



SOUTH SHORE CHARTER PUBLIC SCHOOL

Inspiring every student to excel in academics, service, and life

School Wellness Policy

Children need access to healthful foods, educational content, and experiences that promote wellness. Good health fosters good student attendance and supports educational success. The South Shore Charter Public School promotes health in school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Participation in physical activity, quality physical education, and nutrition education combined with balanced food choices fosters life-long health habits leading to longer, healthier lives.

The purpose of this policy is to insure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of nutritious and appealing foods that meet the health and nutrition needs of the student.

The goals of the school wellness policy are:

- Nutritional education and food selections offered at South Shore Charter Public School will teach, encourage and support life-long healthy nutritional behaviors.
- The South Shore Charter Public School will provide programs that support physical, social and emotional health and well-being of all students, Grades k-12, and staff.
- The South Shore Charter Public School will provide a safe environment that supports academic success.

The South Shore Charter Public schools will provide programs that support physical, social and emotional health and well-being of all students and staff to build healthy school environment by:

- Providing a supportive environment that includes nursing, guidance and/or counseling services that encourage students, families and staff to seek assistance as needed to linkage to school or community resources
- Providing students with skills via a variety of educational and extracurricular opportunities to express thoughts and feelings in a responsible manner and to give and receive support from others.
- Encouraging students and staff to balance work and recreation, and helping them become aware of stressors, which may interfere with healthy development. Resources shall be available in the guidance, counseling and health offices.

- Identifying opportunities to improve the health and wellness of students, staff and families utilizing computerized health office data frequency and type of encounters, results of mandated screenings, surveys and other community health information.

The South Shore Charter Public School strives to provide a safe environment that supports academic success by:

- Providing school buildings, grounds and equipment meet required health and safety standards (including environmental air quality) keeping them inviting, clean, safe and in good repair.
- Creating an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behaviors and accomplishments.

This policy is based on Massachusetts standards that apply to competitive 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 (foods and beverages sold in vending machines must comply with the standards at all times). It also conforms to Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-29. These Massachusetts standards and Federal regulations went into effect on August 1, 2012 unless otherwise noted subsequent to this publication.

TO ACHIEVE THESE POLICY GOALS:

I. Wellness Advisory Committees

The South Shore Charter Public School will work with the Wellness Advisory Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource to school sites for implementing those policies. The Wellness Advisory Committee consists of a group of individuals representing the school and community, and will include the Food Services Director, Wellness Director, school administrators, Facilities Director, teachers, health professionals, parents, and students. The Wellness Committee will meet a minimum of 4 times in an academic school year.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- ensure that half of the served grains are whole grain.

Schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, websites, cafeteria menu boards, placards, or other point-of-purchase materials.

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 school meals. Toward this end, schools may utilize electronic identification and payment systems; and/or use nontraditional methods for serving school meals, such as "grab-and-go" breakfast.

Meal Times and Scheduling

- will provide students with ideally 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch (http://nasbe.org/healthy_schools/hs/natsandbytopics.php);
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 1 p.m.;
- should not schedule tutoring, club, 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

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

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

Elementary Schools: The school food service program/ SSCPS Wellness Committee will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle and High Schools: In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] , student stores, or fundraising activities) during the school day, or through programs for students before or after the school day, will meet the following nutrition and portion size standards:

Beverages

- **ALLOWED** : water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice (4 oz) and that do not contain additional

caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non dairy beverages (to be defined by USDA);

- **NOT ALLOWED**: By law, soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice (4 oz) or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

All food sold should follow Massachusetts guidelines.

Refer to <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf> or the John Stalker A-List, <http://www.johnstalkerinstitute.org/alist/alist.pdf>) or Smart Snacks in School <https://www.fns.usda.gov/school-meals/smart-snacks-school>

Portion Sizes Refer to

<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf> or the John Stalker A-List, <http://www.johnstalkerinstitute.org/alist/alist.pdf>)

Fundraising Activities.

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. All foods used for fundraising purchases must be *packaged by a manufacturer* with nutrition information available. Schools will encourage fundraising activities that promote physical activity.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and any allergy-related issues in the building or classroom. Parents will be encouraged to provide appropriate healthy snacks. Healthy snack lists will be made available to families at the beginning of the school year to assist them in their food choices.

Rewards

Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. This includes School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold

at school-sponsored events outside the school day should strive to meet the nutrition standards for meals and/or foods and beverages.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The South Shore Charter Public School aims 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 as part of a sequential, comprehensive, standards-based program 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, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food 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 nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

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 beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. All snacks or ala carte items will come from, or meet the guidelines put forth in the <http://www.johnstalkerinstitute.org/alist/alist.pdf>.

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 in accordance with Massachusetts Frameworks. <http://www.doe.mass.edu/frameworks/health>. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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 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.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (ideally 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 should 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.

Communications with Families

The South Shore Charter Public Schools will support family efforts to provide a healthy diet and daily physical activity for their children. The district/school will provide nutrition information and nutrient analyses of school menus on school websites. Schools should encourage families to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide families with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support family efforts to provide their children with opportunities to be physically active outside of school. Such support 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.

Monitoring and Policy Review

Monitoring: The designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school designee.

The Food Service Director will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Assessments will be repeated every three years by the Wellness Advisory Committee to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The Wellness Director will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school committee and also distributed to the Wellness Advisory Committee, school councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Approved by the Board of Trustees
July 16, 2020