

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, fitness opportunities, and social emotional skill development as part of the total learning experience. Through our schools, students will gain an appreciation for health and fitness and develop strategies for life-long healthy lifestyles.

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.

For nutritional guidance for school and school-sponsored activities, see **Healthy Students, Healthy Schools (2012)** <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>. This document states, "the goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors" (p. 9).

D. Implement curricula and interventions to support the mental health of students, promote safe and supportive schools, develop digital citizenship, and ensure equity for diverse populations.

Programming, professional development, and curricula should focus on supporting whole child development, cultural sensitivity, mental health, and appreciation for all students. Bullying Prevention, counseling supports, and diversity awareness opportunities should be provided and evaluated routinely (including evidenced-based programs) to promote students' social and emotional development. Digital citizenship and online safety are embedded via the Massachusetts Digital Literacy and Computer Science Frameworks.

E. 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 and programs to gain knowledge about healthy lifestyles, nutrition, health assessments, and fitness-related activities.

F. 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 for preK-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
- Healthy habits
- Values of exercise
- Total body health
- Good nutrition
- Physical/emotional well being
- Ongoing program 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 healthy lifestyles and nutrition.

Parental involvement:

- Provide healthy snacks and lunches as much as possible
- Support healthy environment in schools
- Participate in presentations and seminars
- Create resources for families (like cookbooks)

Staff Nutrition Education: Nutrition and health opportunities will be provided, as available, 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 on December 5, 2014.

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At-a-Glance”

Massachusetts School Nutrition Standards for Competitive Foods and Beverages, December 5, 2014

Category	Massachusetts Standards	USDA Standards
Juice	100% fruit and vegetable juice with no added sugar Juice may be diluted with water or carbonated water	100% fruit or vegetable juice with no added sugar Juice may be diluted with water or carbonated water
Juice – Portion Size	Elementary, Middle and High School – 8 oz or less	Elementary School – 8 oz or less Middle School – 12 oz or less High School – 12 oz or less
Milk	Plain low-fat (1% or less) and fat-free milk Flavored milk and flavored milk substitutes (including alternative milk beverages, e.g., lactose-free and soy) must be fat-free and contain no more than 22 g of total sugar per 8 oz portion.	Plain low-fat milk Plain or flavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements
Milk – Portion Size	Elementary, Middle and High School – 8 oz or less	Elementary School – 8 oz or less Middle School – 12 oz or less High School – 12 oz or less
Water	Plain carbonated or non carbonated water May contain natural flavorings* No size limit *Federal guidance clarifies that this applies to high school only.	Elementary, Middle and High School Plain carbonated or non carbonated water No size limit High School Calorie-free, flavored and/or carbonated water (20 oz or less)
Other Beverages	No other beverages	Other beverages that are labeled to contain less than 5 calories per 8 fl oz, or less than or equal to 10 calories per 20 fl oz (no more than 20 fl oz) Other beverages that are labeled to contain no more than 40 calories per 8 fl oz or 60 calories per 12 fl oz (no more than 12 fl oz)
Calories	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments, unless they meet the exemption for NSLP/SBP entrée items
Fat	35% or less of total calories from fat per item as packaged or served	35% or less of total calories from fat per item as packaged or served
Saturated Fat	10% or less of total calories from saturated fat per item as packaged or served	10% or less of total calories from saturated fat per item as packaged or served
Trans Fat	All foods should be trans fat-free.	All foods should be trans fat-free.
Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1 oz portions Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1 oz portions Schools may provide or sell seafood with no added fat. No other combination products are exempt from the fat standard.	Reduced-fat cheese, part-skim mozzarella cheese Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Schools may provide or sell seafood with no added fat. These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.

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 22 grams 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 during the school day 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 sell food items before or during the school day.
- All school fundraisers shall be approved and signed off by the building principal.

Teacher-to-Student Incentives: Non-food incentives should be considered. Should teachers feel compelled to offer food based rewards in the classroom, they are required to adhere to the district’s Wellness Guidelines. Food used as a reward or punishment has been proven to cause children to “connect food to mood” and may cause them to eat when they are not hungry (overeat).

Parties & Events:

- Teachers should consider celebrating classroom birthdays once a month.
- *Healthy Students Healthy Schools* reference guide would be an excellent resource for parents and teachers.
- Both during school and after school events, adults should follow building clean up protocols to remove food-based allergens (peanuts, tree nut oils, dairy, etc.) to make the space safe for all students.

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 findings 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.

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