

# **Hampden-Wilbraham Regional School District Wellness Policy**



*Revised and Approved by the School Committee on Approved April 25, 2017*

## STUDENT NUTRITION & PHYSICAL ACTIVITY

### **Policy Intent/Rationale:**

The Hampden-Wilbraham Regional 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 status optimizes student attendance and improves learning. To that end students need access to healthful foods and opportunities for physical activity in order to grow, develop, learn, and thrive. Recognizing that families are the primary teachers and caregivers of their children, the Hampden Wilbraham Regional School District shares with families and the community, the responsibility for the physical, mental, and social well-being of its students.

The following guidelines are geared toward teaching children and families to make better choices. We encourage parents to follow these guidelines. Teachers, administrators, and staff will act as facilitators of the guidelines addressed in this policy.

### **The goals of this policy are to:**

- 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.

- B.** Support and promote proper dietary habits contributing to students' health status and academic performance.

- Foods and Beverages sold in the cafeteria, school store, and student vending machines will meet the Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.00)
- Foods and Beverages sold or provided in all other school environments are encouraged to meet the Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000).

- 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 education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with The Massachusetts Physical Education Framework, as well as co-curricular activities, and recess.

- D.** Establish and maintain a district-wide Wellness Committee. The Wellness Committee's mission is to promote and support a healthy lifestyle for our community's children by identifying needs and priorities for our children's health and well-being and by providing a link among the schools, community, and families in support of the message that: healthy children are better able to learn.

### **Responsibilities of the wellness committee will include:**

- Assist with implementation of district nutrition and physical activity standards
- Assist with ensuring that consistent healthful choices are available among all school venues that are provided to students or involve the sale of food
- Make recommendations and advise regarding the integration of nutrition and physical activity in the overall curriculum
- Partner with the SVRHT to assure that staff wellness opportunities include nutrition and physical activity programming
- Revise the wellness policy as necessary to be in compliance with federal and state regulations
- Annually, the wellness committee will develop an action plan to include but not be limited to goals relating to nutrition, physical activity, and nutrition promotion. This plan will be communicated with the school committee in compliance with the "Standards for School Wellness Advisory Committees".

## STUDENT NUTRITION

### **The School Breakfast/Lunch Programs:**

- The full meal school breakfast (where offered) and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
- The School Food Service Program provider will follow the Nutrition Standards for Competitive Foods and Beverages (105 CMR 225.000) when determining the items in a la carte and “competitive foods” sales. (Listed in detail at the end of the policy)

### **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.
  - ⇒ Convenient access to hand washing or hand sanitizing facilities before meals.

### **Fundraising:**

- All fundraising projects that occur on school grounds, where the sale of the product will result in the consumption of the product before or during the school day must follow the Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000) when determining the items being sold.
- All fund raising projects for sale and consumption *after* the instructional day are strongly encouraged to follow the same standards.
- Organizations operating concessions at school functions will be encouraged to include healthy food choices in their offerings. It is recommended that groups market these healthy options at a reasonable price to encourage selection by students.

### **Student Rewards:**

- Foods and beverages will not be provided to students during the regular school day as rewards for academic performance or good behavior.

### **Classroom Parties/Celebrations:**

- District schools will adopt food free celebrations during the regular school day
- Alternate ways to celebrate birthdays, holidays, and special events that don't include food sharing will be posted on the district website

### **Classroom Instruction**

- Food may be used in the classroom when it is part of a lesson plan that aligns with the curriculum and has prior approval from the Building Principal and consultation with the school nurse to assess for the need for plans in consideration of students with food allergies. In the event a student(s) have food allergies the teacher will work with the parent(s) and school nurse to ensure all ingredients are safe. Under no circumstance will any student be excluded from a lesson because of an allergy. Teachers are encouraged to work with parents and the school nurse to find substitute ingredients for those students with food allergies. If no safe alternative ingredient can be identified then the lesson must be modified to allow all students to participate.

## **A La Carte Items (school cafeterias), Vending Machines, School Stores, and Snack Bars:**

- The nutrition standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000) apply to foods sold or provided as a la carte items in school cafeterias, school stores, and snack bars from 30 minutes before the beginning of the school day until 30 minutes after the school day ends. However, the standards apply to vending machines at all times.

## **Food Allergies:**

It is recognized by the Hampden Wilbraham Regional School District that food allergies can pose a serious risk to vulnerable students; therefore the following guidelines have been developed.

- Food sent in to school for the consumption of more than one student can not contain nuts or nut oils
- The school may prohibit specific food products from entering the classroom. No home baked or prepped at home food items will be allowed for group consumption in a classroom with a student identified with a life threatening food allergy. In school buildings identified with a significant number of students with life threatening food allergies, home baked or prepped at home food items will not be allowed for group consumption in any classroom.
- Store bought food items for group consumption must be in the original packaging and include a food label
- A peanut free eating area will be provided in each school as needed
- Student food allergy alerts will be programmed into the cafeteria point of sale system
- Information about students' food allergies will be kept in the classroom. These foods will not be used for class projects, arts, crafts, science experiments, cooking or other projects.
- A letter will be sent home to parents of elementary students to inform families of any specific classroom allergies and corresponding restrictions as it relates to snacks sent in for individual consumption in the classroom.

## **Student Nutrition Education:**

The Hampden Wilbraham Regional School District has a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of current Food Guides	Healthy heart choices
Sources & variety of foods	Dietary Guidelines for Americans
Diet and disease	Understanding calories
Healthy snacks	Healthy breakfast
Healthy diet	Food labels
Major nutrients	Multicultural influences
Identify and limit foods of low nutrient density	Serving sizes

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

## **Healthy Lifestyle/Family Activity Information:**

- Healthy lifestyle information will be provided to parents beginning at the elementary level. This information may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters and through any other appropriate means available for reaching parents.

## **Staff Nutrition & Physical Activity Education:**

With the purposes 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 be 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. The district will partner with the SVRHT to provide opportunities and incentives to engage in health promotion activities.

## **DISTRICT NUTRITION STANDARDS**

### **Nutrition Standards Intent/Rationale:**

- The Hampden Wilbraham Regional School District strongly encourages the sale or distribution of nutrient dense foods 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 accordance with Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000), the district has adopted the following nutrition standards. Schools are required to adhere to the final rule on these standards for all foods served or provided, outside the federal meal program, ½ hour before the start of the school day to ½ hour after the close of school as they apply to cafeteria a la carte items, school stores, and at all times with student accessible vending machines. The standards are referenced in the policy as a guideline when choosing foods which will be provided or sold to students in all environments during the instructional school day.

### **105 CMR: DEPARTMENT OF PUBLIC HEALTH**

### **105 CMR 225.000: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS**

#### 225.001: Purpose

The purpose of 105 CMR 225.000 is to establish nutrition standards for competitive foods and beverages sold or provided in public schools. The goal of the regulations is to ensure that students are offered nutritious food and beverage choices that will enhance learning, contribute to healthy growth and development, and cultivate lifelong healthy eating behaviors.

#### 225.002: Scope and Application

In accordance with section 223 of Chapter 111 of the General Laws, 105 CMR 225.000 establishes nutrition standards for competitive foods and beverages sold or provided in public schools. These standards shall take effect on August 1, 2012.

### **Massachusetts School Nutrition Standards for Competitive Foods and Beverages At-a-Glance**

<u>Category</u>	<u>Standards</u>
<b>Juice</b>	100% fruit and vegetable juice, with no added sugar
<b>Juice-Portion Size Limit</b>	No more than 4-ounce servings.
<b>Milk</b> (Including alternative milk beverages such as lactose free and soy)	Low-fat (1% or less) and fat-free milk.
<b>Milk – Portion Size Limit</b> (Including alternative milk beverages such as lactose free and soy)	No more than 8-ounce servings.
<b>Milk – Flavored,</b>	Flavored milk with no more than 22 grams total sugar per 8 ounces

Sweetened (including milk beverages such as lactose free and soy)

**Water** No added sugars, sweeteners or artificial sweeteners, May contain natural flavorings and/or carbonation

**Other Beverages** No beverages other than juice, milk, milk substitutes and water shall be sold or provided.  
(Soda, sports drinks, teas waters, etc.)

**Calories** Foods shall not exceed 200 calories per item. À la carte entrées shall not exceed the calorie count of entrée items offered as a part of the National School Lunch Program (e.g., equivalent portion size).

**Fat** No more than 35% of total calories from fat.

**Saturated Fat** No more than 10% of total calories from saturated fat.  
**Trans Fat** All foods shall be trans fat-free.

**Fat Exemptions** 1-ounce servings of nuts, nut butters, seeds and reduced-fat cheese  
(All other categories apply e.g. sugar and calories)

**Sugar** No more than 35% of total calories from sugars.

**Sugar Exemptions** 100% fruit with no added sugar.  
(All other categories apply, e.g. fat and calories) Low-fat or non-fat yogurt (including drinkable yogurt) with no more than 30 grams of total sugars, per 8-ounce serving.

**Sodium** No food shall contain more than 200 mg of sodium per item.  
À la carte entrées shall not contain more than 480 mg of sodium per item.

**Grains** All bread or grain-based products shall be whole grain, ie whole grain should be listed first in the ingredients statement. These include crackers, granola bars, chips, bakery items, pasta, rice, etc.

**Caffeine** No food or beverage shall contain more than trace amounts of caffeine. Note: unless small amount of naturally occurring. These products are allowed as long as they comply with the rest of the nutrition standards.

**Artificial Sweeteners** No food or beverage shall contain an artificial sweetener

## **STUDENT PHYSICAL ACTIVITY**

### **District Physical Activity Goal:**

The Hampden Wilbraham Regional School District shall provide physical activity and physical education opportunities, aligned with the Massachusetts Education Framework, that provide students with the knowledge and skills to lead a physically active lifestyle.

### **The Hampden Wilbraham Regional 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 during or after school. These opportunities could include recess, physical education class, athletics or intramural programs.

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 models
4. Continue to provide developmentally appropriate components of a health-related fitness assessment to the students at an early age to prepare them for future assessments.
5. Beginning in Middle School and through High 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, to create fitness goals and plans.
6. Make students aware of the NASPE's goals for physical activity beginning at the elementary level. The most current guidelines from NASPE will serve as appropriate guidelines when possible.
7. Per an amendment in the fall of 2013 to the growth screening regulation, individual student (grades 1,4, 7, & 10) Body Mass Index (BMI) results will be made available to the parent or guardian upon receipt of a written request to the school nurse.