

SCHOOL COMMITTEE POLICY

AMESBURY PUBLIC SCHOOLS

SCHOOL WELLNESS POLICY

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The Amesbury Public School district is committed to establishing a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. This commitment recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. Improved health optimizes student performance potential and ensures that all children have the opportunity to excel.

It is the goal of the Amesbury Public Schools to promote the student's physical, emotional and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse services, counseling services, nutritious school meals, health education, Family and Consumer Science education and opportunities for physical education and activity. It is the intent of this policy to enable students to become independent and self directed learners by taking initiative to meet their own health and nutritional needs as is developmentally and individually appropriate.

The purpose of this policy is to provide direction to the school system for promoting student wellness through nutrition education, physical activity, and the selection of nourishing foods and beverages, fulfilling the requirements of Public Law 108-265, Section 204, June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004.

This policy is reflective of the Amesbury Public Schools' mission statement:

The Amesbury School District is unconditionally committed to every child, ensuring that all students experience success through the development of attitudes and skills necessary for lifelong learning by providing the highest quality staff, meaningful learning experiences, and a vitally involved community.

The wellness policy will be made available at each school building and on the district website for parent review.

Federal Law:

Child Nutrition and WIC Reauthorization Act of 2004; Public Law 108-265
Section 204 of Public Law 108-265—June 30, 2004.

Richard B. Russell National School Lunch Act, (42 U.S.C.1758(f)(1), 1776(a)

Health and Wellness Administrative Guidelines

The Health and Wellness Advisory Committee is responsible for establishing and measuring the implementation of the district's Local Wellness Policy. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

Members shall include but not be limited to Nurse Leader – (Chair), parent(s), student(s), food service director, physical education and health curriculum faculty, and family and consumer science faculty. If possible, representation from administrative, school board and community health professionals is advisable.

The Board responsible for drafting this revised Wellness Policy shall remain engaged in monitoring the policy's implementation and presenting recommendations to the School Board. Established quality indicators will be used to measure the implementation of the policy. These measures shall include, but not be limited to, an analysis of nutrition education; nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; feedback from food service personnel, school administrators, school health councils, parents/guardians, students, and any other appropriate persons; analysis of physical education/activity and wellness communication and promotion.

I. Nutrition Education and Promotion

A. Program Design

1. The Health curriculum and Family and Consumer Sciences curriculum shall be revised and updated, as needed, to comply with state standards and mandates that ensure instructional strategies reflect current best practice. Nutrition topics shall be integrated at every grade level.
2. Staff responsible for health and nutrition education shall be adequately prepared and certified to implement through best practice and through participation in continued professional development activities.
3. Food Services shall work with Family and Consumer Science to integrate nutrition learning in both the cafeteria and classroom.

II. Physical Activity and Physical Education

A. Physical Education

1. Physical education classes are taught by state certified instructors.
2. Physical education will be held in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
3. The district will incrementally adjust the physical education opportunities for student to meet the optimum level of instruction as recommended by the National Association of Sport and Physical Education (NASPE).
4. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

B. Recess Breaks

1. Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.

C. Physical Activity Opportunities Before, During and After School

1. Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.
2. Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs, depending on available space and budgetary considerations.

D. Physical Activity and Punishment

1. Physical activity (e.g. running laps, pushups) will not be used as a form of punishment.
APS believes that physical activity is an integral part of a child's day. Staff in the Amesbury School District shall judiciously limit the use of withholding physical activity as a punishment. This guideline does not apply to extracurricular sports teams.
2. All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

E. Incorporating Physical Activity into the Classroom

1. Opportunities beyond regular physical education class and recess should be incorporated into the classroom as part of their learning or energizing breaks.

III. Nutrition Standards for School Foods and Beverages

A. Menu Choices

1. Foods and beverages available to students at District schools should support the health curriculum and promote optimal health.
2. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Massachusetts. Schools will offer a variety of age appropriate healthy food choices that are consistent with the federal government's current Dietary Guidelines for Americans. This will include but not be limited to:
 - a. Fresh fruit and vegetables
 - b. No trans fat foods
 - c. No high fructose corn syrup
 - d. No fried foods
 - e. Increased vegetarian choices
 - f. Increased whole grain foods

- g. Drink choices to include water, low-fat milk, flavored low-fat milk, skim milk and 100% juices in appropriate serving sizes. (Massachusetts Action for Healthy Kids Report, 2005 and American Beverage Association)
3. Menus will be planned with input from students, family members, and other school personnel.
4. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.
5. When possible, contract with local farms for produce.
6. School Food Services should recognize and reasonably accommodate individual students' dietary concerns related to religious practices.
7. With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs.
8. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.
9. Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.
10. Families shall receive educational information that encourages healthful eating and physical activity.
11. To encourage consistent health messages between the home and school environment, Health Services, the Advisory Committee and/or faculty may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
12. Foods and beverages sold at school in the cafeteria and vending machines shall comply with USDA federal and state guidelines.
13. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779 (a) and (b), as they apply to schools. (Richard B. Russell National School Lunch Act)
14. All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value."
 - a. FMNV: Foods of Minimal Nutritional Value: Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs.

- b. FMNV Exemptions: These guidelines do not apply to school nurses using FMNVs during the course of providing health care to individual students.

B. Competitive Foods

1. Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.
2. Guidelines for Snacks:
 - No more than 200 total calories per package
 - No more than 35% calories from fat
 - No more than 10% calories from saturated fat
 - No more than 480 mg sodium
 - No more than 35% sugar by weight
 - Excludes fruits, vegetables, nuts, seeds, and nut butters.

C. Food Environment

1. Students should be encouraged to eat a healthful breakfast.
2. Students should be provided adequate time for lunch.
3. Students participating in after-school programs should be encouraged to eat a healthful snack that follows the guidelines on this policy.
4. Drinking water should be available to students throughout the school day.
5. Hand-washing facilities and supplies will be conveniently located, and students are taught the importance of frequent hand washing.

D. Food Safety and Security

1. For the safety and security of the food and facility, access to the food service facilities is limited to authorized personnel.
2. Hazard Analysis and Critical Control Points* (HACCP) plans and guidelines shall be implemented to prevent food borne illness.
3. At least one manager at each site shall be *Serve Safe Certified** and will have completed a Life Threatening Allergy awareness program.
4. Local Board of Health inspections shall occur at least twice annually per National School Lunch Program.

* HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product.

*SERVSAFE is a certification program developed by the National Restaurant Association (NRA). The focus of this program is to train foodservice handlers about general food safety principles and Hazard Analysis Critical Control Point (HACCP) concepts. The ServSafe program has become the industry standard in food safety training.

E. Nutrition Practices in Classrooms

1. If and when beverages are consumed in the classroom, they should be limited to water, 100% juice and milk.
2. Snacks are encouraged to be healthy and in appropriate portion sizes.
3. Food should not be used as either an incentive or a reward for good behavior or academic performance.
4. School personnel shall not withhold student access to snacks as punishment.
5. The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings at school parties and events to support a healthy environment throughout the district.
6. Food and beverages for classroom parties and celebrations will conform to the same standards as competitive food sales. Class parties or celebrations shall be held after the lunch period when possible.

F. Fund Raising Activities

1. Non-food promotions activities, especially those involving physical activity, are encouraged following the District's Nutritional Standards. Fundraising activities involving food items should attempt to abide by the same nutritional standards.

G. Staff as Role Models/Staff Wellness

1. School staff is encouraged to model the components of the wellness policy.
2. Amesbury Public Schools highly values the health and well-being of every staff member and will plan and implement Employee Wellness activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

ADOPTED: 2006
REVIEWED: 2009
REVISED: 2010; 2011