

WELLNESS POLICY IMPLEMENTATION GUIDELINES

June 19, 2006

I. BACKGROUND

Section 204 of PL 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, states:

“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency...”¹

II. PURPOSE AND SCOPE

The Lexington Public Schools (LPS) is committed to promoting health and wellness for the students and staff within the school community. LPS supports guidelines for nutrition education, physical activity, food and beverages sold and served within our schools, and the establishment of a wellness advisory board.

Guidelines for Nutrition Education and Physical Activity

1. The Coordinator of Physical Education and Wellness will insure that the curriculum will include nutrition education, which will reflect the DOE Curriculum Frameworks guidelines. Efforts will be made to incorporate nutrition education into the students' school day experience through a variety of experiences in the classroom and school community.

The health education curriculum will be under review during the 06-07 school year, and a focus on developing and implementing a strong nutrition education component for all levels will be requested by the Wellness Advisory Board.

2. LPS will maintain the present PE programs of 2 times a week at the elementary level, 2 times a week at the middle school level, and a total of 8 credits over 4 years at the high school level, with the goal of increasing our students' physical activity opportunities at all levels.

The Wellness Advisory Board will work with the Coordinator of Physical Education and Wellness to investigate ways that additional physical activity opportunities can be incorporated into the school day, as promoted in other Massachusetts school districts.

3. To promote the concept of daily recess as a physical activity opportunity for our students at the elementary level the following requirements will be adapted:

- All six elementary schools will strive for standardizing the decision making for outdoor recess based on weather conditions by using the following website and temperature guideline: Temperature range of 18-20 degrees F including wind chill factor, as determined by the following local weather website: www.weatherunderground.com (Hansom Air Force Base)

¹ PL 108-265, The Child Nutrition Act and WIC (Special Nutrition Program for Women, Infants and Children) Act of 2004.

- In considering weather conditions, playground safety at each location will factor in the Principal's decision regarding indoor or outdoor recess.
- For the school year of 2006-2007 all elementary schools will keep a log that will record when and why recess is cancelled for their school community, i.e. weather or playground conditions. This log will help the Wellness Advisory Board to develop system wide guidelines that meet the needs of all schools for the following academic years. The building Principal or his/her designee will oversee the collection and reporting of data for the log. *A sample log sheet is attached for use in recording this information.*
- It will be the parent/guardian's responsibility to ensure that all 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. It shall not be the school's responsibility to keep a miscellaneous supply of clothing for children.
- Families will be notified that their children should be wearing closed toed shoes or boots that will allow safe participation in recess activities and physical education.
- Families will be notified that the LPS policy on participation in outdoor recess clearly maintains that 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.
Still awaiting feedback from Mary Sullivan Kelley
- Physical activity opportunities during indoor recess will be promoted. A list of creative ideas for indoor activities will be supplied to each elementary building Principal for distribution.

Guidelines for Foods and Beverages Served

4. To promote health, wellness, and life long learning for all children in the LPS we will celebrate the person to be honored and/or the occasion to be celebrated without introducing additional foods or beverages into the school day. Suggestions for alternative ways for food free parties and celebrations in the classroom are available through the building Principal and school nurse.

Guidelines for Foods and Beverages Sold

5. 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, while reaching to achieve the highest possible standards that are attainable within our fiscal and physical plant restraints.
 - Contain no more than 30% calories from fat and no greater than 10% calories from saturated fat
 - Minimize trans-fat, sodium and cholesterol

- Offer a variety of fruits and vegetables and low fat dairy products.
 - Serve only low fat (1%) and fat-free unflavored and flavored (chocolate .5%) milk.
 - Ensure that half of the served grains are whole grain to maximize dietary fiber.
6. Nutrient standards based menu planning will be explored over the 2006-2007 school year to encourage more flexibility in menu planning.
 7. Schools, in cooperation with our Food Services vendor, will engage students and parents through taste-tests of new entrees and 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.
 8. Schools, in cooperation with our Food Services vendor, will share information about the nutritional content of meals with students and parents and have this information available via menu publications and/or website location.
 9. Schools will be urged to provide students with adequate time for eating and socializing at a mealtime. We will strive at all levels to provide 10 minutes to eat after sitting down for breakfast period, and 20 minutes to eat after sitting down for lunch..
 10. At the elementary and middle school level we will strive to schedule lunch periods between 11:00 AM and 1:00PM to prevent long time periods during the school day that do not allow for an opportunity for nutrition and fluids.
 11. At the elementary level, we will strive to have lunch recess before the scheduled lunch period.
 12. At the elementary school level no foods will be sold outside of the reimbursable school meal program with the exception of milk and bottled water.
 13. At the middle and high school level 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 available should be considered for their nutritional content including fiber and nutrient rich ingredients. The food service vendor will continue to attempt to provide new items meeting high standards of nutrition. A list of all snack and vending machine items will be available to Wellness Advisory Board for review and consideration with the goal of providing "healthier choices".

A la carte beverages allowed:

- Water or seltzer water without added caloric sweeteners –any size
- Low calorie vitamin water beverages – any size and limited to high school
- Fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners - less than or equal to 10 ounce container
- Unflavored or flavored low fat (chocolate) or fat-free milk
Less than or equal to 10 ounce container

A la carte beverages not allowed:

- Soft drinks
- Sport drinks
- Ice teas

- Fruit-based drinks that are not 100% real juice or contain additional caloric sweeteners
- Beverages containing caffeine (excluding low fat or fat-free chocolate milk).

A la carte foods:

A food item sold individually as a packaged item will have:

- Not more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters- many of which are excluded from use because of life threatening allergy risk) and 10 % of its calories from saturated and trans fat combined
- No more than 35% sugar by weight
- No more than 480 milligrams of sodium per serving of chips, cereals, crackers, baked goods, and other snack items
- A choice of at least two fruits and/or non-fried vegetables will be available at any school site 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 and only at the high school level, and will be available only prepacked and with ingredient labels that allow for reasonable review of content risk

Portion sizes of packaged foods:

- 1.50 ounces for chips, crackers, popcorn, and similarly packaged items
- 1 ounce for cookies
- 2 ounces for cereal bars, granola bars
- 8 ounces for low fat and nonfat yogurt
- Fruits and non-fried vegetables are exempt from portion-size limits.

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. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. *See attached list of suggestions.*

Implementation

- Building Principals are responsible for overseeing and implementing the Wellness Policy and its Implementation Guidelines.
- Principals will oversee the distribution of the Wellness Policy and Guidelines to all LPS staff, and make the policy and guidelines available to parents/guardians in their buildings.
- The Wellness Advisory Board will function as defined by the Wellness Policy.
- The Wellness Advisory Board will reach out to work closely with the PTO/PTAs around school based implementation of this policy.