

WELLNESS POLICY

The mission of the Franklin Public Schools is to provide the environment and resources to enable all students to achieve success in reaching their emotional, intellectual and physical potential.

The policy of the Franklin Public Schools will:

- Ensure that all students have access to healthy food choices during the school day.
- Provide a pleasant dining environment for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria/dining area.
- Endeavor to enable all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
- In an effort to promote health and wellness, the Franklin Public Schools will review how nutritious food choices can be incorporated into the curriculum.
- Teachers and staff will not use food as a reward or punishment for students. When food is used in the classroom as part of the academic program, all foods shall comply with the competitive food standards listed below.
- Ensure all personnel review School Committee Policy JLCDD **Managing Life Threatening Food Allergies in the Educational Environment** annually.
- Promote and facilitate the practice of making good nutritional choices through a plan that focuses on reducing access to non-nutritional items and educating students about healthy foods.

Competitive Foods:

A la carte offerings to students shall be nutritious and shall comply with USDA and Commonwealth of Massachusetts school nutrition regulations. These regulations apply to “foods and beverages sold from midnight before to 30 minutes after the school day” .

Competitive foods are defined as foods and beverages sold or provided in:

1. School cafeterias, offered as a la carte items
2. School buildings, including classrooms and hallways
3. School stores
4. School snack bars
5. Vending machines
6. Concession stands
7. Booster sales
8. Fundraising activities
9. School-sponsored or school-related events
10. Any other location on school property

Organizations affiliated with the Franklin Public Schools are required to follow these standards when foods/beverages are offered from midnight before until 30 minutes after the school day ends. They are encouraged to also follow these standards when offering foods/beverages outside of the 30-minute time period. In addition, any other after-school events held on school grounds are required to follow these standards when within the 30-minute time period and are encouraged to follow them when outside of the time period. See the USDA and State of Massachusetts school nutrition regulations for Competitive Foods and Beverages Table below for the standards. The table reflects the USDA Smart Snacks in Schools and the Massachusetts Nutrition Regulations for Competitive Foods, whichever standard is stricter. Using the stricter standard is stipulated by the USDA regulations.

Regulations for Competitive Foods and Beverages

Beverages	
Juice, milk, milk substitutes, and water are the only beverages to be sold or provided (i.e. no soda, sports drinks, teas, etc.)	
Juice	<ul style="list-style-type: none"> Must be 100% fruit or vegetable juice with no added sugar Portion size limited to 4 ounce serving
Milk and Milk Substitutes	<ul style="list-style-type: none"> Must be low-fat (1% or less) or fat-free Portion size limited to 8 ounce serving Flavored milk/milk substitutes shall have no more than 22 grams of sugar per 8 ounces..
Water	<ul style="list-style-type: none"> No added sugar, sweeteners, or artificial sweeteners May contain natural flavorings and/or carbonation
Food	
Calories	<ul style="list-style-type: none"> Foods shall not exceed 200 calories per item A la carte entrées may have more than 200 calories but not exceed the calorie count of entrée items offered as part of the National School Lunch Program that are comparable
Fat	<ul style="list-style-type: none"> No more than 35% of calories from fat* No more than 10% of calories from saturated fat* No trans fat <p>*Exceptions: 1 ounce servings of nuts, nut butters, seeds, and reduced-fat cheese</p>

Sugar	<ul style="list-style-type: none"> No more than 35% of total calories from sugar* <p>*Exceptions: 100% fruit with no added sugar; and low-fat or non-fat yogurt (including drinkable yogurt) that contains no more than 30 grams of total sugar per 8 ounce serving</p>
Sodium	<ul style="list-style-type: none"> Sodium limited to 200 mg per food item except a la carte entrées which may contain up to 480 mg sodium per item
Grains	<ul style="list-style-type: none"> All bread and grain based foods must be whole grain (i.e. whole grain should be listed first in the ingredients label or contain 50% or more whole grains by weight)
Foods and Beverages	
<ul style="list-style-type: none"> No food or beverage shall contain more than trace amounts of caffeine No food or beverage shall contain artificial sweeteners Packaged items may contain no more than 1 serving per package 	
Additional Regulations	
<ul style="list-style-type: none"> Fresh fruits and non-fried vegetables must be sold at all locations where food is sold, except in non-refrigerated or beverage only vending machines Fryolators cannot be used to prepare competitive foods Food preparation and all foods and beverages sold or provided to students must meet all applicable state and federal food safety requirements Drinking water must be available to all students at no cost during the school day. Competitive food item must meet all competitive food nutrient standards AND have as the first ingredient either <ul style="list-style-type: none"> one of the non-grain major food groups (fruit, vegetable, dairy or protein) OR be a combination food that contains ¼ cup fruit and/or vegetable <p>AND</p> <ul style="list-style-type: none"> If water is the first ingredient, the second ingredient must be one of the non-grain major food groups (fruit, vegetable, dairy or protein). 	

School Meals Program:

Foods or beverages provided as part of the National School Breakfast Program, or the National School Lunch Program shall be in compliance with Federal Guidelines. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state

regulations require. Menus will be planned with input from students, family members and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals. Periodically, students may take part in food demonstrations and/or tastings.

Students will be encouraged to start each day with a healthy breakfast. 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. Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

National School Lunch Program Meal Pattern	
Food Group	Requirements K-12
Fruit and Vegetables	$\frac{3}{4}$ - 1 cup of vegetables <u>plus</u> $\frac{1}{2}$ - 1 cup of fruit per day Note: Students must select a minimum of $\frac{1}{2}$ cup fruit or vegetable under OVS
Vegetables	Weekly requirement for: <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-10 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly) Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
Grains	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-9 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly) Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
Whole Grains	All grains must be whole grain-rich.

Milk	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)
------	--

National School Breakfast Program Meal Pattern	
Food Group	Requirements K-12
Fruit	1 cup per day (vegetable substitution allowed) Note: Quantity required SY 2014-2015. Students must select ½ cup fruit under OVS
Grains and Meat/Meat Alternate (M/MA)	Daily minimum and weekly ranges for grains: Grades K-5: 1 oz. eq. min. daily (7-10 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly) Grades 9-12: 2 oz. eq. min. daily (9-10 oz. weekly) Note: Quantity required SY 2013-2014. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.
Whole Grains	All grains must be whole grain-rich.
Milk	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Nutrition Education:

Students will have the opportunity to participate in a variety of nutrition education learning experiences in their health education courses. Nutrition education lessons are designed using instructional techniques and strategies to promote healthy eating. Nutrition education lessons are based on the most recent dietary guidelines for Americans developed by the USDA My Plate and are age appropriate based on the Massachusetts Health Education Curriculum Framework Standards. In health education, students will gain understanding of the following:

Nutrition knowledge: including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparation, handling and storage.

Nutrition related skills: including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising. Students will also assess their personal eating habits, set goals for improvement and develop a plan to achieve those goals.

Health Education:

The Franklin Public Schools will strive to provide Health Education skills and concepts as part of the regular instructional program and will strive to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- In grades K-10 an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks shall be implemented. All health education lessons are age appropriate and are based on the Massachusetts Comprehensive Health Curriculum Frameworks.
 - In grades K-5 units of study include: safety and injury prevention, interpersonal relationships, violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, tobacco, alcohol and other drugs, and growth and development.
 - In grades 6-8 units of study include: safety and injury prevention, interpersonal relationships, violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, tobacco, alcohol and other drugs, growth and development, and reproduction/sexuality.
 - In grades 9 & 10 units of study include: safety and injury prevention, interpersonal relationships, violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, tobacco, alcohol and other drugs, growth and development, reproduction/sexuality, and community and public health.
- In grades K-12 students shall have access to valid and useful health information and instructional materials.
- In grades K-12 students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

Physical Education and Activity:

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of

healthful physical activity. The opportunity to participate in physical education is not withheld from students as a punishment for misbehavior.

Physical Education Program:

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- Participation in such physical activity shall be required for all students in kindergarten through grade five for a minimum of once a week.
- Instruction will be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school wide activities.
- High schools shall require four years of PE/Health for graduation.
- Students shall be supported in setting and striving towards personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

Healthy and Safe Environment:

A healthy and safe environment for all, before, during and after school supports academic success. Safe communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- School and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well Being:

Programs and services that support and value the social and emotional well-being of students, families and staff build a healthy school environment.

- Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others through a variety of programs including but not limited to:

Open Circle/Responsive Classroom/Advisor/Advisee

Peer Leadership

Peer Mediation

Peer Mentoring

Best Buddies

Middle School Magic

High School Experience

Wired Up Club

Anti-bullying Club

DARE Program

SADD

Social Emotional Learning Curricula

- Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- Students shall be taught communication, goal setting and decision making skills that enhance the development of interpersonal skills.

School Wellness Advisory Committee:

The Superintendent will establish and maintain a district-wide School Wellness Advisory Committee (SWAC). The purpose of this committee will be to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health. In addition, the SWAC shall encourage development of a program that actively promotes wellness in schools and maximizes the school district's opportunities for grant awards.

The Superintendent shall appoint committee members, including a designee to serve as a liaison between the committee and the Superintendent, and ensure the active functioning of the committee. The composition of the SWAC shall include school nurses, school nutrition and physical activity staff, community agencies serving youth, parents, students, administrators, and school committee members. The SWAC shall meet at least four times a year and minutes shall be kept.

The SWAC shall develop and implement an Annual Improvement Plan that:

- Includes attention to nutrition, physical activity and obesity
- Has measurable, observable goals and objectives for the coming year to promote student wellness
- Explains how the SWAC will work with the district and school personnel to achieve its goals and objectives
- Includes recommendations concerning school-level wellness teams and initiatives
- Includes a process of monitoring and evaluating progress in reaching goals and objectives

The SWAC shall submit an annual report to the Superintendent and School Committee, indicating the progress toward achieving the goals and objectives of that year's annual plan. Such report may then be distributed to other interested parties and groups as the School Committee sees fit.

Implementation:

The Principal or his/her designee will be assigned to ensure compliance with standards of this Local Wellness Policy in his/her school. This individual will report on the school's compliance to the Chairperson of the SWAC.

The Director of School Food Services will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the SWAC.

To help with the initial assessment of the district's Wellness Policy, the SWAC may conduct a baseline assessment of the schools' existing nutrition and physical activity environments and policies. The results of these school-by-school assessments can be compiled at the district level to identify and prioritize needs.

Assessments can be repeated every three years to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, revise the Local Wellness Policy and develop work plans to facilitate its implementation.

Legal Reference: Healthy Hunger Free Kids Act of 2010

Legal Reference: MGL 223 Ch. 111, 105 CMR 215.00

Legal Reference: 42 U.S.C. 11751 (Pub.L. 108-265, Title II and 204, June 30, 2004 118 Stat. 78.0

Legal Reference: The Healthy Meals for Healthy Americans Act of 1994, P.L. 103-448, Section 9(b)(2)(C) of the National School Lunch Act (NSLA) 42 U.S.C. 1751. CFR Part 210 National School Lunch Program.

Cross Reference: School Committee Policy JLCDD

Reviewed; Revised; Adopted by School Committee: 2/26/2013

Reviewed; Revised 12/11/14