

MONOMOY REGIONAL SCHOOL DISTRICT WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

The School Committee recognizes the relationship between student wellbeing and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence-based.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- When possible through a variety of programs, students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes will be attached as an addendum.

I. District Wellness Committee (DWC)

The school district will establish a wellness committee by seeking volunteers that represent all school levels and each school building which meets at least four times a year and consists of at least one (1): parent, student, nurse, school food service representative, school committee member, school administrator, a teacher and guidance team member (not from same building), member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. Members will be appointed from each category; if no one volunteers then appointment will be made by the Superintendent. Each member will serve a two-year term.

Adopted by the MRSC June 22, 2017

The School Committee designates the Director of Student Services to oversee the policy implementation. Each school will designate a wellness policy coordinator. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness-p coordinators, in consultation with the wellness committee, will lead the implementation and evaluation of this policy. The Wellness Committee will monitor the progress of the policy, use data to make informed recommendation for programmatic/policy adoption, and provide at a minimum an annual report to the Monomoy Regional School Committee and Superintendent.

The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

The comprehensive wellness program will incorporate the following components:

1. Healthy School Environment – A culture and climate within schools that supports the physical, cognitive, emotional and social well-being of school members, facilitates their safety, and is consistent with federal and state guidelines.
2. Community Connections – School personnel will strive to establish relationships among families, members of the school community, and members of the greater Monomoy Regional School District community in order to identify and facilitate access to available wellness resources.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: <https://www.monomoy.edu/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at Central Office. Documentation maintained in this location will include but will not be limited to:

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- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

The District will actively inform families and the public each year (typically in the fall) of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the Districts' (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Director of Student Services - 508-945-5130.

The District wellness committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The District Wellness Committee will recommend updates for modifications to the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Adopted by the MRSC June 22, 2017

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply for free and reduced lunch program, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

Nutrition Goals

The Monomoy Regional School District recognizes that an intake of healthy, nutritious food is essential for students to succeed academically. It is the policy of the Monomoy Regional School District that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

Although the School Lunch Program must aim to be financially self-supporting, this cannot be deemed more critical than its role as an educational support program. Foods and beverages with poor nutritional value should not be sold to subsidize the program. Whenever necessary, subsidy funding should be allocated from the general school budget to maintain these School Lunch Program standards.

School Meals

The district will create procedures that address all foods available to students at each grade level throughout the school day in the following areas:

- Guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment.
- Separate guidelines for foods and beverages in the following categories will be outlined:

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- Foods and beverages included in a la carte sales in the food service program;
- Foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
- Foods and beverages sold as part of school sponsored fundraising activities; and
- Refreshments served at parties and celebrations.

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

- be affordable and nutrient dense;
- accommodate the religious, ethnic, and cultural diversity of the students;
- be appealing and attractive to children;
- be served in clean, safe and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations and exceed at all possible opportunities;
- offer a wide variety of fruits and vegetables (Schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practical. As recommended by the Dietary Guidelines for Americans 2005);
- serve only reduced fat (2%), low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- offer foods made from whole grains when possible.

Schools should engage students and parents, through surveys in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during meal times.

Meal Times and Scheduling

Schools:

- Will schedule periods of at least 25 minutes for lunch with the exception of ½ days for the elementary schools, which will have a grab and go lunch option;
- **should** schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m. at the high school; 10:00 a.m. and 1:00 p.m. at elementary; and 12:30 p.m. and 2:00 p.m. at the middle school;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes,

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- unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools) with flexibility based on the teacher's assessment of need (i.e., recess can be scheduled in the morning or afternoon but not immediately after lunch) ;
- In the elementary schools, physical education should not be scheduled immediately after the lunch period;
- In the middle and high school, whenever possible, physical education will not be scheduled immediately after lunch period;
- will provide students access to handwashing or hand sanitizing before they eat meals or snacks

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development for all nutrition professionals in schools will be provided. 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. School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Training of Lunch / Recess Monitors

The school district will ensure that all lunch / recess monitors are trained in choke prevention training (e.g. the Heimlich maneuver)

Sharing of Foods and Beverages

Schools should strongly discourage students from sharing their foods or beverages with one another, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools

The school food service program will approve all food and beverage sales to students in elementary school. Given young children's limited nutrition skills, food in the 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 and High Schools

In the middle and high schools, 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, or through programs for students after the school day, will meet the following nutrition standards:

Beverages

- Allowed: water or seltzer water without added caloric sweeteners; 100% fruit and vegetable juices, unflavored or flavored whole, low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA), and all other beverages permitted for sale by state and federal regulations.
- Not allowed: soft drinks containing caloric sweeteners; fruit-based drinks that contain

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additional caloric sweeteners; beverages containing caffeine, excluding whole, low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually (i.e. a la carte items):
 - o 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 trans fat combined;
 - o will have no more than 25 grams of added sugar per item (If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.); we will strive to have no more than 25 grams of added sugar per item;
 - o will contain no more than 230 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; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes;
 - o all bread and other grain-based products shall be whole grain;
 - o students that require feeding and support to ensure they are receiving food either prescribed by a physician or provided in a manner conducive to their medical needs are required to have a physician's note supporting the medical condition and the specific manner in which they will receive the food. Food services will not be required to make a determination regarding the nutritional standards.

Fundraising Activities

To support children's health and school nutrition-education efforts, approved school fundraising activities will encourage the sale of non-food items or will use only 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. No food sales will occur during the school day.

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. Students will have access to snacks as needed.

Parents and staff may not send or bring in any snacks to be shared because every school has children who have severe, life-threatening allergies of all kinds. No child shall be put at risk of having an allergic reaction to foods brought into school.

Curriculum based food activities

Activities must comply with the state and federal nutrition guidelines and must be approved by the administrator in collaboration with the school nurse and Food Service Director. The staff member responsible for the event must notify parents.

Rewards

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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 (Unless this practice is allowed by a student's individual education plan (IEP), Section 504 Plan, or Behavior Support Plan) and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Only staff members will plan and organize celebrations. The staff member responsible for the event must notify administration for approval and notify parents.

School celebrations such as holidays and birthdays will emphasize physical activities, academic achievements or positive youth development. Examples include the writing of poems for Valentine's Day, telling scary stories for Halloween, etc.

Schools should encourage celebrations that include nutritious foods or non-food items and will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

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

The school district will encourage that nutritious foods and beverages be offered or sold at school-sponsored events outside the school day.

IV. Nutrition Education and Promotion

The Monomoy Regional School District 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, taste testing, farm visits, and school gardens;
- 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; and
- includes training for teachers and other staff.

Adopted by the MRSC June 22, 2017

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. This policy will take into account the high school schedule is complex and may not always fit into a student's daily schedule. 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 will be incorporated into other subject lessons; and
- when possible, classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents.

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating newsletters for parents, send home nutrition information, and post nutrition tips on school websites. 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 district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The district/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

The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. School-based marketing will strive to be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards. Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

V. Physical Activity Opportunities and Physical Education

Adopted by the MRSC June 22, 2017

Physical Education (P.E.) K-12

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. Interscholastic or intramural sports will not be substituted for meeting the physical education requirement. Students will spend a majority of physical education class time participating in moderate to vigorous physical activity.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Daily Recess

All elementary school students will have at least 25 minutes a day of supervised recess, preferably outdoors, during which time schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Recess will not be withheld from students under any circumstances with the exception of medical excusal and if it is part of a student's Individual Education Program or 504 plan.

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 will 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 high schools will attempt to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools 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.

Where there are after-school child care and enrichment programs sponsored by the district, they 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.

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; except on sports teams where otherwise sanctioned or appropriate.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., Adopted by the MRSC June 22, 2017

increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

REFERENCE: MASC policy ADF

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,
P.L. 108 265

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

CROSS REFS.: EFC, Free and Reduced Cost Food Services

IHAMA, Teaching About Alcohol, Tobacco and Drugs

KI, Public Solicitations/Advertising in District Facilities