

ADF Health and Wellness Policy

The Pembroke School District will:

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The school environment, not just the classroom, shall be aligned with healthy lifestyle goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available to students on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging. No soda or candy is to be sold on school grounds to students during the instructional day.

C. Provide more opportunities for students to engage in physical activity. A quality physical education program is an essential component for all students to learn about and participate in physical activity. The primary goal of physical education is for all students to develop the skills and knowledge necessary to not only participate in specific physical activities, but to understand the short and longterm benefits of a physically active and healthy lifestyle. Physical activity should be included in a school's education program. Physical activity should include regular instructional physical education, in accordance with the Massachusetts Health Curriculum Framework and the National Standards for Physical Education (NASPE), and district requirements as well as co-curricular activities, and recess. All physical education classes will be taught by certified Physical Education Teachers.

D. Maintain a district-wide Wellness Advisory Council to:

- develop guidance to explicate this policy
- evaluate policy progress
- serve as a resource to school sites, and
- revise policy as necessary

Student Nutrition

The School Breakfast Lunch Programs:

- The full meal school lunch program will continue to follow the USDA Requirements for Federal School Meals Programs.
- Plans for a school breakfast program, which will follow the USDA Requirements for Federal School Meals Programs, will be explored for feasibility.
- The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and "competitive foods" sales.
- The Food Service Director will work closely with the Nutrition & Wellness Advisory Council.

Fundraisin :

- All fundraisers involving food will be limited to before and after the instructional day. Fundraisers with more than 10 items for sale are encouraged to include at least one item that meets the District's Nutrition Standards.
- . The Federal Food Code prohibits the sale of foods which are not prepared under the supervision of a trained food preparation specialist. Therefore, for health and safety reasons, homemade foods are prohibited for sale in fundraisers by school sponsored groups.

Teacher-to-Student Incentive:

- Employees will not use foods or beverages as direct rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment;
- Employees are encouraged to use physical activities (e.g., extra recess, physical education time, etc...) as direct rewards for academic performance or good behavior.

Sharing of Food and Beverages

Pembroke Public Schools will discourage the sharing or trading of foods or beverages between students.

Foods will not be used to celebrate birthdays and/or holidays in any school.

This policy does not affect (personal) snacks brought in from home by Pre-K-12 students.

Student Nutrition Education:

The Pembroke School District has an integrated curriculum approach to nutrition in Kindergarten through 12th grade. Instructional staff will be encouraged to integrate nutritional themes into lessons when appropriate. The health benefits of good nutrition should be emphasized.

Parent Nutrition Education:

. Nutrition education will be made available to parents beginning at the elementary level. The goal will be to continue to educate parents throughout middle and high school levels.

. Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles.

Staff Nutrition & Physical Activity Education:

Healthy lifestyle opportunities may be made available to all school staff at the elementary, middle and high school levels. These opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

DISTRICT NUTRITION STANDARDS

Nutrition Standards Intent/Rationale:

The Pembroke School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense

foods in the school setting, the district has adopted the following nutrition standards governing the sale of food and beverages to students on school grounds during the instructional day. The policy will be implemented in consistency with the Federal National

Guidelines. [http : www.fns.usda. ov cnd Governance Le islation CNR 2010.htm](http://www.fns.usda.gov/cnd/Governance/Leislation/CNR2010.htm)

Food:

Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.

Beverages:

ONLY Milk, Water, 100% fruit juices, and sports drinks may be sold to students on school grounds throughout the instructional day.

Vendors:

No food trucks, ice cream / slush trucks, vending and non-vending sales of candy foods to students will not be permitted on school grounds during the instructional day. Recoded: 4.36 Policy

The new standards are focused on "competitive" foods and beverages sold or provided in public schools during the school day. The standards do not apply to school meals programs, which follow USDA national guidelines.

Competitive foods and beverages are those provided in: No outside food vendor during school hours.

- school stores, snack bars, vending machines and concession stands
- school booster sales, fund-raising activities and other school-sponsored or school-related events
- school buildings and any other location on school property, including classrooms and hallways

The standards apply to items sold or provided from 30 minutes before the beginning of the school day until 30 minutes after the school day ends. Foods and beverages sold in vending machines must meet the standards at all times. These standards take effect in all Massachusetts public schools in August, 2012. Having accurate information and helpful resources is one of the best ways to address concerns about the possible negative impact the new regulations may have on school finances.

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