

Shrewsbury Public Schools
LOCAL WELLNESS POLICY

Context:

Federal Law (PL 108.265 Section 204) requires all schools to develop a local wellness policy and establish a plan for measuring the implementation of the policy. The Healthy Hunger Free Kids Act 2010 has strengthened the policy recommendations to include nutrition and wellness promotion and place greater emphasis on implementation, assessment, and public reporting.

Shrewsbury Public Schools promote health and wellness for students and staff by following current federal, state and local statutes and regulations governing wellness. The Shrewsbury Wellness Advisory Council provides oversight of the policy and regulations, and is the means for assessing and promoting a healthy environment for SPS. The Superintendent is the designated person charged with operational responsibility for ensuring that the schools meet the local wellness policy requirements.

Children need access to healthful foods, educational content, and experiences that promote wellness. Good health fosters student attendance and educational success. Obesity rates and chronic diseases continue to increase and challenge the achievement of maximum academic performance. Participation in vigorous physical activity, quality physical and nutrition education, and balanced food choices foster life long health habits leading to longer healthy lives.

The purpose of the policy is to ensure that each student is provided ongoing opportunities designed to maximize the prospect that students will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health – related knowledge, attitudes and practices. Physical education, and regular physical activity is an integral part of the total education of students, contributing to the physical development of the individual, thus promoting an appreciation of physical fitness. School food services will provide a variety of affordable, nutritious and appealing foods that meet the health and nutrition standards and guidelines.

1. Nutrition Education Goals

A. Nutrition Education

- Nutrition instruction will be taught at each level – elementary, middle school and high school - as a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect health. (MGL Chapter 71, Section 1)
- Nutrition instruction will be developmentally appropriate and culturally relevant.
- Nutrition instruction will contain USDA, National, and State guidelines, caloric balance, and media literacy.
- Health educators will collaborate with the food service staff to strengthen and extend instruction.

2. Physical Activity Goals

A. Physical Activity

- Opportunities for physical activity will be incorporated daily at the elementary and middle school levels, weather permitting.
- Outdoor recess is encouraged to provide an academic break and promote physical activity. Recess will be conducted at the principal's discretion. Principals will consider weather conditions including temperature and wind chill when making their decision.
- Physical activity programs, (e.g., intramurals, extended day programs, extra curricular activities, interscholastic sports) will be available before or after school for all levels.
- Physical activity, during the school day, will not be used as punishment (e.g., running laps, pushups) nor is it desirable to routinely restrict physical activity for disciplinary reasons, unless related to violations that occur during the physical activity periods.
- Students should be encouraged to be active during recess and outdoor breaks.
- Physical activity breaks will be encouraged throughout the academic day to promote academic achievement.

B. Physical Education

- Physical education shall be taught as a required subject in grades K-12 for all students (MGL Chapter 71, Section 3)
- Students will be excused from physical education when a doctor's note is provided and not allowed to return to participation until the student's physician provides written permission.
- Physical education will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity will not be substituted for physical education class.
- Physical education should be taught to students to provide the maximum activity exposure and instructional continuity.
- Physical education instruction will incorporate the National Association for Sport and Physical Education (NASPE) Quality Physical Education guidelines including opportunity to learn, meaningful content and appropriate instruction.
- The physical education program should match the Massachusetts Health Curriculum Framework and the National Standards for Physical Education (NASPE).

3. Nutrition Standards for All Foods Available on School Campus During the School Day

A. 105 CMR 225.00 Nutrition Standards For Competitive Foods and Beverages in Public Schools

- "The goal of the regulations is to ensure that students are offered nutritious food and beverage choices that will enhance learning, contribute to healthy growth and development, and cultivate lifelong healthy eating behaviors."

- The regulation establishes nutrition standards for competitive foods and beverages sold or provided in public schools.
- Competitive foods are defined as foods and beverages provided in: school cafeterias, offered as a la carte items, school buildings, including classrooms and hallways, school stores, school snack bars, vending machines, concession stands, booster sales, fundraising activities, school-sponsored or school - related events and any other location on school property.

B .225.100: General Nutrition Standards for Public Schools

- Snacks made available on school property will comply with the nutrition standards of 105 CMR 225.00.
- The school day is defined as 30 minutes before the school day until 30 minutes after the school day. Vending machines must be in compliance with these standards at all times.
- A packaged item may contain no more than one serving per package.
- Plain potable water must be made readily available to all students during the school day at no cost.
- All food and beverages provide or sold to students must meet all applicable state and federal food safety requirements.

C.225.100: Specific Nutrition Standards for Competitive Foods in Public Schools

- Servings of juice will be no more than 4 ounces, be 100% fruit or vegetable juice and have no added sugar
- Servings of milk shall be no more than 8 ounces
- Water shall contain no added sugars, sweeteners, or artificial sweeteners, but may contain natural flavorings and/or carbonation.
- No beverages other than juice, milk, milk substitutes and water shall be sold or provided.
- Foods shall not exceed 200 calories per item.
- No food shall contain more than 35% of its total calories from fat.
- No food shall contain more than 10% of its total calories from saturated fat.
- All foods shall be trans fat-free.
- No food shall contain more than 35% of its total calories from sugars.
- No food shall contain more than 200mg of sodium per item.
- All bread and other grain-based products shall be whole grain.
- No food or beverage shall contain an artificial sweetener.
- No food or beverage shall contain more than trace amounts of caffeine.

D. Snacks may be brought from home for children's own consumption, with the understanding that some classrooms may need to restrict some types of snacks due to specific allergies that classmates or staff may have, such as nut allergies.

E. Parents are encouraged to send healthy snacks that will provide the "fuel" for effective learning. Foods of high nutritional value will have a significant amount of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber.

- F. 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.
- G. For all school celebrations or events, during the school day, and during the high school exam days, where food or beverages will be offered or provided, the food and beverages, excluding water, must be purchased through the Food Service Department. After receiving approval from the building principal, the Food Service Director must be contacted and will coordinate with the school nurse. The staff member responsible for the event must notify parents.
- H. Curriculum based food 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.
- I. All fundraising activities or school store sales involving food occurring 30 minutes before, during and up to 30 minutes after the school day must meet the nutrition standards.
- J. Foods of high nutritional value should be used as a reward in school when specified in an IEP, 504 or behavior plan or authorized by the principal in coordination with the nurse.
- K. 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.
- L. Alternative rewards should be encouraged over food rewards. Food rewards must meet the nutrition standards unless it is specified in an IEP, 504, or behavior plan. After receiving approval from the building principal, the Food Service Director must be contacted and will coordinate with the school nurse.
- M. Any after school activities and weekend events should have healthy food options available (movie night has fruit/veggie options, etc).
- N. Any corporate sponsor or corporate partnerships that requires the marketing of food and beverages shall only market and promote those foods and beverages that meet the state and federal guidelines and shall not compromise the Shrewsbury Local Wellness Policy.

4. School Meals

- A. Reimbursable school meals must meet, at a minimum, the regulations of the Secretary of Agriculture pursuant to The Healthy, Hunger-Free Kids Act of 2010.
- B. No breakfast or lunches on school sites will be sold or provided other than those offered by the Shrewsbury Food Service department.
- C. Menus will be prepared and foods will be served to incorporate variety, appeal, taste and safety to ensure high quality meals.
- D. Nutritional meal data will be available.
- E. Meal times and Scheduling
 - Lunch periods will be scheduled as near the middle of the school day as possible.
- F. Environment
 - Facility design should be given priority in dining facility renovations and new construction. Creative, innovative construction should be applied to minimize noise level within the eating area. The eating environment should be located such that there is convenient access to hand-washing facilities before meals. The food service area design should minimize the time students are waiting in line.

5. Other School-Based Activities Designed to Promote Student Wellness

- A. Wellness Promotion
 - Instruction in health education shall be taught as a sequential, standards-based program and incorporate the Massachusetts Health Frameworks standards (MGL Chapter 71, Section 1)
 - The Health Education program should match the Massachusetts Health Curriculum Framework and the National Health Education Standards.
 - The Food Service Department will implements strategies such as but not limited to parent and students communications, to increase the appeal of healthful food and beverage items.
 - Sustainable food practices and environmentally friendly practices including the use of locally grown and seasonal foods, school gardens, and recycling are implemented when and where possible.
 - Access to facilities after school hours by students, families, or community groups is available (e.g., the extended day program, the Parks and Recreation programs, youth athletic programs and various outdoor facilities) which promotes physical activity.
 - A coordinated school health approach, to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school, from education, to staff wellness, to addressing smoking and tobacco is implemented through the School Wellness Advisory Council.

6. Measurement and Evaluation of the Local Wellness Policy

- A. The Superintendent is the designated person charged with operational responsibility for ensuring that the schools meet the local wellness policy.
- B. The Shrewsbury Local Wellness Policy will be posted on the school webpage and in faculty handbooks.
- C. Building Principals are responsible for monitoring and managing the local wellness policy in their building.
- D. The Health Education Department will administer the Youth Risk Behavior Survey yearly to students in grades 6, 8, 9 and 11. The data will be used to modify and improve the instructional content to meet the changing needs of the student body.
- E. The Health Education Department will administer the District Health Exam yearly to students in grades 4, 8 and 11. The grades will be recorded in the student record and reported to parents.
- F. Body Mass Index (BMI) data will be analyzed at targeted grades (4,7,10) to assess the health of our student population.
- G. The School Wellness Advisory Council will conduct a district-assessment utilizing the School Health Index, FITNESSGRAM data and BMI data every three years and report to the School Committee.
- H. Review and revision to the Local Wellness Policy will be conducted every three years or if any state or federal law or mandated guidelines impact the policy.
- I. Local Wellness Policy staff training will be conducted yearly during new teacher orientation and as part of the district Annual Online Computer Training for Civil Rights, Protection of Students and Professional Ethics.

School Wellness Advisory Council

The following school and community positions participated in the development of this local wellness policy in many cases the participants were parent representatives as well:

Superintendent of Schools	Shrewsbury School Committee
Director of Health/PE/FCS	SHS Student
Spring St. School Principal	Food Service Director
Sherwood Health Teacher	HS Physical Education Teacher
Dir. of Pupil Services/SPED	CFO Central One Credit Union
Lead Nurse	School Department Physician
Shrews. Youth & Family Service	District Consulting Psychiatrist
Parent	