



# **Greenfield Public Schools Wellness Policy**

**2014**

## **Policy Review Committee**

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*Revised on* 8.21/2013  
**AMENDED ON May 20, 2014**

## STUDENT NUTRITION & PHYSICAL ACTIVITY

### Policy Intent/Rationale:

**The following guidelines are geared toward teaching children and families to make better choices**

### The goals of this policy are to:

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.  
The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- B. Support and promote proper dietary habits contributing to students' health status and academic performance.  
Foods and Beverages sold or provided at school, outside the federal meal program, ½ hour before to ½ hour after the school day will meet the Nutrition Standards for competitive foods and beverages in Public Schools (105 CMR 225.000).
- C. Provide more opportunities for students to engage in physical activity.  
A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with The Massachusetts Physical Education Framework, as well as co-curricular activities, and recess.
- D. **Establish and maintain a district-wide Wellness Committee. The Wellness Committee's mission is to promote and support a healthy lifestyle for our community's children by identifying needs and priorities for our children's health and well-being and by providing a link among the schools, community, and families in support of the message that: healthy children are better able to learn.**

### Responsibilities of the wellness committee will include:

- Assist with implementation of district nutrition and physical activity standards
- Assist with ensuring that consistent healthful choices are available among all school venues that involve the sale of food
- Make recommendations and advise regarding the integration of nutrition and physical activity in the overall curriculum
- Revise the policy as necessary.

## STUDENT NUTRITION

### The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA

Requirements for Federal School Meals Programs.

- The School Food Service Program provider will follow the Nutrition Standards for competitive foods and beverages (105 CMR 225.000) when determining the items in a la carte and “competitive foods” sales. (Listed in detail at the end of the policy)

### **Cafeteria Environment:**

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
  - ⇒ Adequate space to eat and clean, pleasant surroundings;
  - ⇒ Adequate time to eat meals.
  - ⇒ Convenient access to hand washing or hand sanitizing facilities before meals.

### **Fundraising:**

- All fundraising projects that occur on school grounds ½ hour before the start of the school day to ½ hour after the school day must follow the Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000) when determining the items being sold.
- All Fund raising projects for sale and consumptions after the instructional day are strongly encouraged to follow the same standards. At no time shall foods be provided from an unlicensed source. All food sold must come from a licensed food service facility.
- All food sold to students in all locations in the school district shall meet or exceed the guidelines and approved by the **“John Stalker Institute “A” List”** [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)
- Organizations operating concessions at school functions will be encouraged to include healthy food choices in their offerings. It is recommended that groups market these healthy options at a reasonable price to encourage selection by students.

### **Teacher-to-Student Incentive:**

- The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000).

### **Classroom Parties/Group Snack:**

- *Food items for group consumption will not be allowed for classroom parties or group snack, with the specific exception of after school programs which include a snack. These foods must comply with acceptable nutritional requirements to be served in the school during any educational time that includes after school programs.*
- *Food items provided for all other school events that occur on school grounds ½ hour before to ½ hour after the instructional day must adhere to the nutrition standards as specified in (105 CMR 225.000).*

- *Suggestions for alternate ways to celebrate birthdays and holidays will be provided to parents on an annual basis and will be provided on the district website.*

### **Food Allergies:**

It is recognized by the **Greenfield Public I School District** that food allergies can pose a serious risk to certain students; therefore the following recommendations have been developed.

- Food sent in to school for the consumption of more than one student cannot contain nuts or nut oils.
- The school may prohibit specific food products from entering the classroom or may prohibit home baked food items from celebrations.
- A peanut free eating area will be provided in each school as needed.
- Information about students' food allergies will be kept in the classroom. These foods will not be used for class projects, arts, crafts, science experiments, cooking, or other projects.
- With parental permission, a letter will be sent home with classmates to inform families of specific classroom allergies and restrictions.

### **Student Nutrition Education:**

The **Greenfield Public School District** has a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of the Food Guide Pyramid  
Sources & variety of foods  
Diet and disease  
Healthy snacks  
Healthy diet  
Major nutrients  
Identify and limit foods of low nutrient density

Healthy heart choices  
Dietary Guidelines for Americans  
Understanding calories  
Healthy breakfast  
Food labels  
Multicultural influences  
Serving sizes

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

### **Healthy Lifestyle/Family Activity Information:**

- Healthy lifestyle information will be provided to parents beginning at the elementary level. This information may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters and through any other appropriate means available for reaching parents.

### **Staff Nutrition & Physical Activity Education:**

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment.

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and

other appropriate nutrition and physical activity-related topics.

## DISTRICT NUTRITION STANDARDS

### **Nutrition Standards Intent/Rationale:**

*The Greenfield Public Schools strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In accordance with Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000), the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are required to adhere to these standards for all foods served or provided, outside the federal meal program, ½ hour before the start of the school day to ½ hour after the close of school.*

### **105 CMR: DEPARTMENT OF PUBLIC HEALTH**

### **105 CMR 225.000: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS**

#### **225.001: Purpose**

The purpose of 105 CMR 225.000 is to establish nutrition standards for competitive foods and beverages sold or provided in public schools. The goal of the regulations is to ensure that students are offered nutritious food and beverage choices that will enhance learning, contribute to healthy growth and development, and cultivate lifelong healthy eating behaviors.

#### **225.002: Scope and Application**

In accordance with section 223 of Chapter 111 of the General Laws, 105 CMR 225.000 establishes nutrition standards for competitive foods and beverages sold or provided in public schools. These standards shall take effect on August 1, 2012.

#### **225.003: Definitions**

*A la carte entrée* means a single food or combination of foods offered as a main course or central focus of a meal generally a protein source.

*Artificial sweeteners* means substances added to food or beverages to provide a sweet taste while providing few or no additional calories, including aspartame, sucralose, acesulfame-K, neotame, sugar alcohols and saccharin.

*Competitive foods* are defined as foods and beverages provided in:

- (1) school cafeterias, offered as a la carte items;
- (2) school buildings, including classrooms and hallways;
- (3) school snack bars;
- (4) vending machines;
- (5) concession stands;
- (6) fundraising activities;
- (7) school-sponsored or school-related events; and
- (8) any other location on school property.

*Fresh* means fresh, frozen, dried, or canned without added sugar, fat, or sodium, for the purpose of these regulations.

*Grain-based products* means food products in which the primary ingredient is grain, including pasta, crackers, granola bars, chips, and bakery items.

*Item* means one serving of a product.

*Low-fat* means 3 grams or less per Reference Amount Customarily Consumed (RACC) standards established by the federal Food and Drug Administration.

*Natural flavorings* means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

*Nutrition standards* means the minimum standards for beverage and food nutrition established in these regulations.

*Public school* means an elementary, middle, high, charter, innovation, or comparable school operated by a public school district or board of trustees pursuant to Chapter 71 of the General Laws.

*Reduced fat* means at least 25% less fat per Reference Amount Customarily Consumed (RACC) than an appropriate reference food.

*School day* means the hours of the day that students must attend school. This includes the after school program in students enrolled in all after school programs.

*Sweetener* means a substance derived from a natural product that is added to food or beverages to provide a sweet taste. Such a substance may be nutritive or nonnutritive. A nutritive sweetener may be either naturally occurring, such as honey, or refined from plants, such as sugar from sugar cane. Nonnutritive sweeteners include products that may be regarded as natural.

*Trans fat-free* means less than 0.5 grams of trans fat per item, or as otherwise specified by the federal Food and Drug Administration.

*Whole grains* means grains or the foods made from them that contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed, the food product should deliver approximately the same balance of nutrients found in the original grain seed. For purposes of these regulations, whole grain should be the primary ingredient by weight, (i.e., whole grain listed first in the ingredient statement).

#### **225.100: General Nutrition Standards for Public Schools**

(A) All competitive foods and beverages sold or provided in public schools shall comply with the nutrition standards of 105 CMR 225.000; provided, however, that unless otherwise determined by the public school district or board of trustees, these standards shall not apply to competitive foods and beverages sold on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day. This exception shall not apply to competitive foods sold through vending machines, which shall comply with these standards at all times.

(B) When applying the nutrition standards of 105 CMR 225.000, the food product should be analyzed as a whole, not by the individual ingredients that make up the product.

(C) A packaged item may contain no more than one serving per package.

(D) Public schools shall, in accordance with applicable guidelines of the Department:

- (1) make readily available plain, potable water to all students during the day, at no cost to the students;
- (2) offer for sale fresh fruit and non-fried vegetables at any location where food is sold, but not including non-refrigerated vending machines and vending machines dispensing only beverages.
- (3) make nutrition information available for students for non-prepackaged competitive foods and beverages by August 1, 2013. This requirement shall not apply to the sale or provision of fresh fruits or fresh vegetables, and foods or beverages sold during the school day at booster sales, concession stands and other school-sponsored or school-related fundraisers and events;
- (4) prohibit the use of fryolators in the preparation of competitive foods; and

- (5) ensure that food preparation and all foods and beverages sold or provided to students meet all applicable state and federal food safety requirements.

**225.200: Specific Nutrition Standards for Competitive Foods in Public Schools**

**(A) Beverages**

**(1) Juice**

- (a) All juice shall be made of 100% fruit or vegetable juice, with no added sugar.
- (b) Servings of juice shall be no more than four (4) ounces or a size that is mutually agreeable.

**(2) Milk and Milk Substitutes**

- (a) All milk and milk substitutes, which include alternative milk beverages such as lactose-free and soy milk, shall be fat free or low-fat (1% or less).
- (b) All milk and milk substitutes shall meet the USDA definitions and standards for fluid milk and milk substitutes.
- (c) Servings of milk and milk substitutes shall be no more than eight (8) ounces.
- (d) Flavored milk and flavored milk substitutes shall have no more than 22 grams of sugar per 8 ounces.

**(3) Water**

Water shall contain no added sugars, sweeteners, or artificial sweeteners, but may contain natural flavorings and/or carbonation.

**(4) Beverages with added sugar or sweeteners**

Any beverages with added sugar or sweeteners not already prohibited in section 225.200 will be phased out by August 1, 2013; provided, however, that a public school may provide or sell flavored milk or milk substitutes that contain the same amount or less sugar than plain fat-free or low-fat milk.

**(5) Other Beverages**

No beverages other than juice, milk, milk substitutes, and water shall be sold or provided.

**(B) Food**

**(1) Calories**

Foods shall not exceed 200 calories per item, with the exception of a la carte entrées, which shall not exceed the calorie count of comparable National School Lunch Program entrée items.

**(2) Fat**

No food shall contain more than 35% of its total calories from fat, except as provided in 105 CMR 225.200 (B)(4) below.

**(3) Saturated Fat**

No food shall contain more than 10% of its total calories from saturated fat, except as provided in 105 CMR 225.200(B)(4) below.

**(4) Exceptions to standards on fat and saturated fat content**

Regardless of the limits established above in 105 CMR 225.200(B) for fat and saturated fat content, schools may provide or sell up to one (1) ounce of nuts, nut butters, seeds, or reduced fat cheese.

**(5) Trans Fat**

All foods shall be trans fat-free.

**(6) Sugar**

No food shall contain more than 35% of its total calories from total sugars; provided, however, that a public school may provide or sell:

- (a) non-fat or low-fat yogurt, including drinkable yogurt, which contains a maximum of 30 grams of total sugars per 8 ounce packaged serving;
- (b) 100% fruit with no added sugar.

**(7) Sodium**

No food shall contain more than 200 mg of sodium per item, with the exception of a la carte entrées, which shall not contain more than 480 mg of sodium per item.

**(8) Grains**

All bread and other grain-based products shall be whole grain.

**(C) Food and Beverages**

**(1) Artificial sweeteners**

No food or beverage shall contain an artificial sweetener.

**(2) Caffeine**

No food or beverage shall contain more than trace amounts of caffeine

## STUDENT PHYSICAL ACTIVITY

### **District Physical Activity Goal:**

The Greenfield Public Schools recommends 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 Greenfield Public Schools recommends the utilization of the following Implementation Strategies:**

1. Physical education classes and physical activity opportunities will be available for all students at their own location
2. Physical activity opportunities shall be recommended daily during or after school. These opportunities could include physical exercise, athletics, or intramural programs through the auspices of other schools.
  - Assist in Exposing youngsters to a wide variety of physical activities
  - 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
3. Make students aware of the NASPE's goals for physical activity beginning at the elementary level. The most current guidelines from NASPE will serve as appropriate guidelines when possible.

### **School Health Professionals:**

School health professionals as well as teachers of physical education are encouraged to join the Wellness Policy Committee. All members of the Local Wellness Policy Committee are encouraged offer advice and comments to the entire committee to improve the policy as a whole for the well-being of our students within our committee

## **Greenfield Public Schools Policy on Food Allergies.**

### **Food Allergies:**

It is recognized by the Greenfield Public Schools that food allergies can pose a serious risk to certain students; therefore the following recommendations have been developed.

- Food sent in to school for the consumption of more than one student cannot contain nuts or nut oils.
- Information about students' food allergies will be kept in the classroom, and posted on the POS system in the cafeteria as part of the student info, as a "Pop up Box" on the Computer Screen. These foods will not be recommended for class projects, arts, crafts, science experiments, cooking, or other projects. The responsibility for notifying the student's

teacher, the cafeteria, as well as the Principal of each school is the responsibility of the School Nurse for that building.

The committee shall be appointed by the Superintendent of Schools annually. The committee shall consist of:

- 1 the Nutritional Services Director
- 2 the two production kitchens (High School and Middle School) kitchen Managers
- 3 a school principal
- 4 a school or nurse specializing in the care of Children.
- 5 A parent or a school teacher
- 6 A health teacher/Physical Ed teacher
- 7 Any interested parent.

The following chart of instructions is recommended for all Physician Notes and is the responsibility of each Individual School Nurse to notify all Physicians to follow this format as recommended by the DOE.

### **Public Notification:**

The wellness policy shall be posted on the school district web site, [www.gpsk12.org](http://www.gpsk12.org) for all the public to read and offer comments.

### **Measuring Implementation:**

The wellness committee is required to measure periodically and make available to the public assessment on the implementation on the compliance with the local wellness policy and to describe the progress in attaining the goals of the Local Wellness Policy.

### **Local Designation:**

The individual school principal is designated as the appropriate individual to ensure that each school complies with the Local Wellness Policy

# Types of Dietary Medical Issues

<p style="text-align: center;"><b><u>Severe</u></b></p> <p style="text-align: center;"><b>Includes Children With:</b></p> <ul style="list-style-type: none"> <li>• A Life-Threatening Food Allergy (i.e. Food Anaphylaxis)</li> </ul>	<p style="text-align: center;"><b><u>Non-Severe</u></b></p> <p style="text-align: center;"><b>Includes Children With:</b></p> <ul style="list-style-type: none"> <li>• Non Life-Threatening Food Allergies</li> <li>• Special Dietary Needs</li> </ul>
<p><b>Are children with a severe food allergy considered to have a disability?</b> <input checked="" type="checkbox"/> <b>YES</b></p>	<p><b>Are children with non-severe, special dietary needs considered to have a disability?</b> <input type="checkbox"/> <b>NO</b></p>
<p><b>Are food substitutions or modifications required?</b> <input checked="" type="checkbox"/> <b>YES</b></p> <ul style="list-style-type: none"> <li>➤ Food service staff is required by law<sup>1</sup> to make food substitutions or modifications for children with disabilities.</li> </ul> <p><sup>1</sup> Section 504 – Rehabilitation Act of 1973 <sup>1</sup> USDA Federal Regulation – 7 CFR 210.10</p>	<p><b>Are food substitutions or modifications required?</b> <input type="checkbox"/> <b>NO</b></p> <ul style="list-style-type: none"> <li>➤ The school food service is encouraged but not required to make food substitutions for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need.</li> <li>➤ Children with special medical or dietary needs include those children who have food intolerances or allergies but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.</li> </ul>
<p><b>Is medical documentation required for children with disabilities?</b> <input checked="" type="checkbox"/> <b>YES</b></p> <ul style="list-style-type: none"> <li>➤ A written medical statement signed by a licensed physician must be provided to the school.</li> </ul>	<p><b>Is medical documentation required for children with special dietary needs?</b> <input checked="" type="checkbox"/> <b>YES</b></p> <ul style="list-style-type: none"> <li>➤ A written medical statement signed by a recognized medical authority must be provided to the school.</li> </ul>
<p><b>What must the physician’s statement include?</b></p> <ol style="list-style-type: none"> <li>1) The child’s disability.</li> <li>2) An explanation of why the disability restricts the child’s diet.</li> <li>3) The major life activity affected by the disability.</li> <li>4) The food or foods to be omitted from the child’s diet, and the food or choice of foods that must be substituted.</li> </ol>	<p><b>What must the medical authority’s statement include?</b></p> <ol style="list-style-type: none"> <li>1) An identification of the medical or other special dietary condition which restricts the child’s diet.</li> <li>2) The food or foods to be omitted from the child’s diet.</li> <li>3) The food or choice of foods to be substituted.</li> </ol>
<p><b><i>The Eight Major Allergens Include:</i></b> Milk, Eggs, Peanuts, Tree Nuts, Wheat, Soybeans, Fish, and Shellfish. These allergens are to blame for 90% of allergic reactions to food, may be severe, and may cause food anaphylaxis in some individuals.</p> <p>Food intolerances such as lactose intolerance and gluten intolerance/sensitivity (Celiac Disease) are not allergies but individuals may have special dietary needs associated with these conditions.</p>	

