

Georgetown School District Health and Wellness Policy & Action Plan

The goal of the Georgetown School District Health and Wellness Policy is the promotion of overall health and wellness for all students as well as employees.

This goal will be achieved by providing school environments that promote and protect children's health, well-being, safety and ability to learn. The school district will promote healthy eating, physical activity, and comprehensive health education curriculums toward this end. Employees will be provided a variety of staff wellness programs. Therefore, it is the policy of the Georgetown school district to:

- 1) Encourage Physical Activity - The school district will work toward providing all students in grades PreK-12 with opportunities, support, and encouragement to be physically active on a regular basis. Organized sports will aim to develop athletic skills, teamwork, good sportsmanship, self-discipline, goal-setting, and will comply with all MIAA guidelines.
- 2) Adhere to the U.S. Dietary Guidelines for Americans as the standard which all foods and beverages sold or served at school will meet or strive to exceed. Nutrient guidelines shall promote student health, reduce obesity, and prevent diet-related chronic diseases.
- 3) Provide a Quality Food Service Program directed by qualified child nutrition professionals. The program will offer students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. All schools will provide a clean and safe environment for students to eat. All available federal school meal programs including the *School Breakfast Program* and the *National School Lunch Program* will be utilized.
- 4) Health and Physical Education Curriculum - The schools will work toward providing a comprehensive pre-K-12 health and physical education curriculum. In addition to promoting fitness and athletic skills, essential information about nutrition, personal health, responsible decision-making, physical activity and the use of drugs, alcohol and tobacco will be taught in health education curriculums which are aligned with the Massachusetts Comprehensive Health Curriculum Framework standards.
- 5) Health and Nursing Services – The school district will assist all students with health care needs so that they can participate in all aspects of academic life and experience a rich learning environment regardless of their health or physical limitations. To achieve this goal, school nurses will provide nursing care for all students as well as help promote adherence to the wellness policy and overall student health.
- 6) School Counseling, Psychological and Social Services that include individual and group interventions and referrals—designed to prevent social-emotional problems early, reduce bullying and social violence, and enhance overall healthy development will be provided through our guidance departments.
- 7) Staff Wellness Education and Fitness programs will be supported by the district.
- 8) Healthy Environment with Community/Family Involvement – This Health and Wellness Policy has been developed and will be periodically reviewed for the school district by a Health and Wellness Advisory Committee, who will advise the Committee Wellness Coordinator. This committee includes, where possible, school administrators, food service professionals, health professionals, physical education professionals, teachers, parents, students and other interested community members. This policy shall remain in alignment with district wellness and safety strategic goals as approved by the Georgetown School Committee.

ACTION PLAN

1. Encourage Physical Activity

Weekly Physical Education K-10

Students in grades K-12 will receive Physical Education. Students in Pre-K-5 will receive a minimum of 30 minutes per week (1 class). Middle School students in grades 6-8 will receive at least 110 minutes of Physical Education per week. Students in grades 9-12 will receive up to 260 minutes per week, or 3 classes in a 7-day rotation, for one quarter of the school year (1 semester). All classes will be taught by a certified Physical Education teacher.

Daily Recess

All elementary school students will receive daily recess. Students in Pre-K-5 will receive 20 minutes of recess each day. Recess will be properly supervised, preferably outdoors, during which schools will encourage moderate to vigorous physical activity.

Physical Activity Opportunities Before and After School

All schools will strive to offer extracurricular physical activity programs, such as physical activity clubs or intramural sports programs before and after school.

2. Adhere to the U.S. Dietary Guidelines for Americans to promote student health, reduce obesity, and prevent diet-related chronic diseases. All foods served by the Georgetown Public Schools Food Services Department will adhere to the current US Dietary Guidelines for Americans.

Food Quality - All efforts will be made to include high-quality food products in food served at school that are fresh, locally produced, organically grown, made of natural ingredients, free of artificial colors and flavors and preservatives, contain whole grains, hormone and anti-biotic free, low-fat, low-sodium, low-sugar, and do not contain high fructose corn syrup.

Snacks - Schools will encourage healthy snacks.

Celebrations - Schools will strive to limit classroom celebrations involving food to birthdays, holiday and curriculum-based events; healthy snacks will be encouraged as part of any celebration which includes food. Classroom birthday celebrations may include food brought in by parents.

Fundraising - Schools will encourage fundraising programs which promote physical activity and/or healthy foods or beverages.

Rewards - While rewards within a motivational context are important to encourage children, food will be used only on a limited basis as a reward for academic performance or good behavior. Any food used in this manner should meet the nutritional standards stated in this policy. Food will never be withheld as a punishment. Candy may not be used as a reward.

Drinking water will be available to all students at no cost, with water bubblers throughout.

3. Provide a Quality Food Service Program

School Meals

Meals served through the National School Lunch and breakfast Programs will meet or exceed the *Dietary Guidelines for Americans 2010 and the Nutritional Standards in the National School Lunch and School Breakfast Programs* and will:

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fresh fruits and vegetables, one non-fried vegetable and two fruit options each day including four different fruits and/or vegetables over the course of a week.*

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- Serve at least two choices within the low-fat (1%) and fat-free fluid milk selections. With a note from a physician, a substitute for milk may be available.
- Offer at least ½ of grains in whole grain-rich products.
- Serve at least 1 oz. equivalent of meat/meat alternate for Perley, 2 oz. for Penn Brook, and 3 oz. Middle/High School.
- Meet federal and state standards for sodium, calories, and saturated fat (less than 10% of calories) to be met on average over the course of the school week.
- Serve meals in these calorie ranges: K-5, breakfast 350-500, lunch 550-650; 6-8, breakfast 400-550, lunch 600-700; 9-12, breakfast – 450-600, lunch 750-800.
- Use only products and ingredients to prepare daily meals containing no trans fats.
- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- * This exceeds federal and state standards.

Schools 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, schools should share information where possible about the nutritional content of meals with parents and students.

Breakfasts

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.
- 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 eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling

Schools should schedule meal periods at appropriate times; should not schedule tutoring, clubs, organizational meeting or activities during mealtimes, unless students may eat during such activities. 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 program. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutritional 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.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.

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 nutritional skills, food in elementary schools should be sold as balanced meals. If available, food and beverages sold individually should be limited to low-fat and non-fat dairy products, fruits, and non-fried vegetables. **Outside the reimbursable school meal program, including those sold through a la carte snack lines, vending machines or student store, during the school day or through programs for students after the school day, food will meet the following nutrition and portion size guidelines:**

Juice will be 100% fruit juice (6 oz. limit),

Milk will be 1% or fat free (8 oz. limit) with no more than 22 g sugar,

Water will have no added sugar, sweeteners, or artificial sweeteners, but may contain natural flavorings and/or carbonation;

Food will contain no more than 200 calories; no more than 35% calories from fat, 10% calories from saturated fat, and no trans fats; sugar, no more than 35% of calories; sodium, no more than 480 mg per item; grains, all grain-based products must be comprised of whole grains.

No food/beverage shall contain more than trace amounts of caffeine.

Middle and High Schools

In middle and high schools, all foods and beverage sold individually **outside the reimbursable school meal programs** (including those sold through a la carte {snack} lines, vending machines, or students stores) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Juice sold should be 100% fruit juice (8 oz. limit),

Milk sold should be 1% or fat free (8 oz. limit) with no more than 22 g sugar,

Water with no added sugar, sweeteners, or artificial sweeteners, but may contain natural flavorings and/or carbonation;

Food, no more than 200 calories; no more than 35% calories from fat, 10% calories from saturated fat, and no trans fats (excluding nuts, seeds, peanut butter, and other nut butters); sugar, no more than 35% of calories; sodium, no more than 480 mg per item; grains, all grain-based products must be comprised of whole grains.

No food/beverage shall contain more than trace amounts of caffeine.

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).

Portion Sizes/Competitive Foods – foods served a la carte in school cafeterias, school stores, school snack bars, vending machines or at any other location in the schools

Limit portion sizes of goods 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;

- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, 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.

4. Health and Physical Education Curriculum

Georgetown Schools will work toward offering health, wellness, and nutrition education 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. Students will learn to identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans. The curriculum for this program will include units designed to prevent and reduce youth substance abuse and other risky behaviors.

Physical education significantly contributes to students' well-being and ability to learn; therefore, it is an instructional priority for our district and an integral part of our students' educational experience. Utilizing principles of training and conditioning, students will learn biomechanics and exercise physiology, and how to apply fitness concepts to their lives. Basic principles of physical training and exercise will be promoted, along with safe practices, sport and game/activity rules, procedures, and sportsmanship etiquette. Use will be made of a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams. Students will also perform rhythm routines, including dancing, to demonstrate fundamental movement skills. High-quality physical education instruction contributes to overall health, develops fundamental and advanced motor skills, improves students' self-confidence, and provides opportunities for increased physical fitness that are associated with high academic achievement. On a regular basis, recess should not be withheld as a punishment.

5. Health and Nursing Services

Our health and nursing services provides care to students who have been injured or who present with acute illnesses. Care may involve treatment of health problems within the scope of nursing practice, communication with parents for treatment, and referral to other providers. School nurses are responsible for medication administration and the performance of health care procedures that are within the scope of nursing practice and are ordered by an appropriately licensed health care provider.

In order to address potential health problems that are barriers to learning or symptoms of underlying medical conditions, school nurses engage in screening activities. Screening activities may include vision, hearing, postural, body mass index, or other screenings, determination of which is based on several factors, including legal obligations and the validity of the screening test. School nurses will be supported with professional development for recognizing, screening, treating, and referring students with obesity, eating disorders, and type 2 diabetes.

School nurses promote health education by providing health information directly to individual students, groups of students, or classes or by providing guidance about the health education curriculum, encouraging comprehensive, sequential, and age appropriate information. As the health care experts within the school system, the school nurses take leadership roles in the development and evaluation of school health policies, participating in collaborative initiatives with the community, such as the Health and Wellness Advisory Council.

6. School Counseling, Psychological and Social Services

A comprehensive Pre-K through 12th grade-appropriate social-emotional curriculum designed to encourage and provide a safe, nurturing learning environment to prevent social violence and substance abuse will be in place. A state-approved Bullying Prevention Program & Policy is consistently practiced throughout the district. Our guidance counselors, social workers, and school psychologist provide social services to students who struggle in school socially, emotionally and behaviorally. We want all students to experience success in their academic, social and emotional challenges as well as build self esteem and competency, with the goal of becoming responsible members of the school community.

7. Staff Wellness

The Georgetown school district values the health and well-being of every staff member. To support staff members in a healthy lifestyle, the school district will offer free wellness programs. The Wellness Works program of Beverly Hospital will offer free health screening and follow-up programs through the district's health insurer, the MIIA.

8. The Health and Wellness Advisory Committee/Community Involvement

The Georgetown School District will work with the Health and Wellness Advisory Committee to develop implement, monitor, review and as necessary, revise school wellness, nutrition and physical activity policies. The Committee will serve as a resource to the schools for implementing those policies. The Committee will consist of a group of individual representing the school and community and will include parents, students, a food service representative, school administrators, teachers, school nurses, the school physician, and other health professionals where possible.

Adapted from the Model Wellness Policy developed by the CDC Healthy Youth Program, and following nutritional recommendations from the USDA Food and Nutrition Service, Child Nutrition Division, January 2011, the U.S. 2010 Dietary Guidelines for Americans, and the related websites below:

<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>

<http://www.maschoolfood.org/pdfs/school-nutrition-bill-cheat-sheet.pdf>

<http://www.maschoolfood.org/pdfs/changes-to-the-meal-pattern-requirements.pdf>

<http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

