

# **WELLNESS POLICY IMPLEMENTATION GUIDELINES JULY 2012**

## **WELLNESS**

Lexington Public Schools (LPS) promotes students' physical, emotional, and social well being through a K-12 coordinated school health program. At its very core, coordinated school health is about keeping students healthy over time, reinforcing positive health behaviors throughout the school day, and making clear that good health and learning go hand in hand.

A healthy environment is ensured through periodic assessments conducted by the Superintendent, Principals, and Facilities Department. A school nurse is available at all times children are in school. Mental health services are coordinated by nursing, guidance, and social workers.

## **PHYSICAL ACTIVITY**

LPS maintains at minimum the physical education programs of two times a week for a total of 60 minutes at the elementary level; two times a week for a total of 100 minutes at the middle and high school levels; with a total of six physical education credits to be completed over four years at the high school level as part of the LPS graduation requirement. Integration of physical activity into the school day in coordination with curriculum will be an ongoing goal, and middle schools will be encouraged to investigate strategies for integrating more physical activity into the school day for students. Students are also required to complete two credits in Health Education as part of their graduation requirement.

- The Lexington High School fitness center is open to all students from 2:30-4:00 p.m. Tuesday to Friday during the school year and is supervised by the LPS physical education staff.
- Physical activity opportunities at all levels beyond physical education classes are offered for a fee and on a space available basis as follows:
  - The provision of a before school sports program at each elementary school. This is offered on three separate blocks of activity during the school year two mornings a week from 7:30 to 8:30 at each elementary school. Due to space limitations, the program is only available to 4<sup>th</sup> and 5<sup>th</sup> graders.
  - The Clarke and Diamond middle school fitness centers offer a two month, two day per week intramural fitness program (January/February) to all students up to four days per week.
- Physical activity is also promoted through a variety of after school athletics programs at the secondary level under the direction of the LPS Athletic Department. The PE staff also offers intramural programs at various times.

- At the elementary level the following requirements will be implemented:
  1. All elementary schools will adhere to standardized decision making for outdoor recess based on weather conditions; when the temperature declines to 18 degrees F factoring in wind chill, outdoor recess will be cancelled.
  2. Playground safety at each location will factor in the principal's decision regarding indoor or outdoor recess.
  3. It is the parent/guardian's responsibility to ensure their children come to school dressed appropriately for the weather, so that all may participate in the benefits of outdoor play activity and socialization. Parents will be called to bring in appropriate attire or supply replacement clothing when necessary. The school is not responsible for providing clothing to children.
  4. Families will be notified that their children should wear appropriate footwear that will allow safe participation in recess activities and physical education. Sneakers are required for physical education classes.
  5. If a child is well enough to come to school, they are well enough to participate in outdoor recess. Accommodations regarding a child's physical safety on the playground due to a chronic or short term disability will be addressed in a 504 Plan, and such accommodations will be made.
  6. Two recess breaks a day will be provided. Withholding recess or physical education class will not be used as a form of punishment or discipline.
  7. Physical activity opportunities during indoor recess will be promoted.

## **NUTRITION**

The health education curriculum includes a strong nutrition education component for all levels that reflects the Department of Elementary and Secondary Education (DESE) Curriculum Frameworks guidelines, DPH requirements and other state, local, and federal requirements. Nutrition education is incorporated into the students' school day experience through a variety of educational opportunities in the classroom and school community.

### **Guidelines for Foods and Beverages Served, Offered, or Sold:**

The goal of the Massachusetts regulations is to ensure that food and beverages offered to students serve to enhance their learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors. The regulations apply to "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."\* The standards apply to the following venues:

1. School cafeterias, offered as a la carte items
  2. School buildings, including classrooms and hallways
  3. School stores
  4. School snack bars
  5. Vending machines
  6. Concession stands
  7. Booster sales
  8. Fundraising activities
  9. School-sponsored or school-related events
  10. Any other location on school property
- In the Lexington Public Schools, affiliated organizations are encouraged to follow these standards when foods/beverages are offered 30 minutes before the beginning of the school day until 30 minutes after the school day ends. They are encouraged to also follow these standards when offering foods/beverages outside of the 30-minute time period. In addition, any other after-school events held on school grounds are encouraged to follow these standards when within the 30-minute time period and are encouraged to follow them when outside of the time period. All foods and beverages sold in vending machines must comply with the minimum standards and will remain accessible at all times and not turned off. See the Massachusetts School Nutrition Bill-At-A-Glance Guide Table below for the standards.
  - A la carte will not be sold at the elementary school level with the exception of fresh or dried fruit or vegetables and a whole grain product. No vending machines will be available to students at the elementary school level.
  - No vending machines will be available to students at the middle school level.
  - All classroom celebrations must be food free. Suggestions for alternative ways for food free parties and celebrations in the classroom are available through the building principal and school nurse. Food offered for curriculum purposes must be

approved by the principal and school nurse in accordance with the LPS Life-Threatening Allergy Policy and the Food Protocol.

- All foods sold outside of the reimbursable school meal programs will serve to enhance a student's school lunch with the focus on healthier choices. Snack items should be considered for their nutritional content including fiber and nutrient rich ingredients. The food service vendor will provide items that meet high standards of nutrition. If questions about a food product arise, the SHAC will be responsible for review and approval of the item.
- A choice of at least two fruits and/or non-fried vegetables will be available where foods are sold. Such items include, but are not limited to, fresh fruits and vegetables, cooked, dried, or canned fruits, and cooked, dried, or canned vegetables
- Foods containing tree nuts and peanuts will be used with caution only at the high school and will be available with ingredient labels that allow for reasonable review of content risk.

### **Massachusetts School Nutrition Regulations for Competitive Foods and Beverages**

<b>Beverages</b>	<b>Food</b>
<b>Juice</b> 100% fruit or vegetable juice; no added sugar Portion Limit: <b>4 oz</b> (no calorie limit)	<b>Calories</b> No more than 200 calories per food item; except a la carte entrées which shall not exceed calories of comparable NSLP entrée items.
<b>Milk &amp; Milk Substitutes</b> Must be 1% or Fat Free <b>8 oz</b> portion limit Flavored milk & milk substitutes contain no more than 22 g sugar per 8 oz, <b>until August 2013</b> , when all beverages with sugar content greater than that of plain milk (12 g per 8 oz) will be prohibited as competitive beverage options. This includes flavored milk and flavored milk substitutes.	<b>Fat &amp; Saturated Fat</b> No more than 35% of total calories from fat* No more than 10% of total calories from saturated fat* All foods to be trans fat free. <i>* Exceptions: 1 oz nuts, seeds, nut butters or reduced-fat cheese.</i>
<b>Sugar</b> No more than 35% of total calories from sugar* <i>*Exceptions: 100% fruit w/no added sugar; and non-fat or low-fat yogurt, including drinkable yogurt, w/no more than 30 g total sugar per 8 oz package</i>	
<b>Water</b> Contains no added sugar, sweeteners or artificial sweeteners, but may contain natural flavorings and/or carbonation.	<b>Sodium</b> No more than 200 mg sodium per item; except a la carte entrées which shall contain no more than 480 mg sodium per item.
<b>Grains</b> All bread and other grain-based products must be whole grain (i.e., whole grain should be listed first in the ingredient statement)	
<b>Food &amp; Beverages</b> No food/beverage shall contain artificial sweeteners No food/beverage shall contain more than trace amounts of caffeine A packaged item may contain no more than one serving per package Generally, candy and many dessert items do not meet these standards.	

LPS requests that best efforts be made to eliminate foods containing artificial colors.

## **Guidelines for Food and Beverages Sold for School Breakfast and Lunch Programs:**

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

- Be appealing and attractive to children.
- Be served in a clean and pleasant setting.
- Meet minimum nutrition requirements established by local, state, and federal statutes and regulations and will achieve the highest possible standards that are attainable within fiscal and physical plant restraints.
- Be scheduled after recess when possible.
- Be wholesome and minimally processed, providing students and families with the best possible food options available.
- Engage students and parents in taste-tests of new food and beverage items and conduct surveys to identify new, healthful and appealing food choices. This information will be utilized in selecting and highlighting foods to be sold through the school meal program.
- Share information about the nutritional and ingredient content of meals via menu publications and/or website.
- Provide students with adequate time for eating their meal: At least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. When students have adequate time for the lunch period, studies show they consume significantly more nutrients than when their lunch period is shorter. Plate waste decreases as well.
- Be presented in an environment where parent volunteers, students, teachers, and custodial staff work together to recycle and reduce food waste.
- Strive to schedule lunch periods between 11:00 a.m. and 1:00 p.m. at the elementary and middle school levels to prevent long periods during the school day that do not allow for adequate food and fluid intake.

## **Implementation**

- Principals are responsible for overseeing and implementing the Wellness Policy and its Implementation Guidelines.
- The Wellness Policy and Guidelines will be made available to all LPS staff and parents/guardians.
- The SHAC will function as defined by the Wellness Policy and School Committee Charge.
- The SHAC will work closely with the PTO/PTSAs regarding school-based implementation of the Wellness Policy and Implementation Guidelines.

### National School Lunch Program Meal Pattern

Food Group	Requirements K-12
Fruit and Vegetables	<p><math>\frac{3}{4}</math> - 1 cup of vegetables <u>plus</u></p> <p><math>\frac{1}{2}</math> - 1 cup of fruit per day</p> <p>Note: Students are allowed to select <math>\frac{1}{2}</math> cup fruit or vegetable under OVS</p>
Vegetables	<p>Weekly requirement for:</p> <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• bean/peas (legumes)</li> <li>• starchy</li> <li>• other (as defined in 2010 Dietary Guidelines)</li> </ul>
Meat/Meat Alternate (M/MA)	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz. eq. min. daily (8-10 oz. weekly)</p> <p>Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly)</p> <p>Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)</p>
Grains	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz. eq. min. daily (8-9 oz. weekly)</p> <p>Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly)</p> <p>Grades 9-12: 2 oz. eq. min daily (10-12 oz. weekly)</p>
Whole Grains	<p>At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.</p>
Milk	<p>1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>

### National School Lunch Nutrient Standards

<p><b>Sodium</b> 2012-13 2013-14 Reduce, no set targets</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Target I: SY 2014-15</th> <th style="text-align: left;">Target 2: SY 2017-18</th> <th style="text-align: left;">Final target: 2022-23</th> </tr> </thead> <tbody> <tr> <td>Lunch</td> <td>Lunch</td> <td>Lunch</td> </tr> <tr> <td>1230mg (K-5)</td> <td>935mg (K-5)</td> <td>640mg (K-5)</td> </tr> <tr> <td>1360mg (6-8)</td> <td>1035mg (6-8)</td> <td>710mg (6-8)</td> </tr> <tr> <td>1420mg (9-12)</td> <td>1080mg (9-12)</td> <td>740mg (9-12)</td> </tr> <tr> <td>Breakfast</td> <td>Breakfast</td> <td>Breakfast</td> </tr> <tr> <td>540mg (K-5)</td> <td>485mg (K-5)</td> <td>430mg (K-5)</td> </tr> <tr> <td>600mg (6-8)</td> <td>535mg (6-8)</td> <td>470mg (6-8)</td> </tr> <tr> <td>640mg (9-12)</td> <td>570mg (9-12)</td> <td>500mg (9-12)</td> </tr> </tbody> </table>	Target I: SY 2014-15	Target 2: SY 2017-18	Final target: 2022-23	Lunch	Lunch	Lunch	1230mg (K-5)	935mg (K-5)	640mg (K-5)	1360mg (6-8)	1035mg (6-8)	710mg (6-8)	1420mg (9-12)	1080mg (9-12)	740mg (9-12)	Breakfast	Breakfast	Breakfast	540mg (K-5)	485mg (K-5)	430mg (K-5)	600mg (6-8)	535mg (6-8)	470mg (6-8)	640mg (9-12)	570mg (9-12)	500mg (9-12)
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<p><b>Calories (min. only)</b> 2011-12</p> <p><i>Traditional Menu Planning</i></p> <p>Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12)</p> <p>Breakfast: 554 (grades K-12)</p> <p><i>Enhanced Menu Planning</i></p> <p>Lunch: 664 (grades K-6) 825 (grades 7-12) 663 (optional grades K-3)</p> <p>Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p> <p><i>Nutrient Based Menu Planning</i></p> <p>Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3)</p> <p>Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p><b>Calorie Ranges (min. &amp; max.) 2012-13</b></p> <p><i>Only food-based menu planning allowed</i></p> <p>Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p> <p>Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>																											
<p><b>Saturated Fat</b> 2011-12 10% of total calories</p>	<p><b>Saturated Fat</b> 10% of total calories</p>																											
<p><b>Trans Fat:</b> no limit 2011-12</p>	<p><b>New specification:</b> zero grams per serving (nutrition label)</p>																											

### School Breakfast Program Meal Pattern

Food Group	Requirements K-12
Fruit	<p>1 cup per day (vegetable substitution allowed)</p> <p>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS</p>
Grains and Meat/Meat Alternate (M/MA)	<p>Daily min. and weekly ranges for grains:</p> <p>Grades K-5: 1 oz. eq. min. daily (7-10 oz. weekly)</p> <p>Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly)</p> <p>Grades 9-12: 1 oz. eq. min. daily (9-10 oz. weekly)</p> <p>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</p>
Whole Grains	<p>At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.</p>
Milk	<p>1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>