

Policy: JL
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Hermon School Department

Wellness

The Hermon School Department and the Hermon School Committee recognize that student and staff wellness and good nutrition are related to physical and psychological well-being and readiness to learn. The School Committee is committed to providing a healthy school environment that supports student and staff wellness, healthy food choices, nutrition education, physical education, and regular physical activity. The School Committee further believes that students who learn and practice healthy lifestyles in their formative years and see it modeled by the adults around them may be more likely to be conscious of the importance of good nutrition and practice healthy habits as adults. Through good nutrition and exercise, they may reduce their risk of obesity and chronic diseases as adults. The School Committee is committed to helping students, staff and families develop the skills, knowledge and attitudes necessary for long term healthy lifestyles.

The School Committee recognizes that:

- Everyone needs access to healthful whole foods and beverages and opportunities to be physically active in order to grow, learn and thrive.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades. Lack of physical activity and excessive calorie intake are predominant causes of obesity.
- Heart disease, cancer, stroke and diabetes are responsible for two-thirds of the deaths in the United States; and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, are often established in childhood.

The School Committee is committed to providing a school environment that promotes and protects health and wellbeing and fosters the development of lifelong learning and wellness practices in all Hermon schools. The School Committee believes that a collaborative community effort is needed to support this policy. Hermon schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

This policy will be reviewed annually by the school Wellness Committee to ensure that new USDA requirements and other guidelines have an implementation timeline, and that policy assessment and progress made on attaining goals is communicated to the School Committee, staff, students, parents and available to the community.

Federal Local School Wellness Policy Requirements:

1. Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
2. Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.
3. Permit parents, teachers, school health professionals, the School Committee, school administrators, and the general public to participate in the development, implementation, and review and update of the local Wellness policy.
4. Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
5. Be measured periodically on the extent to which schools are in compliance with the local Wellness policy, the extent to which the Hermon School Department's local Wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local Wellness policy, and make this assessment available to the public.

Nutrition Education

1. Nutrition education may be integrated into the standards-based lesson plan of school subjects, including but not limited to health, math, science, language arts, physical education, social studies, and electives. It may also occur through the use of school gardens, taste testing, cooking demonstrations, and school-wide events.
2. Students shall receive consistent nutrition messages based on the latest Dietary Guidelines for Americans throughout the school community, including classrooms and the school cafeteria.
3. Education and information on healthy behaviors shall be made available to parents/guardians and community members. Schools will provide parents/guardians with information regarding healthy and nutritious food and beverage choices.
4. Appropriate professional development will be provided for food service staff in the area of nutrition.
5. Faculty will be informed of the Wellness policy on an annual basis.

Nutrition Guidelines

Foods Sold

In support of promoting healthy eating and sending consistent nutrition messages, the Hermon School Department will ensure that meals provided by its food service program meet the nutrition standards established by federal regulations and the Healthier US School Challenge (Exhibit A). The Committee recommends adequate time and space for students to obtain food and eat in a clean and safe meal environment.

Sales of foods and beverages that compete with the total food services program must be in compliance with **Smart Snack regulations**. Local produce shall be integrated when possible into the school nutrition program. **Fresh produce will be offered daily.**

Food Served

1. Only curriculum/policy compliant foods will be allowed in the classroom and will be offered in cooperation with individual student allergy and health-care plans. Unsolicited food will not be permitted.
2. Food or beverages (including food served through school meals) will not be withheld as a negative consequence or disciplinary measure nor used as a reward, unless it is specified in an IEP.
3. Food and beverages offered or sold at school-sponsored events outside the school day will include options that meet the nutrition guidelines in Exhibit A. Healthy food alternatives are encouraged. The Wellness Committee will provide the School Committee with nutrition guidelines and a list of healthy food alternatives to disseminate to Booster groups.

Physical Education

The physical education program will provide all students in grades K-12, including students with disabilities, special health care needs, and in alternative education settings with the knowledge and skills needed to be physically fit and appropriate opportunities to take part in healthful physical activity on a regular basis.

Physical Activity

The schools will strive to provide all students developmentally appropriate opportunities for daily physical activity through recess periods, extracurricular activities (clubs, intramural and interscholastic athletics), integration of physical activity or movement within and outside the classroom through walking breaks, changing classes and/or alternative study periods. The schools will strive to provide these opportunities for at least 30 minutes per day for all students K-12.

1. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity through the provision of space and equipment. In concert with Let's Go! 5-2-1-0 or similar programs to reduce screen time and encourage activity, sedentary technology will be discouraged at outdoor recess.
2. Teachers and other school staff will limit the use of physical activity (e.g., running laps, pushups) as a negative consequence during the academic school day. At the discretion of teachers, recess may be shortened or withheld for the educational or physical well-being of the individual or the school community.

* The use of physical activity as a negative consequence (withholding or imposing an activity) must have the written approval of the building administrator.

Other School-Based Wellness Activities

Fundraising – Food & Beverages

1. A healthy school environment will be supported by encouraging primarily non-food items being sold through school fundraising activities. However, any fundraisers that include food or beverages are not permitted to take place on school grounds
2. Concessions at athletic and co-curricular events will include health, nutritious options.
3. Outside groups that are not related to school functions (e.g. Girl Scouts, Boy Scouts, church groups, private schools, and daycares) are not permitted to sell or deliver food items during school hours to students or staff.

Staff Wellness

The School Committee, school administrators, and the Wellness Committee will model and communicate the importance of healthful habits for employees, their families and the community. The School Committee shall work through its Wellness Team, building-level staff, and health insurance carrier to find employee resources for low or no cost ways to encourage staff wellness.

Wellness Team

The staff Wellness Team will strive to have school-wide representatives from each school building representing the follow areas:

- Principals of PreK-4, 5–8, 9-12
- Student representative of 5–8, 9-12
- Food Services
- Teachers
- Parent/Community Member
- Curriculum Coordinator.
- Nurse, Guidance Counselor or Social Worker
- Health and or Physical Education Teacher(s)

The Wellness Team shall serve as an advisory committee in regard to student/staff wellness issues and will be responsible for making recommendations related to the Wellness policy, wellness goals, administrative or school regulations and practice or raising awareness of school community health issues. The Wellness Team will create an Action Plan on an annual basis to promote health and wellness with identified goals to relay to the school/community.

Communication

The Wellness policy will be posted on the school website and communicated annually to keep students, parents, staff, and the community informed of wellness initiatives and ensure that new standards and guideline requirements are met.

Monitoring and Evaluation

The superintendent or designee shall be responsible for the implementation of the Wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the School Committee on an annual basis. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include but are not limited to:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school nutrition program and compliance with guidelines
- Summary of wellness programs and activities in the schools
- Feedback from students, parents, staff, administrators, and Wellness Team
- Recommendations for policy, program or curriculum revisions.

EXHIBIT A

Food Guidelines (USDA – Healthier US School Challenge):

- Total Fat: Calories from total fat must be at or below 35% per serving. Excludes nuts, seeds, nut butters, and reduced fat cheese.
- Trans fat: Less than 0.5 grams (trans fat free) per serving.
- Saturated fat: Calories from saturated fat must be below 10% per serving. Excludes reduced fat cheese.
- Sugar: Total sugar must be under or equal to 35% sugar by weight (includes naturally occurring and added sugars). Excludes fruits, vegetables, and milk.
- Sodium: Less than or equal to 480mg sodium per non-entree; less than or equal to 600 mg per entree.
- Portion size/Calories: Not to exceed the serving size of the food served in the National School Lunch Program; for other items, the package or container is not to exceed 200 calories.

To check to see if a packaged product meets these guidelines, you can use a food calculator available on-line at: <http://www.fns.usda.gov/tn/HealthierUS/index.html>

Beverage Guidelines

School Nutrition Services will only sell **beverages that meet the USDA Smart Snack requirement.**