

## **Lanesborough Elementary School's Wellness Policies on Physical Activity and Nutrition**

### **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Thus, the Lanesborough Elementary School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Lanesborough School

- The school 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 by the school during the school day will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition 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 will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will encourage

linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. Wellness Committee**

The school district and/or individual schools within the district will create, strengthen, or work within existing Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Committee also will serve as resources to school sites for implementing those policies. (A school wellness committee consists of a group of individuals representing the school and community, and should include a parent, a representative of the school food authority, school administrator, the PE teacher, and the school nurse or other health professional.)

### **II. 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;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain.
- Any student with insufficient funds in their account will be provided a nutritional complete alternate meal. Parents or guardians shall be responsible for the cost of the alternate meal.
- All efforts will be made to collect funds for meals by the end of the school year. Any balances due the district and not paid by the end of the school year will be carried forward to the next succeeding school year.

**Free and Reduced-priced Meals:** The school will promote the availability of school meals to all students; regardless of income. Schools will promote the availability of free and reduced lunch to income qualified families and make every effort to eliminate any social stigma attached to, students who are eligible for free and reduced-price school meals.

In accordance to guidelines for participation in these programs, and in accordance with the wishes of the Committee, no child who a teacher believes is improperly nourished will be denied a free lunch or other food simply because the proper application has not been received from his/her parents or guardians.

**Meal Times and Scheduling.** Lanesborough Elementary School:

- will provide students with approximately 20 minutes after sitting down for lunch;
- will schedule lunch periods to follow recess periods if possible

**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.<sup>1</sup>

**Sharing of Foods and Beverages.** Lanesborough School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**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.** Lanesborough Elementary School food service program will approve and provide all food and beverage sales to students in elementary schools based on the current guidelines.

**Fundraising Activities.** Lanesborough Elementary School encourages fundraising activities that promote physical activity and support a healthy lifestyle.

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<sup>1</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

**Snacks.** Lanesborough Elementary School will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

**Celebrations and Rewards.** Classrooms should limit celebrations and rewards 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 with no more than one party per class per month.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Lanesborough Elementary School aims to teach, encourage, and support healthy eating by students.

- Nutrition education and promotion is encouraged as part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective 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;
- links with school meal programs, other school foods, and nutrition-related community services;

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and 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;
- opportunities for physical activity will be incorporated into other subject lessons where appropriate.

**Communications with Parents.** Lanesborough Elementary School will support parents' efforts to provide a healthy diet and daily physical activity for their children. LES will encourage parents to pack healthy lunches and snacks by disseminating information on nutrition and exercise.

**Staff Wellness.** Lanesborough Elementary School highly values the health and well being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) 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 or its equivalent of 40 minutes/week for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

**Daily Recess.** Lanesborough Elementary School students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Lanesborough Elementary School discourages 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 should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Other Physical Activity Opportunities** Extracurricular physical activity programs, such as physical activity clubs or intramural programs are offered through the town with use of the school facility.

**Physical Activity and Punishment.** Withholding opportunities for physical activity (*e.g.*, recess, physical education) will be used only as a last resort.

**Use of School Facilities Outside of School Hours.** School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations at the discretion of the principal. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

**Monitoring.** The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service manager at Lanesborough Elementary School will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal.

**Policy Review.** The Wellness Committee (headed by the School Nurse) will perform ongoing assessments of nutrition and physical activities. The committee will meet three times per year and as needed to evaluate, discuss, and change the policy as needed to promote the healthiest school environment possible.

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