

Hadley Public Schools Wellness Policy

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Policy Intent and Rationale

The Hadley School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Recognizing that families are the primary teachers and caregivers of their children the Hadley School District shares with families and the community the responsibility for the physical, mental, and social well-being of its students.

The Hadley School District adopts this Wellness Policy with the following commitments to:

- provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
- support and promote proper dietary habits contributing to students' health status and academic performance.
- provide more opportunities for students to engage in physical activity.

Implementation and Evaluation

The Hadley School District will:

- establish a plan for implementation of the District's Wellness Policy.
- conduct a review of the progress toward the Wellness Policy goals every two years to assess and identify areas for improvement. This will be carried out by the Superintendent or designee in conjunction with the established School Health Advisory Committee.

Nutritional Guidelines for All Foods of Hadley School District

School Meal Program

School lunches must meet the applicable recommendations of the Dietary Guidelines for Americans, which recommend total fat calories between 25 to 35% for children and adolescents 4 to 18 years of age and less than 10% from saturated fat. Regulations also establish a standard for school lunches to provide 1/3 of the recommended dietary allowance for protein, Vitamin A, Vitamin C, iron, calcium and calories.

- Meals served through the National School Breakfast and Lunch programs will continue to meet the current *USDA requirements mandated for federal school meal programs.
- Meals should be appealing and appetizing to children.
- Include a variety of fruit and vegetables.
- Food Service Department will explore resources and try to increase the number of grains served to consist of whole grain varieties.
- Include low fat and fat free milk, 100% fruit or vegetable juice or water (tap water) as beverage choices.
- Using Health grant funds, School Health Services and parent volunteers introduce a nutritious snack recipe each month as a trial sampling to the children and means of providing nutrition education within the cafeteria setting.
- Continue to contract with and utilize local produce programs such as members of the Local Hero program.
- Food service department will adhere to a food safety program based on HACCP (Hazard Analysis and Critical Control Point) principles.
- No student in the Hadley School District goes hungry during school.

Eating Environment During School Meals

Hadley Schools will provide:

- clean and pleasant eating areas with adequate space to eat.
- adequate time to eat. Students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- access to hand washing and hand sanitizing prior to meal times.

- appropriate scheduled meal times. Breakfast will be offered at the start of the school day and lunch between 11:00 a.m. and 1:00 p.m.
- designated space for children with food allergies to safely eat without contamination of offensive foods.

Hadley Schools will:

- discourage students from sharing food or beverages with one another during meal or snack times given concerns about food allergies and other diet restrictions children may have.

Food Served in the Classroom

Food as Reward or Incentive

Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them. If food is included in recognition of academic performance, it should be used in the general celebration of the achievement not as the reward (acceptable ex: pizza party for class finished with reading project). Non-food items are suggested as an alternative reward (i.e. stickers, merits, pencils, erasers, book gift certificates, other privileges).

Classroom Parties

Parents and staff are encouraged to provide party snacks that are consistent with the goals of this policy. Each party is encouraged to include *nutrient-dense food choices and beverages that are 100% fruit or vegetable juice, nonfat or low fat milk or water. The district will offer a list of healthy party food ideas to parents and teachers. A list of student food allergies must be made available to parents and teachers bringing food into the classroom so those foods will be excluded.

Snacks

Snacks served during the school day or after school programs will make a positive contribution to children's diet with an emphasis on healthful food and beverage options. Snacks sent into class for group consumption should be in consideration of any food allergies in the classroom. Group snacks including *nutrient-dense choices are strongly encouraged. Beverages consisting of 100% fruit or vegetable juice, nonfat or low fat milk varieties, or water are also suggested. Snacks should be given with 1 hour or more allowance before or after the school meals are served.

Food Served on School Grounds After School Hours

School-Sponsored Events (writing groups, dances, carnivals, math night, etc.)

As the district moves toward increasing the number of nutrient dense food items available, it is encouraged that school sponsored events also include more healthful choices as part of the refreshments offered during the events. Hadley Schools encourage the inclusion of *nutrient-dense food choices and beverages that consist of 100% fruit and vegetable juice, nonfat or low fat milk, or water at school-sponsored events outside of the regular school day. To assist with this process the school district will have available to parents a reference for healthful snacks and desserts.

Nutrient Dense Definition

** Nutrient dense foods have a significant amount (greater than 10%of RDA) of at least one of the following nutrients: vitamin C, vitamin A, iron or fiber. These foods include complex carbohydrates and/or lean protein sources that are low in total fat and saturated fat.*

Guidelines Governing Food and Beverage Sales or Distributions

The Hadley School District strongly encourages the sale or distribution of nutrient-dense foods. In an effort to support the consumption of nutrient-dense foods in the school setting, the Hadley School District has adopted the following nutrition guidelines governing the sale or distribution of *competing foods, beverages and candy during the school day.

	Food	Beverage	Candy
A la carte: HES (K-6)	Foods sold to students must meet Massachusetts Action for Healthy Kids Nutrition Standards	Only milk, 100% fruit or vegetable juice, or water in 8 oz. portions	Not available for sale to students.
Hopkins	At least 50% of items offered for sale should be of *nutrient-dense variety. The remaining 50% still must meet Massachusetts Action for Healthy Kids Nutrition Standards.	Only milk, 100% fruit or vegetable juice, or water in up to 12 oz. portions	Not available for sale to students.
Vending: HES	Not available to students	Not available to students	Not available to students.
Hopkins	Not available to students.	Not available to students during school hours.	Not available to students.
Fundraisers	Students of Hadley Schools do not partake in fundraising events during school hours. Fundraising events involving the sale of food on school grounds after school hours are encouraged to include nutrient-dense food choices.	Students of Hadley Schools do not partake in fundraising events during school hours. Fundraising events involving the sale of beverages on school grounds are encouraged to include 100% fruit or vegetable juices, nonfat or low fat milk or water as beverage choices.	Students of Hadley Schools do not partake in fundraising events during school hours. Fundraising events involving the sale of candy on school grounds after school hours are encouraged to consider nonfood alternatives.
Concessions	Students of Hadley Schools do not have access to concessions selling food during school hours. Concessions involving the sale of food to students on school grounds after school hours are encouraged to offer nutrient-dense choices.	Students of Hadley Schools do not have access to concessions selling beverages during school hours. Concessions available to students after school hours are encouraged to offer 100% fruit or vegetable juices, nonfat or low fat milk or water as beverage choices.	Students of Hadley do not have access to concessions selling candy during school hours. Concessions selling candy to students after school hours are encouraged to offer nutrient-dense snack choices.

Competing Foods Sold or Offered on School Campus

**Foods and beverages that are sold a la carte, in vending machines, as part of fundraisers or concession stands that compete with the USDA's National School Lunch Program or School Breakfast Program. These foods are typically low in nutrient density and high in fat, added sugar and calories).*

Student Nutrition Education

The Hadley School District aims to teach, encourage, and support healthy eating by students. The schools will provide nutrition education at all levels, elementary, middle, and high school. Nutrition education will be taught as part of a sequential, comprehensive, standards based program designed to provide learners with the knowledge and skills necessary to promote and protect their health.

Elementary

The learner will be able to:

- discuss types of snack food that are healthy.
- identify healthy food.
- name foods from each of the five food groups.
- recognize the three concepts of variety, moderation and balance.
- identify food as the body's source of fuel.
- recognize the importance of breakfast and snacking throughout the day.
- explain the function of the current FDA food pyramid.
- identify the major nutrients.
- recognize that the amount of food needed changes as the body grows.
- describe safety practices used in preparing foods.
- identify the components of a food label.
- understand how individual and family preferences, media, and family background will influence food choices.
- identify eating disorders and discuss healthy weight loss and weight gain practices.

Secondary Level

The learner will be able to:

- identify the six essential nutrients and their functions in the body.
- identify healthy sources of the six essential nutrients.
- identify diseases that can be prevented through appropriate nutrition.
- utilize the current FDA food pyramid to develop appropriate meals.
- identify the components of a food label and demonstrate the ability to use this information to make healthy choices.
- identify common eating disorders and possible treatments.
- identify and assess the impact of diet fads on wellness.
- identify the effects of food preparation techniques on the nutritional value of foods.
- identify the causes of food-borne illnesses and methods of preparation.

Student Physical Activity

District Physical Activity Goal

The Hadley Public Schools shall provide physical activity and physical education opportunities, aligned with the Massachusetts Education Framework, that provide students with the knowledge and skills to lead a physically active lifestyle.

The Hadley Public Schools Shall Utilize the Following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be available for all students for the entire school year.
2. Physical activity opportunities should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the other is not appropriate.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring so youngsters can see how active they are and set their own goals
 - Individualize intensity of activities
 - Focus feedback on process of doing your best rather than on product
 - Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment (e.g. FITNESSGRAM, Physical Best, or President's Council) to the students at an early age to prepare them for future assessments.
5. Make students aware of the NASPE's goals for physical activity beginning at the elementary level. The 2004 Guidelines from NASPE recommend:
 - Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
 - Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
 - Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

- Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.
6. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Physical education classes shall be taught by a certified physical education instructor. Students should be able to demonstrate competency through application of knowledge, skill, and practice. (NASPE recommendations for physical education are 150 minutes per week for elementary students and 225 minutes per week for middle and high school students.)
 7. Physical activity unrelated to misconduct including the denial of recess at the elementary level should not be used or withheld as a form of discipline.

Healthy Lifestyle/Family Activity Information

- Healthy lifestyle information will be provided to parents at the beginning of the elementary level and will continue throughout the middle and high school levels.
- Healthy lifestyle information may be provided in the form of handouts, postings on the district's website, articles and information in the district or school newsletters, or presentations that focus on nutritive value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Staff Nutrition and Physical Activity Education

The Hadley School District highly values the health and well-being of every staff member and will support personal efforts by staff to maintain a healthy lifestyle. This support will include the distribution of educational and informational materials and pamphlets in the staff room and health office. The nurse in each school will be available to staff for information and consultation.