

In 2010, The Healthy Hunger Free Act was enacted. As pieces of this legislation were released, the Taunton Wellness Committee continued to address the new guidelines and have now revised the policy to incorporate the new standards.

WELLNESS POLICY

Taunton Public Schools is committed to providing a healthy environment for students, staff and families that promotes good nutrition and physical activity. The implementation of this Wellness Policy will allow all participants to become more knowledgeable and skilled in making behavioral choices that support optimum health and student's readiness to learn.

NUTRITION EDUCATION

- a. By the end of the 2014-2015 school year, each school will designate an area (table/bulletin board/classroom) in which informational materials will be displayed and/or distributed.
- b. School Administrators will identify wellness goals that support nutrition and physical activity for staff/students within their building.
- c. A variety of nutrition information will be provided to parents and students over the course of the school year. This material will be distributed via school newsletters, parent/teacher groups, local cable, web sites and student take home materials.
- d. Each school will be provided with daily nutritional tips, to be promoted during the daily announcements.

FOODSERVICE/ NUTRITION

School Meals:

1. School lunches and breakfasts will meet the revised USDA Guidelines for Nutrition Standards as described in the Healthy Hunger Free Kids Act of 2010.
2. We will offer breakfast & lunch to all K-12 schools.
3. Menus and nutritional information will be available to students, parents, staff and administrators via the TPS website.
4. Food Safety and Security Guidelines shall be adhered to for all foods served in schools.
5. The Food Service Department shall aim to be financially self-supporting.
6. Potable water will be available to students during meal service.

Meal Service:

1. Students will have access to hand washing or hand sanitizing before meal service.
2. Meals will be scheduled with ample time for students to eat.
3. Recess will be scheduled before lunch whenever possible.
4. Tutoring and club meetings will not be scheduled during meal service.

Snack Standards:

Food and beverages given or sold to students outside of the school meal programs, on the school campus, and at any time during the school day are subject to new federal guidelines (Healthy Hunger-Free Kids Act of 2010) effective July 1, 2014, and/or the standards set by the Commonwealth of Massachusetts.

These standards shall apply to competitive foods and beverages sold or provided on school grounds 30 minutes before the beginning of the school day until 30 minutes after the end of the school day. Competitive Foods are defined as:

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
 - a. Fresh Fruit and non-fried vegetables must be offered at any location where food is sold. This does not include non-refrigerated vending machines and vending machines dispensing only beverages.
 - b. Nutrition information must be available for any non-packaged foods.
 - c. Food and beverage marketing will be limited to the promotion of products that meet USDA's all "Foods Sold in Schools Standards".
 - d. John Stalker Institute provides an approved list of foods and beverages that meet the Massachusetts snack guidelines. A link will be added to the TPS Website.

Food Service Professional Standards:

1. All Senior Cooks and Cooks will maintain their Serv-Safe Certification as part of the employ.
2. USDA minimal continuing education will be followed. The Director will have at least 15 hours of continuous education, Managers 12 hours and full-time staff 8 hours. Part-time employees will have training provided proportional to hours worked.
3. All food service staff will have a minimum of a high school diploma or equal. Current employees without a high school diploma will be grandfathered. Any new employee will be required to meet or exceed, these criteria.

Fundraising Activities:

1. To support children's health and school nutrition-education efforts, school fundraising activities during the school day, must adhere to the "Smart Snack Standards."
2. Compliant foods can be identified within the John Stalker Institute website under the "A List" tab.

Celebrations:

1. Schools may hold celebrations that involve food during the school day on average, once per month.
2. Celebration planners should be cognizant of any health related concerns (allergies) of the students prior to the actual event; and should make a concerted effort to exclude those allergens from the celebration environment.
3. Celebration planners are encouraged to select food items that adhere to the “Smart Snack Standards.”

Cultural Proficiency

School Based Councils shall examine their school’s learning environment and organizational traditions to identify inclusive practices and opportunities to celebrate diverse cultures and identities.

Classroom Incentives:

The provisioning of food used as a reward or for punishment is highly discouraged.

Sharing of Food and Beverages:

Children and families will be educated that the sharing of food and beverages is not advisable due to the many health related concerns (including allergies and spread of germs) associated with this practice.

Physical Activity Opportunities and Physical Education:

1. Students will be given opportunities for physical activity each school day. This can include daily recess periods, morning/afternoon “warm-up” activities, - PE classes, walking programs and the integration of physical education/wellness into academic classes.
2. Students will be given opportunities for physical activity through a range of after school programming including intramurals, interscholastic athletics and physical activity clubs.
3. Recess activities will be structured to encompass productive physical activities organized movement. Playgrounds at the elementary level provide multiple activity “stations” for elementary school children.
4. Individual schools will continue to follow established guidelines for indoor recess during inclement weather. The focus during these sessions is physical activity.
5. Individual School Councils will continue to review and revise current before, during and after school physical activity offerings. Building administration will encourage student participation in these offerings through general announcements. (e.g. intercom, flyers, bulletin boards and school website)
6. Physical activity is a healthy choice. Using physical activity as a punishment by having students run laps or withholding recess or Physical Education without consent is forbidden. Student-Athletes may be required to perform conditioning drills. When assigning athletes to drills, it will be done in a manner to meet or maintain the proper physical conditioning standards necessary for the athlete to successfully execute the requirements of the sport.

Staff Wellness:

The Taunton Public School system recognizes the connection between job performance, attendance and the health and well-being of every staff member. In keeping with this ideal, individual schools will prioritize planning and implementing activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish a voluntary staff wellness committee as a subcommittee of the system's School Wellness Committee. These committees should work together to organize, promote and oversee a multifaceted plan to promote staff health and wellness. Input should be solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among staff members. These committees will work in conjunction with all local organizations and community groups that prioritize a common goal of health and wellness for all. In addition, electronic newsletters provided by the Massachusetts Interlocal Insurance Association (MIIA) promoting wellness related activities and suggestions, will be forwarded to all staff members.

Monitoring:

Each principal will be responsible for ensuring compliance with the wellness policy in his/her building

Each May, the Wellness Committee will send out a survey to be filled out by the principal. The Wellness Committee will evaluate these surveys for compliance.

The Food Service Director will work closely with the Wellness Committee to ensure Taunton Public Schools continues to work towards compliance with this policy.

Legal References:

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 1966, 42 U.S.C. 1771-1789

General References:

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

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 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

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