

## East Longmeadow Public School Wellness Policy

East Longmeadow Public Schools strongly believes that students and staff need access to healthy food choices and opportunities to be physically active in order to grow, learn and thrive. There is a growing concern about childhood obesity and related diseases. The New Massachusetts School Nutrition Regulations for Competitive Foods and Beverages, 105 CMR 225.000, which will become effective August 2012, is an initiative that aims at combating childhood obesity by offering students/staff, foods and beverage choices that will enhance learning, contribute to their healthy growth and development and cultivate life-long healthy eating behaviors.

In compliance with Section 204 of Public Law 108-265 of the Child and WIC Reauthorization Act, we believe community participation is essential to the development and implementation of a successful wellness policy. Improved health optimizes student performance potential and ensures that no child is left behind.

East Longmeadow Public Schools will strive to meet the following goals:

- I. Maintain the Health Advisory Council
  - A. Members
  - B. Roles of the council members
- II. Compliance with Nutritional Guidelines and Standards for Schools involving:
  - A. School Lunch
  - B. Meal times and scheduling
  - C. Food service staff qualifications
  - D. No food/beverage sharing
- III. Compliance with Nutritional Education for staff, students, parents/guardians and the community
  - A. Communication with parents/guardians
  - B. Food marketing in schools
- IV. Maintain Physical Education and Physical Activity opportunities
  - A. Physical education (PE K-12)
  - B. Integrating physical activity into the classroom, as appropriate
  - C. Daily recess in specific schools
  - D. Physical activity opportunities before and after school
- V. Promote a healthy life style for staff, which promotes a healthy school climate
  - A. Staff wellness opportunities
- VI. Compliance with Policy Review and Monitoring
- VII. Compliance with Guidelines for Reimbursable School Meals

A. Free and Reduced meals

VIII. Compliance with Standards for competitive foods and beverages sold or provided during the school day All

competitive foods and beverages, sold or provided in public schools , shall comply with the nutritional standards of 105 CMR 225.000

A. Foods and beverages sold individually 30 minutes before school hours and 30 minutes after school hours ( foods and beverages sold in school buildings, including classrooms and hallways; school stores; school snack bars; all school campus vending machines accessible to students; concession stands; booster sales; school sponsored related events; any other location on school property)

B. Fundraising activities

C. Snacks

D. Rewards

E. Celebrations

IX. Recommendations/Guidelines for competitive foods and beverages sold outside school

A. Concession stands or school sponsored events

References:

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

Healthy Students, Healthy Schools: Guidance for implementing the MA School Nutrition Standards for Competitive Foods and Beverages. Developed by: MA Department of Public Health, MA DESE, John Stalker Institute of Food and Nutrition, Harvard School of Public Health and Boston Public Health Commission

The Child Nutrition Act of 1996, 42 U.S.C. 1771-1789

[www.fns.usda.gov/end/governance/legislation/implementation\\_timeline.pdf](http://www.fns.usda.gov/end/governance/legislation/implementation_timeline.pdf)

[www.mass.gov/eohhs/docs/dph/mass-inmotion/school-nutrition-guide.pdf](http://www.mass.gov/eohhs/docs/dph/mass-inmotion/school-nutrition-guide.pdf)

[www.doe.mass.edu/cnp/nprograms/nslp.html](http://www.doe.mass.edu/cnp/nprograms/nslp.html)

[www.fns.usda.gov/cnd/governance/legislation/Pricing-Equity-Facts.pdf](http://www.fns.usda.gov/cnd/governance/legislation/Pricing-Equity-Facts.pdf)

## East Longmeadow Public Schools Wellness Protocol

- I. Health Advisory Council (HAC)- The East Longmeadow Public School (ELPS) District will continue to maintain a HAC, which meets at least three times per year. The Nursing Supervisor and the Health Curriculum Director co-chair the Council meetings. The Council is district-wide and representative of all five schools. The membership of the Council is composed of staff, students, parents, administrators, the school physician, school nurses and members from the community. The main purpose of the HAC is to develop, implement, monitor, review, and as necessary, make recommendations on revisions to the Wellness Policy.
  
- II. Nutritional Guidelines and Standards for School Meals- The Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the School Meals Initiative for Healthy Children.

The nutritional requirements for school lunches:

- Must provide 1/3 the Recommended Daily Allowance (RDA) for:
  1. Calories
  2. Protein
  3. Vitamin A
  4. Vitamin C
  5. Calcium
  6. Iron

No more than 30% of an individual's calories will come from fats and less than 10% of the calories will come from saturated fats.

- Meals will be appealing and attractive to students
- Meals will be served in a clean and pleasant setting
- Meals will meet nutritional requirements established by local, state and federal regulations ([www.fns.usda.gov/end/governance/legislation/implementation\\_timeline.pdf](http://www.fns.usda.gov/end/governance/legislation/implementation_timeline.pdf))

Implementation of most meal requirements in the National School Lunch Program (NSLP) begins school year 2012-2013.

- Fiber rich fruits, vegetables and whole grains will be offered (see timeline link for grains component) ELPS currently participates in the Massachusetts Farm-to-School Program and purchases fresh produce directly from a Massachusetts farmer.
- Milk served will contain less than 2% or less of fat. (See timeline link for new milk guidelines)

This nutritional information will be available on menus, the district website and menu boards.

A. Meal times and scheduling

- Twenty minutes per day will be provided to students for lunch time
- Lunch periods are scheduled mid-day
- Tutoring, club or organizational meetings or activities will not be scheduled during meal times, unless student is able to eat during the activity
- Students will have access to hand washing before they eat meals or snacks
- Students with oral health needs, if appropriate, will have access to care.

B. Requirements of Food Service Staff: Qualified nutritional professional will serve the school meals and have access to continued professional development opportunities. These programs will include appropriate certification or trainings for the Food Service Director, school cafeteria managers and cafeteria workers, according to their levels of responsibility. Annual training will include Life Threatening Allergy Awareness, Choking and Medical Emergency Protocol training.

C. Sharing of Foods and Beverages: Schools will follow the District wide policy of “no sharing” of any foods or beverages, given concerns about allergies and some diet restrictions.

III. Compliance with Nutritional Education for staff, students, parents/guardians and the community

All students in Grades K-12 should receive nutrition education. East Longmeadow Public Schools (ELPS) aim to teach, encourage and support healthy food choices by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a comprehensive, standards-based program taught by a certified health teacher and/or FACS teacher, 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 other subjects like math, science, language arts, social studies and electives;
- includes enjoyable, developmentally appropriate, culturally- relevant, participatory activities such as contests, 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 healthy enhancing nutritional practices;
- emphasizes caloric balance between food intake and physical activity;
- links for school meal programs, other school foods and nutrition-related community services;

- teaches media literacy with an emphasis on food marketing;
- includes training for teachers and other staff;
- fosters appreciation for good nutritional foods through the Family Consumer Science and Culinary Arts curriculum.

- A. Communication with Parents/Guardians: ELPS will support parent/guardian’s efforts to provide healthy meal choices and daily physical activity for their children. School staff will encourage parents to pack healthy lunches and snacks and to refrain from sending foods and beverages that do not meet the nutritional standards. Parents/Guardian will be provided a list of foods that meet the lunch and snack requirements and ideas for healthy celebrations, rewards and fundraising activities.

ELPS will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parent/guardian’s efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity, healthy food choices and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

- B. Food Marketing in Schools: School-based food marketing will be consistent with nutrition education and health promotion. Schools will promote food and beverage marketing that meet the nutrition standards for meals or for foods and beverages sold individually. Schools will not promote low nutrition foods and beverages. Healthy foods, including fruits, vegetables, whole grains and low-fat dairy products will be encouraged.

Marketing techniques that are unacceptable include: logos and brand names on/in vending machines, books, textbook covers, school supplies, scoreboards, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low nutrition food products.

Marketing activities that promote healthful behaviors include: vending machines promoting water, sales of fruit for fundraisers and coupons for discount gym memberships.

IV. Physical Activity Opportunities and Physical Education

- A. Physical Education (P.E) K-12: All students in grades K-12 will be offered physical education and will be taught by certified physical education teachers.
- B. Integrating Physical Activity into the Classroom Setting: Students need opportunities for physical activity beyond physical education class. The nationally recommended amount of daily physical activity is at least 60 minutes per day. Therefore:
- classroom education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to decrease screen time and sedentary activities;
  - opportunities for physical activity should be incorporated into other subject lessons;
  - classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- C. Daily Recess: All elementary students will have at least 12 minutes a day of supervised recess, preferably outdoors, weather permitting, during which moderate to vigorous physical activity is encouraged.
- D. Physical Activity opportunities Before and After School: The middle and high school will offer extracurricular activity programs, such as physical activity clubs or intramural programs. The town of East Longmeadow and the school staff will offer a range of activities that meets the needs, interests and abilities of all students including students with disabilities and students with special healthcare needs.

Additional supplemental East Longmeadow School Policies for reference include:

AD, ADA, IHA and IHAE.

- V. Promote a healthy life style for staff: The East Longmeadow School District highly values the health and well being of every staff member and will plan to implement activities that support personal efforts by staff to maintain a healthy lifestyle.
- Healthy students and healthy staff promote a healthy school climate.
- Encourage all school staff to improve their own personal health and wellness
  - Improve staff morale

- Create a positive role model for the students
- Encourage the commitment from staff to promote the health of students
- Encourage the commitment from staff to help improve school nutrition and a physical activity environment

Nutrition and physical activity education opportunities and resources will be available to all staff. This may include the distribution of educational materials and access to presentations and workshops that focus on nutrition and healthy lifestyles, fitness activities and other appropriate nutrition and physical activity related topics.

VI. Compliance with Policy Review and Monitoring:

- A. Monitoring: The superintendent or designee will ensure compliance with current district-wide nutrition and physical activity wellness policy and protocol. In each school building, the principal or designee will ensure compliance with this policy and will report any concerns to the superintendent.

School food service staff, at the individual schools and the district level, will ensure compliance with the wellness policy and protocol within food service areas and report any concerns to the Food Service Director.

The superintendent or designee will develop a summary report every three years regarding district-wide compliance with the current wellness policy, based on input from schools within the district.

- B. Policy Review: The Health Advisory Council will assess and review the wellness policy and protocol and determine compliance and any areas that may need improvement or revisions. The HAC will ensure that each individual school promotes an environment that supports healthy food choices and physical activity.

Additional supplemental East Longmeadow School Policies for reference include: AE, BA, BG, BGC, BGE, CH, CHB, CL and IL.

VII. Compliance with Guidelines for Reimbursable School Meals:

A. Free and Reduced Meals: Schools will make every effort to eliminate any social stigma attached to students that are eligible for free/reduced school meals.

Electronic identification and a payment system promote the availability of school meals to all students. Applications for free/reduced lunch are available at each school. Local school food authorities set their own prices for full-priced meals. ( [www.fns.usda.gov/cnd/governance/legislation/Pricing-Equity-Feds.pdf](http://www.fns.usda.gov/cnd/governance/legislation/Pricing-Equity-Feds.pdf))

In addition to cash reimbursements, schools are entitled, by law, to receive commodity foods. Under the School Meals Initiative, USDA also provides schools with technical training and assistance, to help school food service staff prepare healthy meals, and nutrition education to help children understand the link between diet and health.

([www.doe.mass.edu/cap/nprograms/nslp.html](http://www.doe.mass.edu/cap/nprograms/nslp.html))

VIII. Compliance with Standards for Competitive Foods and beverages sold or provided during the school day: All Foods and Beverages sold individually (foods or beverages sold outside of reimbursable school meal program : a la carte, vending machines accessible to students, fundraising activities, snacks, rewards and celebrations) The regulations apply to competitive foods and beverages sold or provided to students 30 minutes before the beginning of the school day until 30 minutes after the school day ends. However, foods and beverages sold in vending machines, accessible to students, must comply with the standards at all times. School districts are encouraged to go beyond the minimum standards to establish local protocols that apply the food and beverage standards at all times to promote a healthy school environment throughout the entire day. All vending machines, accessible to students, will only offer water, 100% fruit juice or vegetable juice and milk or milk substitutes.

A. Foods & Beverages: Water must be made available to all students during the day without charge. Fresh fruits and non-fried vegetables will be for sale where food is sold. The use of a fry-o-lator is prohibited. By August 1, 2013, nutrition information will be available for non-prepackaged competitive foods and beverages served in the cafeteria.

- 100% fruit and vegetable juice, with no added sugar and 4 oz. serving or less
- Low-fat and fat-free milk; 8 oz. serving or less
- Flavored milk with no more than 22 grams or sugar per 8 oz.

- Water may contain natural flavorings and/or carbonation but should not contain added sugars, sweeteners or artificial sweeteners
- Any beverages with added sugar or sweeteners already addressed will be phased out by August 1, 2013. Flavored milk or milk substitutes that have the same amount or less sugar than plain, fat-free or low-fat milk are allowed
- Other beverages like soda, sports drinks, teas, etc. are not allowed.
- Only 100 % fruit/vegetable juice , milk, milk substitutes and water may be sold or provided
- Foods should be 200 calories or less per item
- A la carte entrees should not exceed the calorie count of entrée items of the equivalent portion size offered as part of the National School Lunch Program ( NSLP)
- Foods should have less than 35% of their total calories from fat
- Foods should have less than 10% of their total calories from saturated fat
- All foods should be trans fat-free
- 1 oz. serving of seeds and reduced-fat cheese are exempt from the fat standards
- Foods should have less than 200 mg of sodium per item
- A la carte entrees should have a maximum of 480 mg of sodium per item
- All breads of grain-based products should be whole grain (whole grain should be listed as the first ingredient) This includes crackers, granola bars, chips, bakery items, pasta, rice, etc.
- Trace amounts of naturally occurring caffeine ( such as that found in chocolate) are allowed as long as the item complies with the rest of the nutrition standards
- Artificial sweeteners in foods are, also, not permitted
- Ice cream and yogurt products will meet new competitive guidelines
- A packaged item may contain no more than one serving per package.
- All foods and beverages sold or provided to students will meet all applicable state and federal food safety requirements.

B. Fundraising Activities: Nutrition regulations should be applied at all times, including evening and community events. To support children’s health and school nutrition/education efforts, school fundraising activities will not involve food or should only use 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. The following healthy fundraising alternatives to selling food items, are highly recommended

- Walk-a-thons, jump-rope-a-thons and fun runs
- Talent shows
- Raffles for Spa treatments or sporting events, concerts, or movie tickets donated by local businesses
- Items with school logos
- Car washes
- Read-a-thons
- Auctions or garage sales
- Book fairs
- Bowling or skate nights
- Holiday cards, plants/flowers and gift wrap, candles, etc.
- Community service projects
- Fresh fruit sales

[www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

[www.astphnd.org/resource\\_read.php?resource\\_id=233](http://www.astphnd.org/resource_read.php?resource_id=233)

[www.actionforhealthykids.org/resources/files/healthy-fundraisers-for-schools.pdf](http://www.actionforhealthykids.org/resources/files/healthy-fundraisers-for-schools.pdf)

[www.fundraisingfruit.com](http://www.fundraisingfruit.com)

[www.citrusfruit.com](http://www.citrusfruit.com)

[www.fundraisingweb.org/listings/citrus.htm](http://www.fundraisingweb.org/listings/citrus.htm)

C. Snacks: Snacks served by the school 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. Parents, children and staff will be encouraged to send in healthy snacks, and suggestions for healthy snacks will be promoted through education, websites, etc. For example, this information can be communicated at parent-teacher nights, PTO meetings and/or through written communication on the school website, parent newsletters, etc.

- [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)

- [www.choosemyplate.gov](http://www.choosemyplate.gov)

D. Rewards: Schools should not use food or beverages as direct rewards for academic performance or good behavior and will not hold food or beverages as a punishment. Food items cited in a student’s IEP or

required for a medical condition, will meet compliance with the Wellness Policy and Protocol. The Culinary Arts and Family Consumer Science Programs will also be encouraged to make/sell healthier alternatives to recipes in their classrooms.

Examples for alternatives to using food as a reward:

- Paper back book
- “Free choice time” at the end of class
- Stickers, pencils, or bookmarks
- Be a helper in class
- Play a favorite game
- “No homework Pass”
- Donated coupons to music stores, book stores or movies

[www.actionforhealthykids.org/assets/clubs/nc7-classrewards.pdf](http://www.actionforhealthykids.org/assets/clubs/nc7-classrewards.pdf)

[http://cspinet.org/new/pdf/constructive\\_classroom\\_rewards.pdf](http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf)

- E. Celebrations: Schools should limit celebrations that involve food. Any food item used in the classroom/school celebrations must conform to the district nutrition standards for foods and beverages sold individually. Foods provided by parents for classroom celebrations must also meet these standards as above. Foods must also comply with the ELPS Life Threatening Allergies Policy and Protocol. Classroom Parties such as birthdays and holiday celebrations do not need to include food, just fun.

Examples of Healthy Celebrations:

- Arts and craft projects
- Allowing the student to be the teacher’s assistant for the day
- Decorate the classroom
- Make something to bring home to the family
- Place the child’s name and picture in the front of a book donated by the birthday child.
- Announce the child’s name over the intercom and sing “Happy Birthday”
- Decorate a birthday crown

[http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

[www.healthiergeneration.org/schools.aspx?id=3296](http://www.healthiergeneration.org/schools.aspx?id=3296)

IX. Guidelines for Competitive Foods & Beverages sold outside of school hours:

School districts are encouraged to apply the nutrition standards at all times. It is important for schools to be consistent in promoting a healthy school environment, and implementing the standards 24/7 prevents sending mixed messages to students. ELPS promotes healthier choices for the consumer at sporting events concession stands and various PTO fundraising projects. For example, offer foods and beverages that meet the new competitive al a carte and beverage regulations, in addition to the regular food and beverage items sold. Fresh fruits and vegetables should be offered.

