

DUDLEY-CHARLTON REGIONAL SCHOOL DISTRICT

POLICY

Students

Health and Wellness

5145

The Dudley-Charlton Regional School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To Ensure the Health of our Youth:

Principals and school staff will promote a school environment supportive of healthy eating. Adults are encouraged to model healthy eating by serving nutritious foods at school meetings and events, and by refraining from using candy and snacks of minimal nutritional value as rewards for students, and will limit their use (and seek non-food alternatives) in holiday and birthday parties in the classroom. If schools participate in fundraising involving food, the fundraiser should support a healthy school environment and be free from solicitation of foods that do not meet the specifications of the Dietary Guidelines for America. To that end, the following nutritional guidelines will be set forth in all schools.

Nutrition Guidelines for all Foods

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. Schools must ensure that reimbursable school meals must meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

1. All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - a. Vending machines
 - b. A la carte
 - c. Beverage contracts
 - d. Fund raisers
 - e. Concession stands
 - f. Student Stores
 - g. School parties/celebrations

2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a wide variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

3. Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
4. Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
5. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
6. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
7. Classroom snacks feature healthy choices.
8. Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include health choices and provide age appropriate selections for elementary schools, middle schools and high schools.
9. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
10. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Snacks and Sweets: (per serving)

In all Dudley-Charlton Regional schools or on school grounds, only foods that meet the following guidelines shall be sold. The National School Breakfast and Lunch Program shall meet the program requirements and nutritional standards set forth under the 7CFR Part 210 and Part 220.

1. Total Fat: No more than 30 percent of total calories from fat or 7 grams maximum per serving (with the exception of nuts and seeds);
2. Saturated and Trans Fat: 10 percent or less of its total calories from saturated plus trans fat (or 2 grams maximum);
3. Each package of grains, fruits or vegetables with not more than 30 grams of total carbohydrates (including natural and added sugar); each package of dairy with not more than 4 grams per ounce of total carbohydrate (including added sugar and natural milk sugar).
4. Limited to the following maximum portion sizes:
 - One and one-quarter ounces (1.25 oz.) for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
 - Two ounces (2 oz.) for cookies and cereal bars
 - Three ounces (3 oz.) for bakery items, including, but not limited to, pastries, muffins, and donuts.
 - Three fluid ounces (3 oz.) for frozen desserts, including but not limited to ice cream

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- Eight ounces (8 oz.) for non-frozen yogurt
 - Two tablespoons (1.1 oz.) nut butters or 2 oz. cheese
5. At least 50% of *a la carte* items offered must provide high nutritional value as defined by the USDA school guidelines.
 6. The sale of all foods on school grounds, including, but not limited to school stores, a-la carte lines in cafeterias, vending machines, concession stands and fundraisers shall be approved for compliance with the nutrition standards as established by the Department of Education.
 7. Elementary, middle and high schools may permit the sale of food items that do not comply with the above standards as part of a school fundraising event if the sale of those items by pupils of the school takes place off school premises; or the sale of those items by pupils of the school takes place after the end of the school day.

Cafeteria Environment:

1. A cafeteria environment that provides students with a clean, enjoyable climate shall be maintained
2. The District will provide cafeterias with adequate space to eat and clean, pleasant surroundings.

There will be adequate time to eat meals.
3. Convenient access to hand washing or hand sanitizing facilities before meals.

Physical Activity

1. Physical activity and physical education opportunities, aligned with the Massachusetts Physical Education Curriculum Frameworks.
 - Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.
 - Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
2. Physical education classes and physical activity opportunities will be

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available for all students to:

- Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifestyle of health and fitness
3. Physical activity will be integrated across core curricula and health education classes throughout the school day.
 4. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
 5. Elementary schools (K-4) will provide a daily recess period, which is not used as a punishment or reward.

Other School-Based Activities

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

1. After school programs will encourage physical activity and healthy habit formation.

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 of 1966, 42 U.S.C. §§1771-1789
Framingham State College, School of Nutrition, Stalker Institute, The A-List, “Acceptable” Vending Items Listed by Product and Manufacturer

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