

SCHOOL DISTRICT WELLNESS PROGRAM – RULES & PROCEDURES

I. District Wellness Team

Individual schools within the district will create, strengthen, or work with the district team to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity regulations. The district team also will serve as the resource to school sites for implementing those regulations.

II. Nutritional Quality of Foods and Beverages sold and served at Nantucket Public Schools

A. School Meals The School Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the Commonwealth of Massachusetts Department of Education-Nutrition, Health, and Safety.

The nutritional requirements for school lunches are:

Must provide 1/3 of the Recommended Daily Allowance for:

- Calories
- Protein
- Vitamin A
- Vitamin C
- Calcium
- Iron
- No more than 30% of an individual's calories come from fats
- Less than 10% of an individual's calories come from saturated fats

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet all requirements established by local, state and federal statutes and regulation; .
- Offer a variety of fiber-rich fruits and vegetables;
- Serve only low-fat (1% or less) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by USDA) and;
- Ensure that half of the served grains are whole grains.

Nantucket Public Schools shall share information about the nutritional content of meals with parents and students. Such information is available on menus located on our district website, on cafeteria menu boards, placards, or other point-of-purchase material.

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:

- NPS will, to the extent possible, offer the School Breakfast Program.
- NPS will serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program. (Sent out by mailing each new year).
- NPS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, and other means.

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 schools meals. NPS utilizes electronic identification and payments systems (initiated 2003), provides free and reduced-price meals to all children; promote the availability of school meals to all students.

B. Meal Times and Scheduling at NPS:

- will provide students with at least a 20 minute lunch period;
- will schedule meal periods at appropriate times (lunch between 11 am and 1 pm);

- should not schedule tutoring clubs or organizational meetings or activities during mealtimes unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens.

C. Qualifications of School Food Service Staff: A qualified nutrition professional will consult with the school meal program’s director. As part of the district’s responsibility to offer a food service program, we will provide continuing professional development for all food service staff. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

D. Sharing of Foods and Beverages: NPS will discourage students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

E. Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria [snack] lines, fundraisers, school stores, etc.)

The school food service program will approve and provide all food and beverage sales to students in the elementary school. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruit, vegetables and other non-fried foods.

1. Beverages:

Allowed:

- water or seltzer water without added caloric sweeteners;
- fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners;
- unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

Not allowed:

- soft drinks containing caloric sweeteners;
- sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners;
- beverages containing caffeine, excluding low-fat and fat-free chocolate milk (which contain trivial amounts of caffeine).

2. Foods (a la cart or vending):

A food item sold individually or as an a la carte will:

- emphasize fruits, vegetable, whole grain, and low fat milk;
- include lean meats, poultry, fish, beans, and eggs,
- include foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Food offerings will also adhere to USDA food guide pyramid.

3. Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit, or jerky;
- one ounce for cookies sold in the cafeteria;

- two ounces for cereal bars, granola bars, and baked goods;
- four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream;
- six ounces for non-frozen yogurt; ,
- the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables and exempt from portion-size limits.

III. Nutrition Education

All students in grades K-12 will receive nutrition education. Nantucket Public Schools aim 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 and is 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, developmental^ appropriate, culturally relevant, participatory activities such as taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy foods 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 nutritionally 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 Health and Physical Education curricula.

Food Marketing in Schools

School-based marketing will 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 beverage is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. To the extent possible students will participate in the marketing of healthy options.

The district supports activities and organizations that enhance healthy behaviors. Marketing activities that promote healthful behaviors (and are therefore allowable) include:

- vending machine covers promoting water
- pricing structures that promote options in a la carte lines or vending machines
- sales of fruit for fundraisers and
- coupons for discount gymnasium memberships

Examples of marketing techniques discouraged by the district include the following:

- logos and brand names on/in vending machines
- books or curricula
- textbook covers
- school supplies
- scoreboards
- school structures and
- sporting equipment
- educational incentive programs that provide food as a reward

- programs that provide schools with supplies when families buy low-nutrition food products;
- in-school television
- free samples or coupons; and
- food sales through fund raising activities.

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Staff Wellness

The Nantucket School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain healthy lifestyles. The pool and cardio room are available for staff use. The purpose of staff nutrition and physical education is to:

- encourage all school staff to improve their own personal health and wellness
- improve staff morale
- create positive role modeling
- build the commitment of staff to promote the health of students
- build the commitment of staff to help improve the school nutrition and physical activity environment.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12: All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education each school year and endeavor to meet the recommended national standard or 150 minutes/week at the elementary level and 225 minutes/week for middle and high school students. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. All physical education will be taught by a certified physical education teacher.

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. 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
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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 should 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 in conjunction with the town, will 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. Programs will provide 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.

After-school child care and enrichment programs 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.

Safe Routes to School: The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Communication with parents

The district will support parents' efforts to provide healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutritional standards for individual foods and beverages. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Nantucket Public Schools 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.

SOURCE: NANTUCKET