

File: ADF - NUTRITION AND WELLNESS POLICY

The Arlington Public Schools support health, nutrition and physical activity for everyone.

The "Act Relative to School Nutrition" signed into law on July 10, 2010, and the amendment to this Act passed in June, 2012, requires the Massachusetts Department of Public Health to establish standards for competitive foods and beverages sold or provided in public schools during the day. The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors. The regulations are part of the Commonwealth's broad-based, collaborative initiative to reduce childhood obesity and prevent its complications in childhood and later in adulthood. This policy has been developed to meet the requirements and is based on the following goals:

1. Students will acquire the knowledge, skills and motivation necessary to achieve and maintain optimum health and lifelong fitness.
2. The Arlington Public School District is committed to providing school environments that promote children's health, well-being, and ability to learn by supporting healthy eating and physical activity.
3. The Arlington Public School District will offer ongoing physical activities to assess, plan, implement, promote and evaluate student and staff wellness.

Staff and administration will work to incorporate physical activity during the school day as well as promote before and after school physical activity opportunities.

The Arlington Public Schools will strive to improve the health and wellness of our school community. Healthy children are the foundation of a healthy society and through healthy diet and maintenance of healthy body weight, we can reduce chronic diseases. Healthy, active, well-nourished children are better able to learn. Eating, health, and activity habits developed in youth will affect health throughout life. Following the principles of the Dietary Guidelines for Americans, a healthy diet includes foods from all food groups with limited portions of foods high in sugar, saturated and trans fat, and salt.

Nutrition

~~The nutrition standards and associated regulations promulgated by the Massachusetts Department of Public Health and Department of Elementary and Secondary Education apply to competitive foods and beverages sold or provided to students 30 minutes before the beginning of the school day until 30 minutes after the school day ends.~~ **The district will follow [Smart Snacks in School Nutrition Standards](#) and [MA Nutrition Standards for Competitive Foods and Beverages in Public Schools](#) and be compliant with whichever is stricter. These standards apply to competitive foods and beverages sold or provided to students from midnight before until 30 minutes after the official school day ends.** Foods and beverages sold in vending machines must comply with the standards at all times.

Food Sold For Fundraising The Arlington Public Schools will allow only non-food items to be sold as part of school-sponsored fundraising activities during the school day. This mandate

extends from 30 minutes ~~midnight~~ before to 30 minutes after the school day. ~~Bake sales for an election day that corresponds to a school day are exempt. Also, food sold for fundraising not for immediate consumption in school, but to take home shall be permitted.~~ Exemptions can be made for food sold only to adults during the school day and goods that are not intended for consumption during the school day.

School sponsored events to raise funds that do not take place during the school day are strongly encouraged to ~~include healthy alternatives~~ follow Smart Snack and MA Competitive food standards. The foods marketed on campus during the school day meet Smart Snacks criteria.

Healthy Classroom Parties and School Celebrations

The Arlington Public Schools recognize that classroom parties and celebrations are tradition at school. However, with the current goals of promoting healthy eating, parents are strongly encouraged to not send in any food items to share with the class. As of September of 2013, all classroom Birthday celebrations will be food free. Until then, all foods must meet the nutrition guidelines. All other classroom parties and school celebrations that contain food must be approved by the building Principal. ~~Classroom celebrations will be food free. School celebrations, including celebrations that involve multiple classrooms, will be considered with the approval of the building principal in collaboration with the school nurse, keeping health & safety in mind.~~

Curriculum Based Foods

~~Food is not to be used as a reward. Curriculum based food activities run by a teacher will need the teacher's approval as well as the building principal approval.~~ Curriculum based food activities will need the building principal's approval in collaboration with the school nurse. If necessary, Family & Consumer Sciences (FACS) teachers in grades 7-12 will obtain a blanket approval from the building principals for the culinary classes. The FACS culinary teachers will be sure to obtain knowledge of food allergies, diabetes management information, etc. from the school and share recipes/foods involving classes with these students.

Nutrition Education

The Arlington Public Schools are dedicated to providing students with the knowledge and means to make healthy food choices, healthy lifestyle, and physical activity choices. This is accomplished by increasing awareness of the benefits of eating healthy, getting the recommended amount of daily physical activity, defining nutrition and physical activity goals through an integrated approach of nutrition topics in grades K-12.

Students Bringing in their own Food

Parents/Guardians may send their individual students to school with whatever food they deem appropriate. Food should not be shared.

Access to Water

The Arlington Public Schools will make water available to all students during the day without charge.

Physical Fitness

The Arlington Public Schools values physical activity and physical fitness. **Research indicates that physical activity has a positive impact on academic performance including improved concentration and memory, improved mathematics, reading and writing test scores, reduced stress, and reduced disruptive behavior.** Physical Education provides opportunities for all students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, to understand the short and long term benefits of a physically active lifestyle, and to plan for lifelong activity.

A comprehensive physical activity program encompasses opportunities for students to be physically active, including: physical education, recess, walk-to-school programs, after-school physical activity programs, and physical activity breaks within regular classrooms.

Daily Recess

All elementary school students will have daily-supervised recess, preferably outdoors, during which schools should encourage, verbally and through the provision of space and equipment, moderate to vigorous physical activity. To the extent possible, schools will endeavor to schedule recess prior to lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. ~~Teachers will strive not to withhold recess or physical education as a punitive measure.~~ **Recess shall not be withheld for makeup work or for punishment.** Outdoor recess should be provided for students at times when it is not precipitating, and the wind chill is above 20 degrees Fahrenheit.

Physical Activity Opportunities Before and After School

The Middle and High School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The Middle and High School as appropriate will offer interscholastic sports programs and other sports programs. **The elementary schools, if possible, will offer extracurricular activities to support fitness and exercise.** The Arlington Public Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

Food Services

~~The Arlington School Food Service Department will comply with all provisions of the Healthy, Hunger-Free Kids Act of 2010 as well as the Massachusetts Department of Public Health Nutrition Standards for Competitive Foods and Beverages in Public Schools.~~ **The Arlington School Food Service Department assures compliance with USDA nutrition standards for reimbursable school meals.** This includes the requirements for the National School Lunch and Breakfast Programs.

In addition, the Department will:

- Offer attractive appetizing healthy meals that are low in sugar, saturated fat, and salt, and high in fruits, low-fat dairy, vegetables and whole grains.
- Minimize the risk of exposure to food allergens that pose a threat to students, educate the community about allergies, and maintain and regularly update a system-wide protocol for responding to the needs of students with allergies.
- Provide food service employees annual professional development in accordance with the USDA Professional Standards.
- Utilize a Point of Sale system to protect the privacy of students who qualify for free or reduced price school meals so as to not overtly identify students.
- Ensure students will be fed regardless of lunch balance per district policy <https://z2policy.ctspublish.com/masc/browse/arlingtonset/arlington/EFD>
- Purchase local foods, especially fresh produce when logistically and financially feasible.
- Link local foods to educational opportunities in the cafeteria with promotional materials and taste tests of new foods
- Ensure students have access to free drinking water during all meals.

Wellness Committee

The Arlington Public Schools Wellness Committee, established by policy in 2006, shall continue to consist of at least one parent, student, nurse, school food representative, ~~School Committee member~~ classroom teacher, school administrator, member of the public, and other community members as appropriate, appointed by the superintendent in consultation with the Director of Nursing Services. The school committee shall designate one of its members to serve on this committee. The Wellness Committee will provide oversight of the policy and regulations and will meet at least four times a year. The superintendent or designee is in charge of ensuring policy and committee compliance across the district.

~~Measurement and Evaluation~~ Implementation, Evaluation and Communication

Evaluation and measurement of progress toward the wellness goals is an integral component of the process to ensure and sustain student health, good nutrition and physical activity. Information relevant to school wellness, triennial assessments, meeting minutes and nutrition will be available to the School Committee and the public, except where it infringes on the right to privacy of students and staff. In particular, all contracts of the Arlington Public Schools and the School Food Service related to the sale or marketing of foods and beverages will be public information, available for inspection upon request from members of the community.

To promote steady, feasible, improvements in school meals year after year, the Superintendent or designee will provide a report to the School Committee by the first meeting in September for the previous academic year, describing the activities and financial status of the School Food Service (including sales of school meals in the free, reduced-price and full-price categories, and sales from vending machine) setting specific goals for nutrition and wellness improvements in the coming year, and summarizing the progress on the goals for the year just completed.

The Superintendent or his/her designee will provide a report to the School Committee at the end of each school year as requested describing the implementation of this Wellness Policy. The

~~report will include but not be limited to: information about the staff that have been assigned nutrition and wellness responsibilities, available statistics about the health and wellness status of students, progress and hurdles on implementing the wellness policy provisions, any exceptions that the Superintendent authorized to those provisions, goals and specific actions for improving nutrition and wellness in the coming school year, achievement of the goals and actions from the year just completed, and any recommendations for future revisions to the Wellness Policy itself.~~

Arlington Public Schools

Amended by the Arlington School Committee: September 21, 2023

LEGAL REFS.: 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 1996, 42 U.S.C. 1771-1789

CROSS REFS.: [ADC](#), Smoking on School Premises

DJG, Vendor Relations

EBBA, First Aid

[EFC](#), Free and Reduced-Cost Food Services

GBGA, Staff Health

IHAE, Physical Education

[IHAM](#), Health Education

[IHAMA](#), Teaching About Alcohol, Tobacco, and Drugs

[JLCCB](#), Students with Life Threatening Allergies

[KI](#), Public Solicitations/Advertising in District Facilities

GENERAL REFS.: Acceptable Foods List ("A-List") by the John C. Stalker Institute of Food and Nutrition.

At a Glance Sheet, by the Arlington Wellness Committee.

Healthy Students, Healthy Schools: Revised Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and

Beverages, June 2012. Developed by: Massachusetts Department of Public Health, Massachusetts Department of Elementary and Secondary Education, John C. Stalker Institute of Food and Nutrition and Framingham State University, Harvard School of Public Health and Boston Public Health Commission.

The Institute of Medicine's *Nutrition Standards for Foods in Schools* and the *Dietary Guidelines for Americans, 2010*.

American Dietetic Association, Society for Nutrition Education, and American School Food Service Association 2003 "*Nutrition services: an essential component of comprehensive health programs.*" *Journal of the American Dietetic Association* 103:505-514.

U.S. Department of Health and Human Services, Office of the Surgeon General. 2001. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*.

Food and Nutrition Board, Institute of Medicine, the National Academies, 2005. *Preventing Childhood Obesity: Health in the Balance*. Jeffrey P. Koplan, Catharyn T. Liverman, Vivica I. Kraak, editors.

- (n.d.). *Code of Federal Regulations [Review of Code of Federal Regulations]*. National Archives and Records Administration. Retrieved April 4, 2023, from <https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210/subpart-C/section-210.10>
- (2022, August 4). *Local School Wellness Policy [Review of Local School Wellness Policy]*. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyschools/nutrition/wellness.htm#:~:text=A%20local%20school%20wellness%20policy,nutrition%20and%20physical%20activity%20environments>.
- (2014, December 5). *Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards "At-a-Glance" [Review of Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards "At-a-Glance"]*. <https://www.mass.gov/doc/massachusetts-competitive-foods-and-beverages-at-a-glance-chart/download>