

Holbrook Public Schools

**SCHOOL DISTRICT WELLNESS PROGRAM**

The Holbrook School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

The Holbrook Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The school system recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; that good health fosters student attendance and education. Therefore, it is the policy of the Holbrook Public Schools that

- The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- The schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, not limited by athletic ability.
- Foods and beverages sold or served at school will, at a minimum, meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutrition and Physical Education

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program in all grades. The school district will provide physical education training aligned with the standards established by the Department of Education.

Nutrition and physical education will aim to teach, encourage, and support healthy eating and physical activities by students. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Schools will provide nutrition education and physical education and engage in nutrition and physical activity promotions that:

- are designed to provide students with the knowledge and skills necessary to promote and protect their health;
- are part of classroom instruction in subjects such as math, science, language arts, social sciences, and physical activity classes as appropriate;
- include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, e.g. cultural celebrations, promotions, taste testing, farm visits, and school gardens;
- 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;
- promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy protein sources, and limits fat and sugar sweets;
- promote healthy food preparation methods;
- link with school meal programs, other school foods, and nutrition-related community services;
- teach media literacy with an emphasis on food marketing; and
- value the health and well-being of every staff member and includes activities that support personal efforts by staff to maintain a healthy lifestyle;
- help families incorporate physical activity into their children's lives, e.g. information about physical education and other school-based physical activity opportunities before, during, and after the school day.

#### Nutrition Education

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Students receive consistent nutrition messages from all aspects of the school program.
- Health education curriculum standards and guidelines address both nutrition and physical education.

- Schools link nutrition education activities with a coordinated school health program.
- Staff who provide nutrition education have appropriate training.

### Physical Education Activities

The Physical activity component will ensure that every student develops the knowledge and skills for specific physical activities, maintains physical fitness, regularly participates in physical activity, and understands the short and long term benefits of a physically active and healthy lifestyle.

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. Physical Education should be sequential, comprehensive, and standards-based, and stress acquisition of physical skills over competition.
- Students are given opportunities for physical activity through a range of school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

### Food

Meals served through the national School Lunch Program will:

- Be appealing and attractive to children;
- Be served in a clean environment and in pleasant conditions;
- Encourage the consumption of healthy foods consistent with meeting the minimum requirements established by local, state, and federal rules and regulations;
- Offer a variety of fresh fruits and vegetables;
- Serve only low-fat and fat free milk;
- Use as many whole grain products as possible;

- Students with allergies will be accommodated as needed, e.g. students with a peanut allergy will be provided a peanut-free table at lunch and, if needed, a peanut-free classroom.

**Free and Reduced Price Meals:** The Holbrook School District 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.

**School Food Service Staff:** Qualified food service professionals will administer the school lunch program. Holbrook Public Schools will continue to take part in certification and training programs. Programs will be given according to staff members' level of responsibility.

**Foods and Beverages:** Foods and beverages sold outside the reimbursable school meals program, such as vending machines and ala carte items shall be approved and purchased by the school food service program.

**Beverages:**

- Water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and no added sugar will be offered.
- Only 2%, 1%, or skim milk will be offered. Water, fruit juice, and sports drinks with no added sugars, artificial sweeteners or caffeine will be offered during the school day.

**Foods:**

- A food item sold individually will have no more than 35% of its calories from fat and 10% of its calories from saturated and trans fat combined.
- A food item sold individually will have no more than 35% of its weight from added sugar;
- Chips will be limited to one and one quarter ounces and one ounce for cookies.
- Candy will not be sold on school grounds during the school day.
- The portion size of a la carte items and side dishes will not exceed those offered as part of the school meal.
- Fruits and vegetables are not limited to portion size.
- Portion size should be no larger than the maximum requirements for age/grade groups under the USDA meal pattern.

Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

Policy Review

Assessments of this policy will be conducted regularly to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

SOURCE: MASC

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,  
P.L. 108 -265  
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 -  
1769h  
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

CROSS REFS.: EFC, Free and Reduced-Price Food Services  
IHAMA, Teaching About Alcohol, Tobacco and Drugs  
KHA, Public Solicitations in the Schools  
KHB, Advertising in the Schools

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