
ADF: WELLNESS POLICY

Category: Instruction

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Farmington River Regional School District

PURPOSE AND GOALS:

The Farmington River School Committee recognizes the relationship between student well-being and student achievement. Therefore, the school district has developed a comprehensive district wellness program that provides developmentally appropriate and sequential nutrition and physical education, including opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence-based.

Recognizing a commitment to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity, it is the policy of the Farmington River Regional School District that:

- The school district 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 PK-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dept. of Agriculture (USDA).
- Qualified Food Service 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 in our district will participate in the National School Lunch Program and will adhere to all federal and state requirements concerning the same.
- Schools are committed to providing 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. Programs will be updated and enhanced through curriculum review.

TO ACHIEVE THESE POLICY GOALS:

1. WELLNESS COMMITTEE:

The school district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service director, School Committee member, school administrator, physical education/physical activity staff, member(s) of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The School Committee will annually designate a wellness program coordinator(s). Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the superintendent and the wellness committee, will be in charge of implementation, monitoring, review and assessment of this policy.

2. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD:

a. School Meals:

Meals served through the National School Lunch & Breakfast Programs will: • be served in clean and safe settings;

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and
- ensure that all of the served grains are whole grain.

To ensure high quality nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging. Schools should engage students, through taste-tests of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

b. Free and Reduced-priced Meals:

Schools will make available free and reduced meal applications for families who qualify. 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.

c. Meal Times and Scheduling:

Schools:

- will, to the extent possible, provide students with at least 20 minutes to eat after sitting down for lunch and 10 minutes after sitting down for breakfast.
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

d. Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available with school meals. In addition, students will be allowed to bring and carry approved water bottles filled only with water with them throughout the day. The district will participate in required Massachusetts Department of Environmental Protection Lead and Copper Sampling Program to ensure all water sources meet (or exceed) required standards.

e. Qualifications of School Food Service Staff:

Qualified Food Services professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, professional development for all nutrition professionals in schools will be regularly offered. Staff development programs include appropriate certification and/or training programs for Cafeteria Site Managers and cafeteria workers, according to their levels of responsibility.

f. Sharing of Foods and Beverages:

To the extent possible, students will not be allowed to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

g. Foods and Beverages Sold Individually:

Foods and beverages sold outside of reimbursable school meals (such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.) during the school day shall comply with the Smart Snacks Nutrition Standards; MA Competitive Foods Act of 2012.

h. Elementary Schools:

The school food service lunch 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 will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

i. Beverages:

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain 100% 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 (as defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain caffeine).

j. 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;
- will have no more than 35% of its calories from added sugars;
- will contain no more than 200mg of sodium per food item; and no more than 480mg of sodium per a-la-carte item (main meal).
- 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; 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), as long as they meet the above foods standards.

k. Portion Sizes:

Limit portion sizes of foods and beverages sold individually to the USDA portion standards and CDC nutrition standards.

l. Snacks:

Snacks served during the school day 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 healthy snack items to parents and staff.

m. Fundraising Activities:

All fundraising groups of Farmington River Regional School District, striving to enrich the curricular and extracurricular activities for our students, will be encouraged to consider and support student's health and school nutrition-education efforts. It is suggested that fundraising sales include items that are not food related

and will promote physical activity. The district will disseminate a list of healthy fundraising ideas to parents and staff.

n. Rewards:

Schools will not withhold food or beverages (including food served through school meals) as a punishment. A list of non-food rewards will be made available to parents and staff. Non-food rewards will be strongly encouraged.

o. Celebrations:

Schools will limit celebrations that involve food during the school day. Each party should include no more than one food OR beverage that does not meet nutrition standards for foods and beverages. For the health and safety of all staff and students, all food and beverages brought from home for parties MUST be in sealed, store packaging with a clear list of ingredients and allergens. Homemade and unlabeled food is NOT allowed for classroom distribution.

2. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING:

a. Nutrition Education and Promotion

FRRSD aims to teach, encourage, and support healthy eating by students. Schools should endeavor to provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but, to the extent possible, also classroom instruction in all subjects;
- 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; and
- includes training for teachers and other staff who support nutrition education and optional activities that faculty/staff can access to learn more and improve their own wellness.

b. Communications with Parents:

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. To the extent possible, the district/school will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports, to the extent feasible, will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

c. Food Marketing in Schools:

School-based marketing will be consistent with nutrition education and health promotion. To the extent possible, schools will 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 (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

d. Staff Wellness:

FRRSD highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Wellness Committee, in concert with the School Business Office, should participate in developing, promoting, and overseeing a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

3. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION:

a. Integrating Physical Activity into the Classroom Setting

Students will receive a regular amount of daily physical activity (i.e., at least 15 minutes per day to the extent possible of structured or unstructured time). For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically- active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. A list of ideas will be provided to staff. See appendix for additional resources along with subject specific energizers / movement ideas.

b. Physical Education (PE) K-6:

All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for a minimum of 135 minutes every two weeks. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

c. Daily Recess

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage physical activity verbally and through the provision of space and equipment. Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active. A list of activities will be disseminated to appropriate staff to assist in incorporating activity in the classroom in the event of indoor recess.

d. Physical Activity Opportunities Before and After School:

All schools will encourage, to the extent possible, extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools will offer a range of activities that meet the needs, interests, and

abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs, to the extent feasible, will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

e. Physical Activity and Punishment:

Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity whenever possible (e.g., recess, physical education) as punishment.

g. Use of School Facilities Outside of School Hours:

To the extent possible, school spaces and facilities will be available to students, staff, and community members before and after the school day, on weekends, and during school vacations. To the extent possible, these spaces and facilities also should be available to community agencies and community organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times (reference school committee policy KF-R: Community Use of Schools' Facilities/Grounds and Equipment).(sent to school committee)

4. SOCIAL/EMOTIONAL ACTIVITIES:

There is a need across schools, community providers, and out-of-school time partners to support the emerging social-emotional (SEL) needs of children. Increasing incidence of trauma requires that providers have a common language, clear definitions, and a set of evidence-based techniques to work with children in schools and within the community. SEL is an area of ongoing focus for Farmington River Elementary and as such;

- Character education will occur in the classrooms. Lessons will be taken from research-based programs.
- Lessons will be taught to empower students to develop self-regulatory behaviors and coping skills to be used in everyday life. The school will implement the curriculum in the classrooms to address character education, problem solving skills, peer relations, peer medication, bullying, etc.
- Anti-bullying will be addressed through a research-based program per DESE regulations and Chapter 86 of the Acts of 2014, which amended MGL c. 71 section 370 (see district policy on Bullying Prevention).
- Students will be taught and encouraged to follow ADL's (activities of daily living), which include healthy eating, good sleep habits, personal hygiene, etc.
- Students will be taught to recognize and manage their emotions and to be aware of and respond appropriately to the emotions of others. The school will implement activities, role-playing, and curriculum in the classroom to address: bullying, problem-solving, character education, peer medication, etc.
- Teach children and families appropriate methods for relaxation and mindfulness.
- Educate families regarding services and organizations available to them in the county

Find more resources at FRES Wellness Resources Page

5. SUPPORTING (ADDITIONAL) HEALTHY BEHAVIORS:

It is important that, additionally, particular healthy habits are reinforced within and beyond the school walls. As such, Farmington River School will:

- Encourage students to practice proper hygiene daily (showering, tooth brushing, flossing, deodorant, clean change of clothes)
- When necessary, encourage students to wear sunscreen

- Offer a fluoride program to all students in grades 1-6 when available through the Massachusetts department of public health.
- Allow a dental preventist to visit FRES semi-annually to offer cleanings, fluoride treatments and sealants.
- Encourage proper hand washing before eating and after bathroom use
- Offer flu vaccine to students and staff in the fall in concert with the Health Office and the local Department of Public Health.
- Partner with the community to assist with health care, as appropriate. Dental Preventist, Department of Public Health, Local Dental programs (classroom education), Berkshire Health Systems: Advocacy for Access (insurance) & Operation Better Start.

6. MONITORING AND POLICY REVIEW:

a. Monitoring:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district, and will make the summary available to the public. As possible, annual updates will be offered to the Farmington River School Committee.

b. Policy Review:

To help with the initial development of the district's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of this assessments will be compiled to identify and prioritize needs.

Assessments will be repeated tri-annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our 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.

*LEGAL REFS.: Healthy, Hunger Free Kids Act, 2010
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*

*REGULATIONS: US Department of Agriculture Massachusetts Department of Elementary and Secondary Education, Department of Nutrition, Health and Safety
105 CMR 225.000: Nutrition Standards For Competitive Foods And Beverages In Public Schools*

*CROSS REF.: EFC, Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs KI, Public Solicitations/Advertising in District Facilities*

APPENDIX:

Active Play Active Learning (elementary level) Brain Breaks

https://drive.google.com/file/d/1kORVhSSs-6mU8RVvD-T2na4AZaEQVZ_6/view?usp=sharing

Classroom Energizers

https://drive.google.com/file/d/10_suNnP36NmMEPDwDruURCiJZvLhgrf/view?usp=sharing

Energizers (courtesy of North Carolina Healthy Schools):

After School Energizers

<https://drive.google.com/file/d/1a-HN2J7v5h4-Emj97JBs2uCW2ADLsC4J/view?usp=sharing>

Healthful Living Energizers

<https://drive.google.com/file/d/1i0B9mEGVi-I5tUXRPQSlcPoHO4icv00O/view?usp=sharing>

K-5 Energizers

<https://drive.google.com/file/d/1WZ0kwJX-PQI8wskY4ehKy9I37Z9SfSR2/view?usp=sharing>

Language Arts Energizers

<https://drive.google.com/file/d/1Uhgl9AMGGtfub1gwFykZguycFRcMGCcv/view?usp=sharing>

Math Energizers

https://drive.google.com/file/d/1G63A5Pc_YzyLVCEv-z12bSn6AYwdz9RL/view?usp=sharing

Music Energizers

https://drive.google.com/file/d/1GEZszEAKmhbsa-Z26F4el6l_m5_r-Y0c/view?usp=sharing

Science Energizers

https://drive.google.com/file/d/1CPzN2_uZ_43ztzIUBcV8G_6ieInVLV-D/view?usp=sharing

Social Studies Energizers

https://drive.google.com/file/d/1gC2kuKEMudBt5ZMDS6OM7YRTiL5NRuQ_/view?usp=sharing

Healthy fundraiser ideas (1)

<https://drive.google.com/file/d/1sNqmJXhPvnsCQ9dJ9nekYP-mqlys74zG/view?usp=sharing>

Healthy fundraiser ideas (2)

https://drive.google.com/file/d/1AnqNSdm0NLtK_iRaE3dEHLcRyAof6X8/view?usp=sharing

Healthy snack list

https://drive.google.com/file/d/17rmN0ZIX9PVIa83XVomx7tfETa7Mk4_Z/view?usp=sharing

Indoor Recess 101

<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Indoor Recess Activities: Playworks

<https://drive.google.com/file/d/1pHpZx1TeadbHQ8aK89-IKEWVDv9TpJPf/view?usp=sharing>

National School Lunch Program

<https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Non-food rewards

https://drive.google.com/file/d/1_uh-VWU8IV-DqtVr7L1yOp1X9u6UZip_/view?usp=sharing

Nutrition Standards for Foods in Schools

https://www.cdc.gov/healthyschools/nutrition/pdf/nutrition_factsheet_schools.pdf

Tri Town Board of Health

<https://www.lee.ma.us/tri-town-health-department>

U. S. Dietary Guidelines for Americans

<http://www.health.gov/dietaryguidelines>

U.S.D.A Regulations for Competitive Foods

<http://www.fns.usda.gov/cnd/About/faqs.htm#Are>

<http://www.fns.usda.gov/cnd/menu/fmnv.htm>

USDA Regulations for School Meals

<http://www.fns.usda.gov/cnd/>

USDA School Meals Patterns with Flexibilities

https://fns-prod.azureedge.net/sites/default/files/LAC_03-06-12_0.pdf