

## ***Edgartown School Wellness Policies on Physical Activity, Nutrition and General Wellness***

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### **MISSION STATEMENT :**

***To support the inclusive, optimistic environment that makes students, faculty and families feel good about where they go to school, work and send their children. To generate opportunities, information and experiences that will help broaden the definition of mind-body-spirit health and physical education, nutrition, home economics, food services programs, the school nurse, and the school in general is doing in the name of good health.***

The Edgartown School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and psycho-emotional well-being. Therefore, it is the policy of the Edgartown School to follow nutrition guidelines set by the state and federal government.

- The Edgartown School will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the current recommendations and nutrition guidelines.
- Students and Staff will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students: will accommodate the religious, ethnic, cultural diversity and special dietary needs of the student body in meal planning; and access to clean, safe, and pleasant settings and adequate time for students to eat.
- The Edgartown School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services and programs during and after school.

**TO ACHIEVE THIS POLICY THE FOLLOWING PROCEDURES WILL BE FOLLOWED:**

### **I. SCHOOL WELLNESS COMMITTEE**

The school will create, strengthen, or work within existing school health councils in collaboration with administration to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to the school site for implementing those policies. (The School Wellness Committee consists of a group of individuals representing our school and community, and will include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public).

## **II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON SCHOOL GROUNDS — SCHOOL MEALS**

Meals served through the National School Lunch Program will:

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations
- All competitive foods will be prepared without using a fryolator.
- Offer a variety of fruits and vegetables, whole grains, lean proteins and low-fat and no fat dairy products.

The Edgartown School will engage students and parents, through such things as taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthy and appealing food choices. In addition, we will share information about the nutritional content of meals with parents and students. This information could be made available on menus, a website, visual aids and/or other point of purchase materials.

### **Free and Reduced-priced Meals**

The Edgartown School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, our school will continue to utilize electronic identification and payment systems; provide meals at no or reduced charge to all children, regardless of income.

### **Meal Times and Scheduling**

- will work toward providing students with an average of 20 minutes after sitting down for lunch
- should schedule meal periods at appropriate times, e.g. lunch should be between 11:00 am and 1:00 pm on full days
- should not schedule tutoring, clubs, discipline or organizational meetings or activities during mealtimes, unless students may eat during such activities
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (i.e. Orthodontia or high tooth decay risk).

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of The Edgartown School's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professional in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition, directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### Sharing of Foods and Beverages

The Edgartown School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### Foods and Beverages Sold will meet the following guidelines:

refer to 105cmr 225.000: Nutrition standards for competitive foods and beverages in public schools, i.e. foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la cart (snack) lines, school stores, etc.)

#### Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary school should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

#### Middle/Junior High

In middle/junior high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la cart (snack) lines, vending machines, students stores, or fundraising activities) during the school day or through programs for students after the school day, will meet the following nutrition standards set by state and federal guidelines:

#### **Beverages:**

##### *Allowed:*

- water without added caloric sweeteners but may contain natural flavorings and or carbonation
- 100% fruit or vegetable juices that do not contain added sugar no more than 4ounce servings.
- Milk low fat (1% or less) and fat free milk no more than 8-ounce serving
- Other beverages: any beverages with added sugar or sweeteners not already prohibited will be phased out by August 1, 2013.

##### *Not allowed:*

- soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 100% real fruit juice and that do not contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

#### **Foods:**

##### *A food item sold individually:*

- Foods shall not exceed 200 calories per item.
- No food or beverage shall contain more than trace amounts of caffeine
- No food or beverage shall contain and artificial sweetener.
- No food shall contain more than 200mg of sodium per item
- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat and contain 0% trans fat
- will have no more than 35% of its weight from added sugars
- The school will make nutrition information available for students for non-prepackaged competitive foods and beverages by August 1, 2013 to comply with 225.100: General Nutrition Standards for Public Schools. This requirement shall not apply to the sale or provision of fresh fruits or fresh vegetables, and foods or beverages sold during the school

day at the booster sales, concession stands and other school-sponsored or school related fundraisers and events;

**Portion Sizes:**

Limit portion sizes of foods and beverages sold individually to those listed below:

- A packaged item may contain no more than one serving per package.  
one ounce for cookies
- two ounces for cereal bars, granola bars, pastries, muffins, bagels, and other bakery items
- four fluid ounces for frozen desserts, including but not limited to, low-fat or fat-free ice cream
- eight ounces for non-frozen yogurt
- the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of a comparable portions offered as part of school meals. Fruits and not-fried vegetables are exempt from portion-size limits.

**Fundraising Activities:**

To support children's health and school nutrition-education efforts, school fundraising activities will use the foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

**Snacks:**

Snacks served during the school day or in after-school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The Edgartown School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will have available a list of healthful snack items to teachers, after-school programs, personnel and parents.

**School-sponsored Events** (such as, but not limited to, athletic events, dances or performances):

Foods and beverages offered or sold at school-sponsored events outside the school day will work toward meeting the nutrition standards for meals or for foods and beverages sold individually (above).

**Rewards and Classroom Projects:**

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

**Celebrations, Holidays & Birthdays:**

When classroom projects involve the preparation and sharing of food, notification will go home to families with students who have special dietary concerns. The school will have

available a list of healthy party ideas for parents and teachers. Parents will be encouraged to give 48 hour notice to teachers when food will be brought in for a celebration to allow special dietary concerns to be addressed.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

The Edgartown School aims to teach, encourage, and support healthy eating by students. The Edgartown School will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- links with school meal programs, other foods, and nutrition-related community services
- teaches media literacy with an emphasis on food marketing
- includes training for teachers and other staff
- Uses the locally grown foods from the school garden in classes, after school activities and lunches

#### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-managements skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching television
- opportunities for physical activity will be incorporated into other subject lesson
- elementary classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

#### **Communication with Parents**

The Edgartown School will support parents' efforts to provide a healthy diet and daily physical

activity for their children. The school may do this through such things as to offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on the school website and/or newsletters, and provide nutrient analyses of school menus. The Edgartown School will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will have available for parents a list of foods that meet the district' snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day: and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

#### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrient standards for meals or foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy projects is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

#### Staff Wellness

The Edgartown School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Wellness Committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

#### Annual Health/Garden Fair

The Edgartown School will host a Health/Garden Fair the fall of each school year. This event invites community organizations that offer services for families and school age children to meet parents and hand out information regarding their offerings. Families are invited to the evening, a pot-luck is organized, games are organized for students and students give tours of the garden.

#### **IV. Physical Activity Opportunities and Physical Education**

##### **Daily Physical Education (P.E.) K-8**

All students in grade sK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 100 minutes per week for elementary school students and 120 minutes per week for middle and junior high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 % of physical education class time participating in moderate to vigorous physical activity.

##### **Daily Recess**

All elementary school students will have a 1 least 20 minutes per day of supervised recess, preferable outdoors, which schools should encourage moderate to vigorous physical activity verbally through the provision of space and equipment.

The school should discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such a mandatory school-wide testing, make it necessary for students to remain indoors for a long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

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

All elementary, middle, and junior high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The middle school will offer interscholastic sports programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods or moderate to vigorous physical activity for all participants.

After school activities program will be available for students in all grades at no cost to the families/children. These activities will offer students an opportunity to learn about healthy foods through the gardening project, cooking classes and an opportunity for physical movement. Ticket to Minis in 6<sup>th</sup> through 8<sup>th</sup> grade will provide an opportunity for students to engage in physical activity during the last period each Friday.

##### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (i.e. running laps pushups etc) as punishment.

##### **Safe Routes to School**

The Edgartown School will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police

departments in those efforts. The school will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

#### Use of School Facilities Outside of School Hours

School space and facilities should be available for use by supervised activities to students, staff and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and use of space will apply at all times.

### **V. Monitoring and Policy Review**

#### Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level to the school principal).

#### Policy Review

To help with the initial development of the district's wellness policies, The Edgartown School has conducted a baseline assessment of the school's existing nutrition and physical activity environments and policies.

Assessment will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

{Adoption Date} 1.16.2013 by the Edgartown School Committee

CONTRACT REFS.:

Revised:

CROSS REFS.:

LEGAL REFS.:

1 <sup>st</sup> Reading	-	05.09.2012
2 <sup>nd</sup> Reading	-	12.12.2012
3 <sup>rd</sup> Reading	-	01.16.2013