

WELLNESS POLICY

Preamble

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Good health fosters greater student attendance and improved learning outcomes.

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.

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.

33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes.

Only 2% of children (2 to 9 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Community participation is essential to the development and implementation of successful school wellness policies.

The Nauset Public School District 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 Nauset School District that:

- The school district 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.
- All 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 exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans, 2010.

Given the childhood obesity crisis, the Wellness Committee will continue to work towards limitations on celebrations including foods that do not meet the nutritional standards of the Regional School District.

- The Food Service Director, in consultation with a nutrition professional, will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health 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.
- All schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity among students and families.

I. Nutrition Education Goals

The primary goal of nutrition education is to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.

1. Nutrition education will be integrated across the core content and specialized areas as appropriate.
2. Professional development activities for nutrition education will be made available to designated staff.
3. The school cafeteria will serve as a learning environment to allow students to apply critical thinking skills taught in the classroom. (educational video, posters)
4. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. This would include awareness of media impact on nutrition.
5. Nauset will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
6. Students will be encouraged to start each day with a healthy breakfast and the school may provide an opportunity to have healthy choices for breakfast at school. (i.e. yogurt, granola bar, fruit)

II. Physical Activity Goals

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

1. Physical activity will be integrated across curricula and throughout the school day.
2. A daily recess period, with a time limit will be provided for grades K-5. Recess should only be withdrawn as a consequence of student behavior that jeopardizes safety, and only after all other means of addressing the issue have been exhausted. Recess will be planned before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
3. All students in grades K-12, including students with disabilities special health-care needs, and in alternative educational settings, will receive physical education or its equivalent of: 100 minutes/week for grades K-6, 55 minutes per week grades 7 & 8. The High School will maintain its current 3 year PE/Health requirement for graduation. The High School Principal may waive the number of hours of physical education for students in grades 9-12 if extenuating situations warrant such a waiver. For High School students, involvement in other activities involving physical activity (e.g., interscholastic or intramural sports may be substituted for meeting the physical education graduation requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous activity.
4. Information will be provided to families to help them incorporate physical activity into their children's lives.
5. Schools will provide access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
6. Schools encourage families and community members to institute programs that support physical activity.

III. Nutrition Guidelines for All Foods on Campus

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. Schools must ensure that reimbursable school meals exceed the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Nutrition Quality of Foods and Beverages Sold and Served on Campus School Meals

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Exceed, 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 non-dairy alternatives (to be defined by USDA)
- Flavored milk will be offered according to state guidelines.
- Serve only milk without hormone additives
- Ensure that 50% of the served grains are whole grain with the goal of serving 100% whole grains within two years.

Schools will engage students and parents, through taste tests of new entrees and surveys, in order to identify new, healthful and appealing choices. In addition, schools will share information about the nutritional content of meals with parents and students.

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 20 minutes to eat after sitting down for lunch
- will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities
- will schedule lunch period to follow recess periods when possible (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of student with special oral health needs (e.g. orthodontia or high tooth decay risk).

Sharing of Foods and Beverages

Schools should not allow students to share foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

1. The Nauset Schools will take every measure to ensure that student access to foods and beverages exceeds federal, state and local laws and guidelines. Nauset Schools will offer a wide variety of age appropriate healthy food and beverages that exceed State, Federal, and Local guidelines.
2. Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.

3. Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
4. All promotional events held in schools will be connected to activities that encourage physical activity, academic achievement, community building, or positive youth development and are in compliance with local guidelines.
5. School sponsored events (such as, but not limited to, athletic events, dances, or performances) will aim to serve foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. Healthy choices shall be available and prominently displayed.
6. Recognizing that classroom celebrations and birthday celebrations are popular and anticipated social activities for school children, the following guidelines will be instituted:
 - Classroom celebrations will include healthy snack options and 100% juice or water without artificial colors/sweeteners.
 - Each celebration will be limited to one food choice that does not meet the nutritional guidelines of the wellness policy.
 - Schools will provide a list of healthy snack ideas to parents/caregivers.
 - Birthday celebrations will focus on recognizing each child as special and important.
 - Teachers/parents are encouraged to choose non-food related activities as an alternative to traditional food focused celebrations.
7. Schools will not use non-nutritive snacks/beverages (candy, gum, soda, sugary beverages) as rewards for good behavior or academic performance within the classroom. Class-wide rewards that include food will include a physical activity component to teach the balance between food choices and exercise. Examples include: walking to an ice cream shop, field days ending with juice pops, and pizza parties with active group games. Teachers are encouraged to include non-food related group rewards e.g. extra gym time, extra recess time, etc. The Wellness Committee will provide lists of ideas to the school faculty.
8. Fundraising activities: Nauset Schools will discourage the use of foods that do not meet nutritional standards to be sold for fundraising purposes. The Wellness Committee will distribute additional ideas for fundraisers.
9. Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
10. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

IV. Eating Environment

1. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes prior to the start of the school day for breakfast and 20 minutes for lunch, from the time the student is seated.
2. Lunch periods are scheduled as near the middle of the school day as possible. Elementary schools will consider scheduling recess before lunch.
3. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
4. Dining areas are attractive and have enough space for seating all students.
5. Drinking water is available for students at meals at no additional cost. (Encourage the use of reusable water bottles)

V. Child Nutrition Operations

1. The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
2. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and foodservice programs). Nauset Schools will encourage more families to participate in the program.
4. Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
5. All food service personnel shall have adequate pre-service and in-service training in food service operations, and child/adolescent nutrition or John Stalker Institute professional development.

VI. Other School Based Activities

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

1. After-school programs will encourage physical activity and healthy habit formation.
2. Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
3. Support for the health of all students will be demonstrated by hosting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
4. Schools will form wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activities in the school environment. These committees, at a minimum, will meet on a quarterly basis.

VII. Monitoring and Evaluation**Monitoring**

1. The superintendent or designee will oversee compliance with the Nauset Public Schools' Wellness Policy. In each school, the principal or designee will ensure compliance with the Nauset Wellness Policy and will report on the school's compliance to the school district superintendent or designee.
2. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent, designee, or school principal. The food service staff will review and report on the most recent findings and recommendations of the USDA School Meals Initiative (SMI).
3. The superintendent or designee will develop an annual summary report on district-wide compliance with the Nauset Wellness Policy based on input from the schools within the district. That report will be published online. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Adopted: October 13, 2011 Brewster, Orleans, Eastham, Wellfleet and Region School Committees