designee will be responsible for overseeing the policy, monitoring and evaluating implementation and reporting on the status of the policy to the school community.
- The School District should retain a nutritional consultant to assist in the management of these goals.

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## APPENDIX

### **United States Department of Agriculture – *National School Lunch Program***

**Description:** The USDA’s National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. Nutritional standards utilized within the program come from the USDA’s Dietary Guidelines for Americans. Additionally, this program provides a myriad of educational tools for both Food Service directors as well as school staff.

- Details relating to the USDA’s National School Lunch Program can be found via the internet at:  
<http://www.fns.usda.gov/cnd/Lunch/AboutLunch/NSLPSFactSheet.pdf>
- USDA’s Dietary Guidelines for Americans can be found via the internet at:  
<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>
- USDA’s MyPyramid food guidance system can be found via the internet at:  
<http://www.mypyramid.gov/>

### **Massachusetts: Action for Healthy Kids –**

#### *Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment*

**Description:** This document is a guide for school Food Service directors and interested parties for “competitive” foods that may be sold a la carte, in vending machines, in school stores or as a part of school fundraisers that compete with the school lunch or breakfast program. Competitive foods tend to be relatively low in nutrient density and high in fat, added sugars and/or calories. This document outlines federal nutritional standards.

- A copy of this document can be located via the internet at:  
[http://www.johnstalkerinstitute.org/MA\\_Food\\_Standards.pdf](http://www.johnstalkerinstitute.org/MA_Food_Standards.pdf)

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## WELLNESS POLICY – APPENDIX (*Continued*)

### **The John C. Stalker Institute of Food and Nutrition at Framingham State College**

#### *The A-List: “A-acceptable” Vending Items Listed by Product and Manufacturer*

Description: To assist school personnel in their efforts to improve the nutrition environment in their schools, the John C. Stalker Institute of Food and Nutrition assessed competitive foods and compared them to standards established by the *Action for Healthy Kids* initiative. Products, including portion sizes that meet the Standards are included on the list of “A-acceptable” products, also known as the A-List. This list is updated as new products are introduced to the marketplace by food companies.

- More details and a copy of the John C. Stalker “A-List” can be located via the internet at:

<http://www.johnstalkerinstitute.org/vending%20project/healthysnacks.htm>