

## JLJLC - WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

**Approved by the Freetown-Lakeville Regional School Committee – 3/26/2018**  
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## PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas in 2015 33.5% of MA students were considered overweight or obese by their BMI data. (<http://www.mass.gov/eohhs/docs/dph/com-health/school/bmi-data-tables-2015.pdf>)

Whereas, 75% of high school aged (national) students did not meet the recommendation for daily physical activity in 2012 ([https://www.shapeamerica.org/advocacy/son/2016/upload/Shape-of-the-Nation-2016\\_web.pdf](https://www.shapeamerica.org/advocacy/son/2016/upload/Shape-of-the-Nation-2016_web.pdf))

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Freetown-Lakeville Regional School District (FLRSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the FLRSD:

- The FLRSD will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- Students in grades K-12 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 nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in the National School Lunch Program.
- Schools 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.

## TO ACHIEVE THESE POLICY GOALS:

### **I. School Health Committees**

The Freetown-Lakeville Regional School District (FLRSD) will:

1. Help raise awareness of the importance of nutrition and physical activity
2. Assist in the development of local policies that address issues and goals, including, but not limited to the following:
  - a. Assisting with the implementation of nutrition and physical activity standards developed by the district Nutrition and Physical Activity Advisory Committee with the approval of the Department of Education and the State Board of Health.
  - b. Integrating nutrition and physical activity into the overall curriculum.
  - c. Ensuring that professional development for staff includes nutrition and physical activity issues.
  - d. Ensuring that students receive nutrition education and engage in healthful levels of vigorous physical activity.
  - e. Improving the quality of physical education curricula and increasing training physical education teachers.
  - f. Enforcing existing physical education requirements.
  - g. Pursuing contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **A. Access to School Nutrition Programs**

- Ensure that all students have affordable access to the varied and nutritious food they need.
- During each school day, the food program *should offer breakfast* and lunch under the nutritional guidelines of the USDA E3.
- The school food service program is strongly encouraged to meet the ethnic dietary needs.

#### **B. School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA); and
- ensure that 51% of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

### **Breakfast**

- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- Breakfast is offered at all three elementary schools (AES, FES, & GRAIS).

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

- Schools 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.

### **Meal Times and Scheduling**

Schools:

- will provide students with at least 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, lunch should NOT be scheduled before 11:00 a.m. or after 1:30 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (elementary K-3), GRAIS will schedule half of each grade level to have recess prior to lunch period;
- Kindergarten students at FES eat lunch, then have recess due to schedule conflicts
- will provide students access to hand washing or hand sanitizing before and after they eat meals or snacks; and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, 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 school districts' responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals 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**

- Schools should discourage 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 individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, 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 schools 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 and High Schools.** In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores ,or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

**Beverages**

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored or skim free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine,(with the exception of coffee to faculty) excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

**Foods**

A food item sold individually:

- 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 and 0% trans-fat combined;
- will have no more than 35% of its *calories* from added sugars;
- will contain no more than 200 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups, pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

**Fundraising Activities.** Only approved beverages may be sold in vending machines, cafeterias, student stores, or promoted at all sites accessible to students with this exception: Non-approved beverages may be sold for fundraising activities or at school events occurring at least ½ hour after the end of the school day provided that vending machines, student stores, and cafeterias are not utilized for such sales.

**Snacks.** Snacks served during the school day or in after-school care 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. Schools 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 districts will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** 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 a punishment.

**Celebrations.** Schools should limit celebrations that involve food during the school day. The districts will disseminate a list of healthy party ideas to parents and teachers.

**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 be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually (above).

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

#### **A. Nutrition Education and Promotion**

The Freetown-Lakeville Regional School District (FLRSD) aims to teach, encourage, and support healthy eating by students. Schools should 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;
- is 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, and taste testing.
- 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 school foods, and nutrition related community services;
- teaches media literacy with an emphasis on food marketing

**B. 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-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity may be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**C. Communications with Parents**

- The FLRSD will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- The FLRSD will post nutrition information on school websites, and provide nutrient analyses of school menus. Schools should 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 FLRSD will provide parents a list of foods that meet the districts' snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- The FLRSD will provide opportunities for parents to share their healthy food practices with others in the school community.
- The FLRSD 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.

**D. Community/Family Involvement**

Every school should:

- Require an annual body mass index percentile by age for grades 1, 4, 7, and 10.
- Upon request from parents the student's body mass index with an explanation of the possible health effects of body mass index, nutrition, and physical activity will be provided.
- Include as part of their annual report to parents and the community the amounts and specific sources of funds received and expenditure made from competitive food and beverage contracts.

**E. Staff Wellness**

The FLRSD highly value 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. Each school building has a Health and Safety Committee that monitors issues affecting staff/employee health as well as student health.

School staffs are encouraged to model healthy eating behaviors. Schools should offer wellness programs that include personalized instruction about healthy eating and physical activity.

#### **IV. Physical Activity Opportunities and Physical/Health Education (Including Family/Consumer Science)**

##### **A. Physical Education (PE) classes:**

The physical education requirements at each school will be no less than the following:

- Apponequet Regional High School: 1 semester course of PE/Wellness per year for 4 years (150 minutes of PE/Wellness per week)
- Freetown Lakeville Middle School: 3 terms of PE per year for 3 years (120 minutes of PE per 6 day cycle)
- George R. Austin Intermediate School (Freetown-Lakeville grades 4-5): One 40 minute PE class per 3 day cycle for the entire school year.
- Elementary schools: K-3 – 40-45 min, per 4 day cycle for the entire school year.

##### **B. Daily Recess**

All elementary and intermediate school students will have at least 25 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

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

The high school and middle school will offer extracurricular physical activity programs, during the winter months access to the school's fitness facility. In addition the high school athletic trainer/certified strength and conditioning coach will help design and supervise fitness programs for students and staff who choose to utilize this opportunity.

The FLRSD has an active community recreation program which provides various sports/swimming programs for both adults and children and makes the district's swimming pool available for recreational community use.

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

##### **D. Physical Activity and Punishment.**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

##### **E. Health/Family and Consumer Science Education**

At the elementary and intermediate school levels health education is incorporated into the regular curriculum. At the middle school level student receive one term of health education per year for 3 years (120 min per 6 day cycle). At the high school level health is taught as a 1 semester course (6 days of a 7 day cycle) in the 10<sup>th</sup> grade and includes nutrition issues.

The Family and Consumer Science portion of the Massachusetts Comprehensive Health curriculum at the high school level is met through a semester course titled “The Art of Healthy Living”. This class provides students with exposure to resources and skills that support healthy life decisions as they transition into adulthood. Units consist of Nutrition and Food Wellness, Communication, Stress Management, and Post High School Independence and Planning. Class activities span from food label analysis, menu planning, and basic cooking to an exploration of budgeting to support such dietary habits. Activities also include verbal and nonverbal communication development while examining how life choices involving careers, relationships and daily living practices impact and sustain the mind and body connection. Students experience practical applications of materials through sustained projects and simulations.

**F. Safe Routes to School**

The school districts 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 districts will work together with local public works, public safety, and/or police departments in those efforts.

**G. Use of School Facilities Outside of School Hours**

School spaces and facilities should be available 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 will apply at all times.**

**V. Monitoring and Policy Review**

**A. Monitoring**

The superintendent or designee will ensure compliance with the district-wide nutrition, physical activity, and health education wellness policy. 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 superintendent or designee.

School food service staff, at the school or regional level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school food services supervisor, who in turn will report to the individual building principal or designee. In addition, the districts' school food services supervisor will report to the wellness policy committee and the superintendent on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the districts' established nutrition, physical activity, and health education wellness policy, based on input from schools within the district. That report will be provided to the school committee and also distributed to all school health and safety committee, parent/teacher organizations, school principals, the wellness policy committee, and school health services personnel in the district.

**B. Policy Review**

To help with the initial development of the districts' wellness policies, the wellness policy committee has conducted a focus-group type of review of the districts' existing nutrition, physical activity, and health education environment and policies. The results of this review are being used to identify and prioritize wellness policy needs.

The wellness policy committee will continue to meet on a regular (quarterly) basis to assess the effects of the current policy and to review, refine, and continue to write wellness policy.

Assessments of the current school environment 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 district 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.