

## MCCPS WELLNESS POLICY

This Wellness Policy pertains to foods in our school, nutrition education, physical education and physical activity. MCCPS is committed to providing an environment that enhances learning and the development and exposure to life-long wellness practices. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amounts of physical activity.

Faculty, staff, parents and community members must set this healthy climate by serving as *wellness role models*, and being informed and conscious of our influence as adults. The policies set forth are to improve the long-term health and well being of our children.

### **Establishing the Nutrition & Physical Activity Policy**

Federal nutrition standards are specific with regard to all reimbursable school meals. MCCPS meets and exceeds these meal standards regulated by the Nutrition Department. Other food sources compete with these foods and may not meet the requirements. These “*competitive food*” sources include foods sold at school stores, fundraisers, food offered in the classroom, or any activity held in conjunction with the school and its student community.

Nutrition standards governing these foods are limited. MCCPS requests that “vendors” provide a written list of any food products used in the community to administrators, teachers, parents and to community members who rent school property.

Standards for physical activity are set by the Massachusetts Health Frameworks and the National Standards for Physical Education (NASPE) from American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). It is the intent of our physical activity policy to align with these frameworks and standards, and to ensure that physical activity is an integral part of the curriculum.

### **A. NUTRITION EDUCATION GOALS**

The primary goal of nutrition education is to influence, educate and expose the student community to healthy eating habits and behaviors.

#### **Education within the classroom**

- Health education curriculum standards and guidelines include both nutrition and physical education.
- Students in grades 4-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors following guidelines in MyPyramid.gov, Massachusetts Food and Beverage Standards and American Dietary Association (ADA)

- Nutrition education is offered in the school dining area as well as in the classroom with coordination among the food service staff, school nurse and teachers.
- Students receive consistent nutrition messages and will/ should be re-enforced throughout school, classrooms, cafeteria, homes, community and media.

#### **Education outside the classroom**

- Nutrition education outside the classroom links classroom nutrition education to the larger school community through enrichment programs and interactive cafeteria-based nutrition education.
- Marketing and promotions will be consistent with nutrition education received and the wellness standards that are set in this policy.

#### **Education of Teachers and Food Service**

- Teachers responsible for nutrition education will be certified in Family and Consumer Science and/or Health by the Department of Education
- Other school professionals integrating nutrition into the core curricula will be made aware of courses on integrating nutrition and physical activity across the curriculum.
- Teachers and school professionals will receive nutritional guidelines for food product consumption during classroom and other related activities.
- Food service staff will be offered and constantly be trained on food preparation and food safety standards and how to prevent and/or respond to any food emergency situations such as allergic reactions and choking.
- Food service employees responsible for food preparation will be supervised and monitored by a manager with ServSafe certification as mandated by state health codes.
- The Food Service Director will participate in regional and state organizations to stay current on regulations and school nutrition guidelines.
- Professional development training will be offered in the area of nutrition education for all interested MCCPS faculty and staff.

#### **A. SCHOOL- BASED NUTRITION PROGRAM GOALS**

MCCPS shall ensure that reimbursable meals meet and exceed the requirements and standards set forth by the National School Lunch Program (NSLP) and the 7CFR part 210 and part 220. (Code of Federal Regulations, US Dept. of Agriculture)

All food and beverages sold or served to students during school and any outside school programs, events and fundraisers, should follow standards and expectations of the Nutrition Department. The focus will be to encourage nutrient dense food items such as whole grains and fresh fruits and vegetables. Also, minimizing fats, trans fats and products high in sugar. We will particularly try to omit items containing high fructose corn syrup and any processed food items.

Faculty, staff and parents are encouraged to recognize these food products that have little or no nutritional value and set a good example by minimizing the consumption. We should expose the students to more “whole and fresh” products to fuel their bodies and brains. These whole products when eaten as part of a well balanced diet can help students to focus better in the classroom and curb behavioral problems. (ex. A diet high in protein and low in sugar)

### **Food products**

- Food will not be used as a reward or punishment.
- The purchase of items from MCCPS Food Service will be available during time designated during the school day, which includes breakfast, recess, lunch, and during certain school events and activities.
- Any food items sold as a fund-raiser, at school sporting events or by the PTO (NCA) should follow the specifics of this policy.
- The Nutrition Department will always make food items such as snacks or box lunches available for field trips or any activities during school hours.
- A nutritious snack will be given to all students before MCAS testing.
- Food available to students will meet Hazardous Analysis Critical Control Point (HACCP) guidelines.

### **Reimbursable meals**

- All food products served will meet ADA, USDA and NSLP guidelines to provide a nutrient dense food items and choices at meals and snack.
- All families will be provided information on free and reduced priced meals with confidential outreach as needed.
- Children eligible for the free and reduced- priced meals will have the opportunity to participate confidentially in the National School Lunch and Breakfast Programs.
- Information on Food and Nutrition Services such as Food Stamps and WIC will be available.

### **Time to eat**

- The school will ensure that students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, exclusive of time in the food serving area.
- Students should be encouraged to eat during these meal times. In the event that any faculty/ staff notice a student avoiding eating or demonstrate a pattern of unhealthy habits it should be brought to the attention of the school nurse for further evaluation.
- All students will have access to food during meal times. Any student who forgets/ loses their money will be provided a meal once it is brought to the attention of the food service staff.

### **Dining environment**

- The schools will provide a clean, safe and enjoyable meal environment for students.
- The school will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school will make drinking fountains available, and/or allow students to have access to a water bottle so that they can drink water at meals and throughout the day.
- Students will follow the behavioral expectations specified in the MCCPS Student Handbook

### **Vendors**

- Contracts will be held only with vendor's meet ADA and School Department guidelines.
- Information on all food products through the school nutrition program will include minimum fat/calorie and sugar/carbohydrate contents.
- Any food items containing allergens will be clearly marked and food service staff should be informed.
- Portion size will conform to USDA and ADA guideline.
- All vendor items will follow guidelines set forth by the MCCPS Wellness policy.

## **B. COMPETITIVE FOOD AND BEVERAGE NUTRITION GOALS**

MCCPS and the Nutrition Department have established standards to address all food and beverages sold or served to students. These guidelines have been set forth by the Department of Elementary and Secondary Education and USDA and should be followed in association with the school. This includes food and beverages available outside of school meal programs such as dances, sporting events.

- Food nutrition labels and ingredients need to be available at the point of distribution so there is no question of allergens.
- A suggested list of acceptable/ unacceptable items for celebrations will be provided for the community.
- Items will be provided sufficient quantities of peanut free and tree nut free products.
- Birthday celebration food will not be allowed unless provided by MCCPS kitchen. Any other celebration food will not be permitted. Policy updated as of 8/28/15

### **Foods sold for school sponsored fundraising activities**

- Items used for this purpose should not compete and or violate the standards set forth by the schools wellness policy.
- Items sold for this purpose should encourage “healthy” habits and reinforce the positive nutrition message.
- Student fundraising should comply with MCCPS policy
- All fundraisers involving food should be cleared by MCCPS Nutrition Director and School Nurse to ensure it will meet Wellness Policy standards and NSLP Policies

### **Foods served for classroom parties, activities and celebrations**

At MCCPS we recognize and appreciate that many cultures celebrate with food. Because of new state dietary regulations and concerns with food allergies, most public schools have eliminated this practice entirely. Our new school policy no longer permits the bringing in of food items for birthdays and celebrations during school. Any birthday celebration treats can be ordered from the MCCPS Kitchen. Please refer to our celebration policy document and order form on the food service section of our website.

- Unfortunately any celebration food brought in will have to be turned away.
- Non- food celebrations should be encouraged.
- Any food projects that are part of the curriculum should be exempt.

### **Food offered at any school related events**

- Food sold at concessions should be in compliance with the schools guidelines put forth in this policy.
- All items will be approved by the Food Service Director before events.
- Foods consumed or served during professional meetings or breaks should be set an example. Teachers should be aware and act as positive role models.
- Organizations renting school property should meet the USDA standards and guidelines and codes for food and beverages.
- Nutrition guidelines will be updated and maintained by the Food Service Director.

### **Nutrition guidelines**

- All guidelines will be published and available in writing and electronically, disseminated and publicly posted.
- MCCPS choices and approval of “competitive” foods will be based on nutrition goals and not on profit.

- Food and beverages served during special school celebrations or during curriculum related activities will meet the guidelines defined by the ADA, USDA and MCCPS.
- Medically authorized special diets are exempt from this policy.

### **C. PHYSICAL ACTIVITY PROGRAM GOALS\**

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and-long term benefits of a physically active and healthy lifestyle.

#### **Physical education instruction**

- Will be aligned with the Massachusetts Frameworks and the National Standards for Physical Education from AAHPERD (ADF-2).
- Physical education will be required as a course of study at every grade level.
- It will be offered to all students regardless of physical or behavioral abilities.

#### **Physical education teacher certification and training**

- Physical education teachers will be certified through the Massachusetts Department of Elementary and Secondary Education (DESE), and will DESE standards for recertification.
- Professional development and training will be provided to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

#### **Physical education teacher to student ratio**

- For optimal instruction, the number of students permitted per teacher for physical education class will not exceed 1:25 NASPE

#### **Physical education time, frequency, and/or intensity**

- Physical education class frequency will not be reduced from the current level. (ADF-E)

#### **Physical activity outside of physical education**

- Will be integrated into the academic curriculum by classroom teacher as often as feasible.
- Will not be substituted for physical education

- Students will be given opportunities for physical activity through a range of before and/or after-school programs including but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- MCCPS encourages 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
- Walking and biking to school will be recommended when feasible. Walk School Days, Walking School Buses and pedometers will be encouraged under the advisement of the Marblehead Police Department.

#### **Physical activity facilities on school property**

- Will be available to students and the community for approved after school programs.

#### **Physical activity during recess**

- Students will have two scheduled recesses daily.
- Recess will not be substituted for Physical Education
- No student will be denied recess time for punishment or class make up time.

### **D. MEASUREMENT AND EVALUATION**

#### **Community/ family involvement**

- MCCPS will establish regular communications to families on health and nutrition topics.
- Parents, teachers, food service personnel, nurse, school administrators and community members will be encouraged to participate in school health committees.

#### **Monitoring and evaluation**

- Implementation of the wellness policy will commence upon approval of the MCCPS Board
- Compliance and oversight will be monitored, upon policy approval, by the Health Coordinator and the Food Service Director
- MCCPS will be encouraged to form a satellite Wellness parent/teacher advisory group with student involvement.
- The Center for Disease Control School Health Index Self-Assessment and Planning Guide will be used as long as an ongoing assessment and evaluation tool.

- Vendor's contracts, sales records and compliance with the Wellness Policy recommendations will be reviewed periodically with written report to the school business manager, food service director and health director.

LEGAL REF: Sections 204 of Public Law 108-265 June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004(ADF-R)

The Richard B. Russell National School Lunch Act, 42 U.S.C.1751-1769h

The Child Nutrition Act of 1966, 42 U.S.C. 1771-1789

USDA:HACCP

Cross Reference: JJE, IHAM, KHA, EFC, KHB

**References:**

[www.cdc.gov/nccdphp/dnpa/bmi/index.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm): Center for Disease Control Body Mass Calculator for Adults, Teens and Children with interpretations of BMI

[www.cdc.gov/HealthyYouth/](http://www.cdc.gov/HealthyYouth/): CDC's Division of Adolescent and School Health (DASH) seeks to prevent the most serious health risk behaviors among children, adolescents and young adults. Link to School Health Index tool for assessing coordinated school health programs.

[www.dese.mass.edu/cnp](http://www.dese.mass.edu/cnp): MA Department of Elementary and Secondary Education Child Nutrition Programs

[www.mypyramid.gov/](http://www.mypyramid.gov/): Guidelines for healthy eating and physical activity

[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/): Team Nutrition is an initiative of the USDA Food Nutrition Service to support the Child Nutrition Programs through training and technical assistance

[www.aahperd.org/NASPE/](http://www.aahperd.org/NASPE/): The National Association for Sport and Physical Education (NASPE) is a non-profit professional organization comprised of individuals engaged in the study of human movement and the delivery of sport and physical activity programs.