
Administrative Regulation:

#530.1

Wellness

I. Setting Nutrition Education Goals

The Maynard Public Schools aim to teach, encourage, and support healthy eating by students. Nutrition education, especially in the primary grades, must be emphasized for the students to be capable of making wise lifelong food choices. Schools should therefore provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing;
- includes training for teachers and other staff; and
- includes promoting parent awareness.

II. Setting Physical Activity Goals

- Physical Activity during the School Day - Schools will promote an environment supportive of physical activity. Students will be given opportunities for physical activity such as daily recess periods, physical education (P.E.) classes, physical activity programs, and the integration of physical activity into the academic curriculum.

- Physical Activity Outside Regular School Hours - Students will be given opportunities for physical activity through a range of programs including interscholastic athletics and physical activity clubs.
- Physical Education Classes - Physical education classes must involve physical exertion of at least a moderate intensity level and for a duration sufficient to provide significant health benefit to students. The classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, their personal fitness levels, social skills and knowledge. Physical education will include the instruction of wellness, individual, team and cooperative activities to encourage life-long physical activity.
- Schools provide information and opportunities for parents and guardians to encourage students to engage in daily physical activity. Support for parents and guardians to be physically active role models in family or community events.
- Creating a Positive Environment for Physical Activity - All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined. Information will be provided to families to help them incorporate physical activity into their children's lives.

III. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables; to the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.
- Deserts such as cakes, brownie, cookies, jell-o, and pudding will not be served more than twice in any given week;
- serve only low-fat (1%) and fat-free milk¹ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.²

Maynard Food Service (MFS) should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, MFS should share information about the nutritional content of meals with parents and students. Such

¹ As recommended by the *Dietary Guidelines for Americans 2005*.

² A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- The District and schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools 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. Employees will be aware that it is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.³

³ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Sharing of Foods and Beverages. With concerns about food allergies and other restrictions on some children’s diets, the building principal and/or assistant principal will promote a “No Food Trading” and “No Utensil Sharing” standard in all schools with particular focus at the elementary school level, in accordance with MPS Administrative Regulation 644.1 “Protocols For Implementing the Life-Threatening Allergy Policy.”

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle and High Schools. In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water⁴ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;

⁴ Seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

- will have no more than 35% of its *weight* from added sugars;⁵
 - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁶

Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, muffins, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

⁵ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁶ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

Rewards. Schools will not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individual education plan (IEP), and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Food offered for classroom and school celebrations must reflect the concern for nutritional health of our students. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Student birthday celebrations will no longer include food. At all other parties the emphasis should be on foods from the four food groups (proteins, breads/cereals, fruit/vegetables and dairy products) with an emphasis on increasing servings of complex carbohydrates, low fat choices of protein foods and controlling the amount of fat (especially saturated fat), sugars, salt and other non-nutritious foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers.

Date Approved: 08/16/2006

Earlier Version:

Cross Reference: Admin. Reg. 644.1

Legal Reference: Public Law 108 – 265, Sec. 204
