

CARVER PUBLIC SCHOOLS
WELLNESS POLICY

Healthy Students, Healthy Schools

The Carver Public Schools are dedicated to the success of all students. As a community it is essential that we promote good nutrition and fitness opportunities as part of the total learning experience. Through our schools, students will gain an appreciation for health and fitness and develop life-long benefits from a balanced wellness program.

Carver Public Schools will:

A. Develop lifelong skills and habits that focus on wellness as an essential part of the comprehensive learning environment.

School wide wellness concepts will be designed to encourage positive experiences and repeated exposure to wellness behaviors. To enhance the learning experiences schools will be encouraged to provide interdisciplinary opportunities that relate to good nutrition and regular physical activity.

B. Create more opportunities for students to engage in physical activities that promote movement and exercise.

Physical Education is included in the Carver Public schools education program K-12. Through this program, students participate in physical activities and gain an understanding of the benefits it has on the body. Physical activity will include instructional physical education, as well as more opportunities for students to be physically active throughout the day:

- Recess
- Clubs/Intramurals
- Interscholastic sports
- Team/Individual fitness

C. Support and promote proper dietary habits that contribute to student's health and academic success.

All food available on school grounds and at school-sponsored activities during the instructional school day will meet or exceed the district nutritional standards.

Healthy Students, Healthy Schools:

<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>

D. Promote community and staff involvement.

It is imperative that our schools communicate effectively with parents and the community. Educational opportunities will be provided through a variety of resources to gain knowledge of healthy lifestyles, nutrition, health assessments and fitness-related activities.

E. Maintain a district-wide Wellness Committee to:

- Meet yearly to evaluate policy
- Provide effective resources
- Work collaboratively with schools
- Coordinate professional development
- Proper assessment/surveys

EDUCATION STANDARDS

Student Nutrition Education

All schools will be encouraged to integrate nutrition and wellness themes throughout the instructional day. Benchmarks will be determined K-12 in order to align the nutrition and comprehensive health curriculum, creating a foundation of understanding at each level.

The following components are essential to wellness education:

- School environment
- Fundamentals of fitness
- Community involvement
- Forming healthy habits
- Values of exercise
- Total body health
- Good Nutrition
- Physical/Emotional well being
- Assessment

Parent Nutrition Education

The Wellness Committee will act as a liaison between the schools and the community to provide educational opportunities. Through the use of newsletters, the district website, and cable access postings, information will be provided on a series of handouts and presentations on healthy lifestyles and nutrition.

Parental involvement:

- Provide healthy snacks and lunches as much as possible
- Candy and soda are not allowed during the school day
- Support healthy environment in schools
- Participation in presentations and seminars
- Cookbooks

Staff Nutrition Education:

Nutrition and health opportunities will be provided to all school staff district wide. Professional development may include the distribution of educational resources, presentations and workshops that focus on healthy lifestyles.

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The Carver Public Schools strongly encourage the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, and beverage on school grounds.

Massachusetts School Nutrition Standards for Competitive Foods and Beverages At-a-Glance

The following standards apply to all public elementary, middle and high school students. To view the Act Relative to School Nutrition signed into law in 2010 and the amendment to this Act passed in June, 2012, see [www.malegislature.gov/Laws/SessionLaws/Acts/2012/Chapter 96](http://www.malegislature.gov/Laws/SessionLaws/Acts/2012/Chapter_96).

To view the complete standards as originally published in 2011, see www.lawlib.state.ma.us/source/mass/cmr/cmrtxt/105CMR225.pdf

Category	Standards
Juice	100% fruit and vegetable juice, with no added sugar
Juice-Portion Size Limit	No more than 4-ounce servings.
Milk (including alternative milk beverages such as lactose-free and soy)	Low-fat (1% or less) and fat-free milk
Milk – Portion Size Limit (including alternative milk beverages such as lactose-free and soy)	No more than 8-ounce servings.
Water	No added sugars, sweeteners or artificial sweeteners.
Beverages with Added Sugar or Sweeteners	Any beverages with added sugar or sweeteners not already prohibited will be phased out by August 1, 2013 . However, a school may provide or sell flavored milk or milk substitutes that contain the same amount or less sugar than plain, fat-free or low-fat milk.
Other Beverages (Soda, sports drinks, teas, waters, etc.)	No beverage other than juice, milk, milk substitutes and water shall be sold or provided.
Calories	Foods shall not exceed 200 calories per item. A la carte entrees shall not exceed the calorie count of entrée items offered as a part of the National School Lunch Program (e.g., equivalent portion size)
Fat	No more than 35% of total calories from fat.
Saturated Fat	No more than 10% of total calories from saturated fat.
Trans Fat	All foods shall be trans fat-free
Fat Exemptions (All other categories apply, e.g., sugar and calories.)	1-ounce servings of nuts, nut butters, seeds and reduced-fat cheese

Category	Standards
Sugar	Not more than 35% of total calories from sugars.
Sugar Exemptions (All other categories apply, e.g., fat and calories)	100% fruit with no added sugar. Low fat or non-fat yogurt (including drinkable yogurt) with no more than 30 grams of total sugars, per 8-ounce serving.
Sodium	No food shall contain more than 200 mg of sodium per item. A la carte entrees shall not contain more than 480 mg of sodium per item.
Grains	All bread or grain-based products shall be whole grain, i.e., whole grain should be listed first in the ingredient statement. These include crackers, granola bars, chips, bakery items, pasta, rice, etc.
Caffeine	No food or beverage shall contain more than trace amounts of caffeine. <i>Note: Some foods and beverages, such as chocolate, contain small amounts of naturally occurring caffeine. These products are allowed as long as they comply with the rest of the nutrition standards.</i>
Artificial Sweeteners	No food or beverage shall contain an artificial sweetener.

Vending Machines:

Vending machines will have working automatic timers in place at all times that will not dispense product during the school day. (The school day is defined in the student handbook for each individual school in the district.)

- Exceptions to this vending policy are:
Vending machines that contain “water products only” may run all day
- Vending machines in the Cafeteria shall operate during the scheduled breakfast and lunch times and contain only water
- Students may not access vending machines located in staff lounges or dining rooms at any time.

A la Carte Items Offered:

All a la carte items offered shall adhere to:

- Total fat: no more than 35% of total calories from fat.
- Saturated fat and Trans fat: No more than 10% of total calories from saturated. All foods must be Trans Fat Free
- Total Sugar no more than 35% of total calories from sugar. The exception to this is dairy, which should contain no more than 22grams total sugar per 8 ounce serving.
- Portion Size: Single serving size

(The A-list is available at the John Stalker Institute website: www.johnstalkerinstitute.org/alist) This is a list of products that meet the Massachusetts Action for Healthy Kids' Massachusetts Ala Carte Food and Beverage Standards.

STUDENT NUTRITION

The School Lunch Programs:

- The full meal school lunch program and breakfast program will continue to follow the USDA requirements for Federal School Meals Programs.
- The school Food Service Program provider will follow the Massachusetts School Nutrition Regulations for Competitive Foods and Beverages.
- The Food Service Director will work closely with the Wellness Committee to adhere to the standards laid out in this document.

Fundraising:

- All fundraising projects during the school day will be encouraged to follow the District's Nutrition Standards.
- All fundraising that includes food items will be required to follow the Massachusetts School Nutrition Regulations for Competitive Foods and Beverages.
- Fundraising that includes food items will not be sold during the regularly scheduled school lunch hours.
- Groups who are organizing fundraisers should be encouraged to consider healthier or more creative alternatives.
- Outside group fundraisers will not be allowed to be sold before, during, or immediately after the school day.
- All school fundraisers shall be approved and signed off by the building Principal.

File: ADF (Continued)

Teacher-to-Student Incentives:

Non-food incentives should be considered. Should teachers feel compelled to food based rewards in the classroom, they are required to adhere to the district's Wellness Guidelines.

Food used as a reward or punishment, have been proven to "connect food to mood" and may cause children to eat when they are not hungry (overeate).

Parties & Events:

- Teachers should consider celebrating classroom birthdays once a month.
- Health Students Healthy Schools reference guide would be an excellent resource for parents and teachers.

MONITORING and EVALUATION

Monitoring

The Superintendent or designee will ensure compliance with the Carver Public Schools Wellness Policy. In each school, the principal or designee will ensure compliance with the Wellness Policy and will report on the school's compliance to the school district superintendent or designee.

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. In addition, the school district will report on the most recent USDA School Meals Initiatives (SMI) review finding and any resulting changes.

The superintendent or designee will develop a summary report every three years on District-wide compliance with the Wellness Policy based on input from the schools within the District. That report will be provided to the school committees, parent/teacher organizations, school principals, and school health services personnel in the District.

Policy Review and Evaluation

Every three years each school in the District will conduct an assessment of the implementation of the standards in the wellness policy. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Revision: First Reading: September 18, 2006

Adopted: October 16, 2006

Second Revision: April 30, 2013

Approved by Committee September 9, 2013