

CARVER PUBLIC SCHOOLS WELLNESS PLAN

Healthy Students, Healthy Schools

The Carver Public Schools are dedicated to the success of all students. We believe that for students to be able to achieve personal, academic, developmental and social emotional wellness, we need to create safe and healthy learning environments. We are dedicated to promoting the health and wellness of students and staff through education and initiatives that; encourage life-long habits of wellness, promote good nutrition, provide fitness opportunities, develop social emotional learning skills, and empower individuals to take responsibility for their own health.

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/WIN Block*
- *Clubs/Intramurals*
- *Interscholastic sports*
- *Team/Individual Fitness*
- *Morning Meeting / Transitions*

C. Support and promote balanced 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** (<https://www.mass.gov/doc/healthy-students-healthy-schools-guidance-for-implementing-massachusetts-school-nutrition/download>). 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. 7).

D. Promote safe and supportive schools for all students and staff.

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 as needed (including evidenced-based programs) to promote students' social and emotional development

E. Promote community and staff involvement in supporting wellness.

It is imperative that our schools communicate effectively with families 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 quarterly to evaluate policies and procedures
- Provide effective resources
- Work collaboratively with schools
- Coordinate professional development

G. Develop respectful and responsible citizens through the promotion of wellness.

EDUCATION STANDARDS

Student Nutrition Education: All schools will 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
- Farm to School Agriculture
- 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 social media, 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 and employee wellness. Staff are encouraged to model healthy eating habits for students.

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale: The Carver Public Schools is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including *Farm to School programs and school gardens*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet ¹ [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following ² [Smarter Lunchroom techniques](#);
- Whole fruit options, sliced or cut fruit, are available daily;
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable or fruit options with their meal;
- White milk is placed in front of other beverages in all coolers;
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas;
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.);
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
- Menus will be posted on the District website or individual school websites;
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria);
- Students are served lunch at a reasonable and appropriate time of day; and
- The District will implement the following Farm to School activities;
 - Local and/or regional products are incorporated into the school meal program;
 - School hosts a school garden/greenhouse and hydroponic plantings
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Staff Qualification and Professional Development: All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the ³ [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to ⁴ [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

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

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day and after the school day including, before/after care on school grounds, clubs, and after school programming support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://johnstalkerinstitute.org/resources/school-snacks/alist/>. The Alliance for a

¹ <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

² <https://snaped.fns.usda.gov/success-stories/smarter-lunchrooms-movement>

³ <https://www.fns.usda.gov/cn/professional-standards>

⁴ <https://www.fns.usda.gov/cn/professional-standards>

Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://foodplanner.healthiergeneration.org/>

The following standards apply to all public elementary, middle and high school students.

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.

Saturated Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions. No other combination products are exempt from the saturated 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. These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.
Sugar	35% or less of their total weight from sugar	35% or less of their total weight from sugar
Sugar Exemptions	100% fruit with no added sugar. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat. Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries. Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice.	100% fruit with no added sugar. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat. Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries.
Sodium	200 mg sodium or less per item as packaged or served. À la carte entrées should have a maximum of 480 mg of sodium per item.	240 mg sodium per item as packaged or served (Effective July 1, 2016 sodium standard will be no more than 200 mg sodium per item as packaged or served.) À la carte entrées should have a maximum of 480 mg of sodium per item, unless they meet the exemption for NSLP/SBP entrée items.
Grains	All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients). Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.	All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients). Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.
Caffeine	Foods and beverages in all schools must be caffeine free, with the exception of trace amounts of naturally occurring caffeine.	Foods and beverages available in elementary and middle schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine. Caffeinated foods and beverages are permitted to be sold in high schools.
Artificial Sweeteners	Artificial sweeteners are not permitted.	Artificial sweeteners are permitted.
Accompaniments	All accompaniments must be included in the nutrient profile as part of the item served.	All accompaniments must be included in the nutrient profile as part of the item served.
Sugar-free Chewing Gum	There is no exemption for sugar-free chewing gum.	Sugar-free chewing gum is permitted.
School Lunch/Breakfast Program	There is no exemption for NSLP/SBP entrées.	Entrée items sold as part of the NSLP/SBP are exempt from competitive food standards.
Timing	From midnight before to 30 minutes after the end of the official school day.	From midnight before to 30 minutes after the end of the official school day.
Fundraising	Massachusetts standards do not apply to fundraisers.	State education agency must set a limited frequency for the number of allowable fundraisers. In the absence of an allowable number of exemptions, the number remains zero.

Water: To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school. District will make drinking water available where school meals are served during mealtimes.

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 and Breakfast 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.
- Any child may purchase a meal through the National School Lunch and Breakfast Program. Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 30 cents for breakfast and 40 cents for lunch. Applications for free and reduced price meals can be found on our website at www.carver.org.
- The Food Service Director will work closely with the Wellness Committee to adhere to the standards laid out in this document.

Fundraising: Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the ⁵ [Alliance for a Healthier Generation](http://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/) and the ⁶ [USDA](https://www.fns.usda.gov/tn/best-practices-healthy-school-fundraisers).]

⁵ [https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/](http://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/)

⁶ <https://www.fns.usda.gov/tn/best-practices-healthy-school-fundraisers>

- 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 choose fundraisers that promote healthy activities, such as the Fun Run Boosterthon, Dance Socials, and Kids Heart Challenge.
- 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 (overeate).

Nutrition Promotion: Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#);
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <https://foodplanner.healthiergeneration.org/> and
- Use physical activity as a reward such as extra recess and dance parties.

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.

PHYSICAL EDUCATION & PHYSICAL ACTIVITY

Carver Public Schools Physical Education program K-12 curriculum follows the National Association for Sport and Physical Education Standards, along with the state physical education standards. This curriculum identifies and provides skill progression in development in grades K-12. Through this program, students will participate in physical activities that will promote personal fitness, lifelong fitness, and when appropriate, self-assessment through the Fitnessgram testing. Physical educators are required to be a certified/licensed teacher through the state of Massachusetts. All Physical Education/Health teachers should also be provided with opportunities for professional development. Students in high school will participate in four sections of Comprehensive Health,

which equates to two full years of courses, or an equivalent of 10 credits in grades 9-12. All students in middle school will receive physical education five days out of a seven day cycle for an entire term/semester. Elementary school students receive about 90 minutes of physical education every seven days.

The Carver Public Schools will not exempt students for required physical education without a physician's statement, nor will there be any substitutions allowed for the physical education requirement. Physical activity will not just be related to physical education classes, but will also include clubs and intramurals that are available during, before, and after school hours. Some of these opportunities for students include walking club, a minimum of 15 minutes of recess per day, intramurals, unified sports, and interscholastic sports. In addition to some of these extracurricular activities, the town offers opportunities for students to participate in community sports such as basketball, soccer, flag and pop-warner football, cheer, baseball and softball while also having access to both the elementary and middle/high school facilities.

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.

Adopted by the Wellness Committee: March 8, 2023