

# Malden Public Schools

## WELLNESS POLICY

In response to a two decade long increase in obesity rates and diet-related chronic diseases in children, adolescence and adults the Federal Government in the Child Nutrition and WIC Reauthorization Act of 2004 (Section 204 of Public Law 108-265 adopted June 30, 2004) required every school district participating in federally funded school meal programs to adopt a local school wellness policy.

The Malden Public Schools to meet those federal requirements and to create a school environment that fosters present and lifelong habits of healthy eating and physical activity hereby adopts this Wellness Policy.

### General Policy and Rationale

The Malden Public Schools shall support the wellness of students and staff through good nutrition, regular physical activity and positive dietary and lifestyle practices as part of its total learning environment. Our schools contribute to the overall health status of children by providing nutritious foods and opportunities for physical activity, by facilitating wellness through teaching, support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that children need to be healthy to learn and learn to be healthy.

Rationale for the development of this policy is:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- 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.
- Heart disease, cancer, stroke, and diabetes, are responsible for two-thirds of deaths in the United States, and major risks factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- One in every five children suffers from some sort of emotional or behavioral illness, nearly triple the level of twenty years ago.
- Twenty per cent of American children suffer from a diagnosable mental illness during a given year.
- Family and community participation is essential to the development and implementation of successful school wellness policies.
- Only 2 % of children (2-19 years) eat a healthy diet consistent with the main recommendations from the Food Guide Pyramid.
- Whereas, 33 % of high school students do not participate in sufficient vigorous physical activity and 72 % of high school students do not attend daily physical education classes.

For the 2010-2011 school year this policy will focus on educating students, teachers, parents and staff on the purpose and intent of this policy and will take full effect beginning in September 2011.

### Policy Goals

1. The School District will regularly gather information about the wellness status of students to

understand the current state of wellness of Malden students compared to national, state-wide, minority and ethnic group averages to better develop district-wide nutrition and physical activity policies. The School District shall seek grants from public and private sources to assist with information gathering and program implementation;

2. Parents shall be kept apprised of the wellness status of their children;

3. All Students in K-12 shall receive nutrition education that provides them with knowledge and skills to adopt healthy eating habits now and for the rest of their lives;

4. All students in grades Pre K-12 will have opportunities, support, and encouragement to meet national standards for weekly physical activity and gain the knowledge and skills to foster lifelong habits of physical activity;

5. The food service department will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and the nutritional guidelines established by this policy; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clear, safe and pleasant settings and adequate time for students to eat;

6. Nutritional guidelines for federally re-imbursable school meals shall meet or exceed the regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act.

7. Foods and beverages sold or served at school and at school sponsored events will meet the nutrition recommendations of the current **U.S. Dietary Guidelines for Americans.**

8. All eligible schools in our district will strive to participate, when available, in federal school meal programs (including, but not limited to, the National School Lunch Program, School Breakfast Program, Summer Food Service Program, etc.

9. Schools will provide nutrition education and physical education to foster lifelong habits of health eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

10. 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.

#### **ADMINISTRATION AND ACCOUNTABILITY**

School Nursing Supervisor shall have overall responsibility for implementing and administering this Policy and shall provide staff support to the District Wellness Council.

The District Wellness Council shall be lead by the Superintendent and include the directors of food service, health education, physical education, school nursing and parent, student, local health service and school committee representatives. The Superintendent shall by September 15 of each school year provide the names of the District Wellness Council to the School Committee; The District Wellness Council shall meet frequently in School Years 2010-2011 and 2011-2012 to fully implement this policy and meet at least once annually thereafter to recommend any changes to this policy,

The Superintendent shall report annually on progress towards the achievement of the goals of this policy.

The Superintendent may apply for grants to support data gathering and implementation of this policy subject to acceptance by the School Committee.

## **NUTRITION GUIDELINES**

### **Administration and Implementation**

The School Food Service Director shall have responsibility for ensuring compliance with the nutritional guidelines and policies, with the exception that Principals shall be responsible for ensuring compliance with the requirements for food provided by Parents, Students, Staff and Others and for supervision of students during meal times.

The School Food Service Director shall ensure Food Service staff receive the training and resources necessary to implement this policy, Food Service Staff will have two professional days per year for training. Such training shall help ensure that

- All Food Service Staff will be respectful and courteous to all students
- All Food Service Staff will be Serve Safe Certified and
- Food Service Staff receive training in preparing meals that meet the objectives of these guidelines and policies.

### **Nutrition Guidelines**

- Federally reimbursable school meals shall meet or exceed the regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act (7 Code of Federal Regulations § 210.10 Nutrition standards and menu planning approaches for lunches and requirements for afterschool snacks. These requirements include:
  - o Offering a variety of foods;
  - o Providing one-third of the Recommended Dietary Allowances (RDAs) for protein, calcium, iron, vitamin A and vitamin C in the appropriate levels for the ages/grades
  - o Limiting total fat to 30 percent of total calories;
  - o Limiting saturated fat to less than 10 percent of total calories;
  - o Reducing sodium and cholesterol levels; and
  - o Increasing the level of dietary fiber.
- Fresh fruits and vegetables will be offered daily.
- Local, fresh produce (grown within 600 miles of Malden) will be offered when available and affordable.

### **Meals**

- All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
- School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.
- Meals will be appealing and attractive to children.
- Meals will be served in a clean and pleasant setting.
- Students will be served a variety of minimum of two servings of fresh fruits and vegetables.
- Only low fat milk will be served.
- All bread and rolls served will be wheat or whole grain.
- All meals will meet, at minimum, nutritional requirements established by local, state, and federal

statutes.

- Students will be allowed at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Whenever possible, lunch periods will be scheduled to follow recess periods (in elementary schools) and Physical Education at the High school has the 3<sup>rd</sup> lunch.

#### **A la Carte Food, School-Provided Snacks. Vending Machines**

- All food and drinks provided through vending machines shall be approved by the Food Service Director;
- All products served in vending machines or Ala-Cart, will meet the A-list (Action for Healthy Kids) guidelines, including drinks and snack items.

#### **Food Provided By Parents, Students, Staff and Others; Class Parties**

- Teaching staff will not have outside “fast food” for students during the school day.
- Food is not to be used by staff as rewards for individual students.
- Classroom Parties should be food-free and provide an environment that supports this wellness policy such as including fun physical activities;
- For classroom or school-wide celebrations only store-bought foods with ingredients listed on the labels may be sent so that staff may check for possible foods to which students may be allergic.
- **Implementation:** by September 2011, all schools will have food-free parties.

#### **Fundraisers**

- Malden Schools policy strongly prefers fundraisers that sell non-food items.
- Fundraisers that sell food or drinks will only sell or serve food products that comply with National School Lunch Guidelines.
- There will be no food fundraiser sales beginning 1/2 hour before school and 1/2 hour after children are dismissed.
- Implementation: —by Sept. 2011 All fundraisers regarding schools-PTO’s, Clubs, Classes, etc., will be healthy, appropriate food or other items.

#### **Allergies, Safety**

- There will be peanut free tables clearly labeled “Peanut Free” at each cafeteria.
- Staff will be trained how to use epi-pens.
- There will be enough time allotted in between lunch sittings so staff can properly sanitize lunch tables to ensure risk of allergic reactions as well as food safety.
- There will be enough supervision in lunchrooms during lunch time (not counting lunch aides) to avoid emergency treatment for students, if needed.
- The High School will have enough supervision in the cafeterias during lunch.

### **WELLNESS EDUCATION**

#### **Administration and Implementation**

The Superintendent, the Nursing Supervisor and the Director of Physical Education will be responsible for the development of curriculum to achieve the educational goals of this Policy.

## **Educational Goals**

The Educational Goal of the Malden Public School's Comprehensive wellness program is to provide multiple learning experiences in Grades K-12 for students in nutrition and physical education to foster current and lifelong habits of health eating and physical activity, and to establish linkages between health education, school meal programs and physical education activities. .

We feel that a comprehensive health education should be in all schools, grades K-12, equally.

We feel it is important to improve student nutrition, eating behaviors, and physical activity for all students.

To accomplish the goal to foster current and lifelong habits of health eating and physical activity, the Malden Public Schools offer/require:

- All students in K-12 the knowledge and skills that they need to adopt healthy eating and physical activity habits.
- Consistent positive nutrition messages in all schools, equally.
- District-wide health education standards and guidelines that include nutrition and active living education .
- Appropriate training and professional opportunities to staff that provide nutrition and physical education is offered;
- Health/Wellness is a graduation requirement at Malden High School.

## **Nutritional Education Goals:**

Nutrition instruction will be taught as a sequential, standards-based program designed to provide students with the knowledge and skills to promote and protect their health.

Nutrition education will be developmentally appropriate and culturally relevant;

Nutrition instruction will contain the Food Pyramid Guidelines, caloric balance, information regarding fresh produce and media literacy;

Nutritional educators will collaborate with food service staff to strengthen and extend instruction including coordinating education activities will meals.

Nutritional education may include the development of schoolyard gardens, visits to food stores and farmers markets and other activities to promote more knowledge about the source of foods.

This Educational Goals will be implemented in 3 phases.

PHASE 1 -- by June 2011 gather information about the wellness status of students to understand the current state of wellness of Malden students compared to national, state-wide, minority and ethnic group averages to better develop district-wide nutrition and physical activity curriculum.

PHASE 2 -- by Sept. 2011 All curriculum and staffing will be in place for a comprehensive Health Education K-12, and a comprehensive Physical Education Program K-12, as funding allows.

PHASE 3 -- by Sept 2013: Additional information shall be gathered to assess the success of this policy in achieving its goals

All schools, PTO's, Clubs, Classes will be provided assistance towards these goals.

A review of each Phase will be conducted on a yearly basis.

## **Physical Education Goals**

## Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12. To the extent possible, all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regularly scheduled physical education classes. Physical education will include age appropriate activities as well as knowledge and skill training in non-competitive physical activities that can foster lifetime habits of physical activity. A certified physical education/wellness teacher will teach all physical education. Student involvement in interscholastic sports at the high school level may substituted for meeting the physical education requirement for academic reasons only with the approval of the principal. Students in grades K-8 will spend at least 50 per cent of physical education class time participating in moderate to vigorous physical activity.

Every effort will be made to offer students the opportunity to learn to swim and ride a bicycle.

Physical Activity Opportunities before and after school. All middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Clubs may be for either competitive or non-competitive activities. High school students, and middle schools as appropriate, will be offered interscholastic sports 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. The district will make facilities available for community groups to rent to offer physical activity opportunities for students.

After school child and enrichment programs, if applicable, 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. Students are encouraged to walk and bicycle to school safely, when appropriate. The decision to walk or bicycle shall be solely at the discretion of individual parents and students and no school official shall be authorized to prohibit or discourage students from walking or bicycling to school; except if a student has violated another school department policy (e.g. bullying or abusing school property) and has been given a written warning prior to such prohibition

Physical Education activities Goals: Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Schools work with the community to create ways for students to walk, or bike safely to and from school. Malden Schools are encouraged to participate in Safe Routes to School programs developed by the Federal Government and Commonwealth. New facilities will include secure bicycle parking for students and staff.

Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

### **WELLNESS PROMOTION FOR STAFF**

Goals: Provide professional development workshops and courses that demonstrate ways in which staff and students can achieve a healthy lifestyle.

Offer professional development workshops and courses on various student health issues, acute and chronic.

The District within two years will develop incentives for staff to walk, bicycle or take transit to work.

The New Fitness Center: The gymnasium, which has basketball, volleyball, pool, and a new fitness center are available before school and after school. There will be trained coordinators available at these times as well.

Students will be able to use these during school (classes), as well as after school.

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

PLAN: To work and have in place within 2 years a Physical Education Curriculum. It will be in the scope of the state frameworks, and it will include syllabi, curriculum maps, lesson plans, teaching strategies, etc