

Pittsfield School District

**WELLNESS**

The Pittsfield School District is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level in every setting throughout the year.

This policy outlines the district’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures that:

- Students in the district have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the district. Specific measurable goals and outcomes are identified within each section below.

School Wellness Committee

- I. **Committee Role and Membership.** The Board will establish a representative District Wellness Committee (DWC) that will meet monthly during the school year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the school district’s wellness policy. This group will assess progress on the current goal targets and recommend any new goal targets as well as develop strategies for achieving them.

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The DWC membership will represent all school levels and include (to the extent possible) but not be limited to parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, mental health and social services staff, school board members, health professionals, and the general public. When possible, membership will also include *Supplemental Nutrition Assistance Program Education* coordinators (SNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- II. Leadership. The dean of operations will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

### Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

- I. Implementation Plan. The Board instructs the superintendent of schools to establish procedures for implementation of this policy that include targets in support of the goals set forth in this policy. The dean of operations is charged with the operational responsibility for ensuring that the schools follow the guidelines set forth in this policy and implements strategies for achieving the targets set forth in the procedures established by the superintendent of schools.

The wellness policy and the progress reports can be found on the school district website.

- II. Recordkeeping. The district will retain records to document compliance with the requirements of the wellness policy at school administrative unit offices and on the school district's *Google Drive*. Documentation maintained in this location will include but not limited to:
  - The written wellness policy;
  - Documentation demonstrating that the policy has been made available to the public;
  - Documentation of efforts to review and update the local schools' wellness policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
  - Documentation to demonstrate compliance with the annual public notification requirements;
  - The most recent assessment on the implementation of the local school wellness policy;

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- Documentation demonstrating the most recent assessment on the implementation of the local school wellness policy has been made available to the public.
- III. Annual Notification of Policy. The district will actively inform families and the public each year of basic information about the wellness policy, including its content, and any updates to the policy and implementation status. The district will make this information available via the district website and/or district-wide communications. Additionally, the district will annually publicize the name and contact information of the school official leading and coordinating the DWC, as well as information on how the public can get involved with the DWC.
- IV. Triennial Progress Assessments. At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy;
  - The extent to which the district's wellness policy compares to the *Alliance for a Healthier Generation's* model wellness policy; and
  - A description of the progress made in attaining the goals of the district's wellness policy.

The position responsible for managing the triennial assessment and contact information is the dean of operations.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The DWC will actively notify households / families of the availability of the triennial progress report.

- V. Revisions and Updating the Policy. The DWC will make recommendations to the superintendent regarding the wellness policy based on the results of the triennial assessments and/or as the district priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, or as new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.
- VI. Community Involvement, Outreach, and Communications. The district will inform parents / families of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with *Smart Snacks in School* nutrition standards. The district will communicate

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through the district's website, newsletters, presentations to parents / families, and sending information home to parents / families, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The district will actively notify the public about the content or any updates to the wellness policy annually at a minimum. The district will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### Nutrition

- I. **School Meals.** The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving (nutritional label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in United States Department of Agriculture (USDA) child nutrition program, including the *National School Lunch Program* (NSLP) and the *School Breakfast Program* (SBP). Pittsfield Elementary School also participates in the *Fresh Fruit & Vegetable Program* (FFVP), and *Breakfast After the Bell* (BAB).

All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The district offers reimbursable school meals that meet USDA nutrition standards.)

- II. **Staff Qualifications and Professional Development.** All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education / training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel

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will refer to the USDA's *Professional Standards for School Nutrition* website to search for training that meets their learning needs.

- III. Water. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the instructional day and throughout each school. The district will make drinking water available where school meals are served during mealtimes.
- IV. Competitive Foods and Beverages. The district is committed to ensuring that all foods and beverages available to students at each school during the instructional day to support healthy eating. The foods and beverages sold and served outside of school meal programs (e.g., "competitive" foods and beverages) will meet the USDA *Smart Snacks in School* nutrition standards at a minimum. *Smart Snacks* aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a *Guide to Smart Snacks in Schools* are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students at each school during the instructional day will meet or exceed the USDA *Smart Snacks* nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

- V. Celebrations and Rewards. All foods offered on school campus' will meet or exceed the USDA *Smart Snacks in School* nutrition standards through:
  - Celebrations and parties: the district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas;
  - Classroom snacks brought by parents: the district will provide to parents a list of foods and beverages that meet *Smart Snacks* nutrition standards;
  - Rewards and incentives: the district will provide teachers and other relevant school staff a list of alternative ways to reward children; foods and beverages will not be used as rewards or withheld as punishment for any reason, such as for performance or behavior.
- VI. Fundraising. Foods and beverages that meet or exceed the USDA *Smart Snacks in School* nutrition standards may be sold through fundraisers at school during the instructional day. The district will make available to staff, parents, and teachers a list of healthy fundraising ideas.

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VII. Nutrition Promotion. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

Wellness Goal #1: Displays showing the benefits of healthy eating will be put in the school cafeterias annually. Topics include healthy food choices from each food group and locally sourced foods used in meal preparation.

VIII. Wellness Goal #2: The district will teach, model, encourage, and support healthy eating; six lessons on fruits and vegetables promoting healthy food choices will be offered to select elementary, middle, and high school cohorts.

IX. Essential Healthy Eating Topics in Health Education. The district will include the following in the health education curriculum. Essential topics on healthy eating include:

- Relationship between healthy eating and personal health and disease prevention;
- Reading and using FDA's nutrition fact labels;
- Balancing food intake and physical activity;
- Eating more fruits, vegetables, whole grain products, and calcium-rich foods;
- Food safety;
- Importance of water consumption;
- Importance of eating breakfast;
- Making healthy choices when eating at restaurants;
- *The Dietary Guidelines for Americans*;
- Social influences on healthy eating, including media, family, peers, and culture.

X. Food and Beverage Marketing in Schools. Any foods and beverages marketed or promoted to students at each school during the instructional day will meet or exceed the USDA *Smart Snacks in School* nutrition standards.

### Physical Activity

Children and adolescents should participate in at least sixty minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a *comprehensive school physical activity program* (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement,

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and family and community engagement; and the district commitment to providing these opportunities. Schools will ensure that these varied physical activity components are in addition to, and not as a substitute for, physical education.

Wellness Goal #3: On an annual basis, the district will seek to increase participation and expand school club opportunities that promote physical activity and a healthy lifestyle (e.g., *Girls on the Run* and the ski and snowboard club).

- I. Physical Education. The district will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection). The curriculum will support the essential components of physical education.
- II. Health Education. Health education will be required in all elementary grades (K-6). The district will require middle school students to take a health education course and all high school students to take and pass one health education course.
- III. Recess (Elementary School). The elementary school will offer at least twenty minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, the school will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside / outside the cafeteria to ensure proper hygiene prior to eating, and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats, hats, gloves, etc., will be built into the recess transition period / timeframe before students enter the cafeteria.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

### Other Activities that Promote Student Wellness

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

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Wellness Goal #4: Annually the district will offer and promote wellness-based activities including, but not limited to, *Footwalk Friday's* and wellness-based Learning Studios.

- I. Community Partnerships. The district will develop, enhance, and continue relationships with community partners (e.g., hospitals, universities / colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
- II. Community Health Promotion and Family Engagement. The district will promote to parents / caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
- III. Staff Wellness and Health Promotion. Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The district promotes staff members' participation in health promotion programs and will support programs for staff members on healthy eating / weight management that are accessible and free or low-cost.

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