

Springfield Public Schools

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Revised: November 10, 2016, September 26, 2017; March 14, 2019

Revised Policy

WELLNESS POLICY

NUTRITION, HEALTH EDUCATION, PHYSICAL EDUCATION AND ACTIVITY

I. Mission Statement

This policy applies to all Springfield Public School students, staff and schools. The Springfield Public School District (District) promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment in which children learn and participate in positive dietary and lifestyle practices. Improved health optimizes student performance and ensures that students will have the opportunity to achieve personal, academic, developmental and social success in a positive, safe and health-promoting learning environment.

II. Goals

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

The entire school environment shall be aligned with healthy school goals to positively educate and influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity that helps them develop lifelong healthy eating and physical activity behaviors.

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

All foods available for students on school grounds and at school-sponsored activities will meet or exceed the USDA-mandated requirements.

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. Physical activity should be included in a school's daily education program from grades Pre K through 12. Physical activity should include regular instructional physical education, in accordance with the Massachusetts Comprehensive

Health Curriculum Framework, as well as co-curricular activities, and structured activity time which incorporates appropriate kinesthetic activity into classroom instructional time.

D. Improve academic performance of all students.

Educators, administrators, parents, health practitioners and communities must consider the critical role student health and fitness play in academic performance and adapt the school environment to ensure students' basic nutrition and activity needs are met. An ongoing public awareness campaign, in partnership with local agencies, will be conducted that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to learn. An annual report will be made to the Springfield School Committee documenting the Wellness Policy implementation and the impact of the policy.

III. Student Nutrition

Competitive Food & Beverages:

The "Schools Food Service-Provider" will follow the MA DPH Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.00) and USDA minimum standards for competitive foods and USDA Smart Snacks in School nutrition standards when determining items for a la carte and "competitive foods" sales and will make nutrition information available for non-prepackaged competitive foods and beverages served in the cafeteria. In addition the District shall:

- Prohibit food sold in competition with school meals, including food-based fundraisers and vending machines during school meal times.
- Ensure schools follow federal, state, and local laws and regulations for competitive foods and beverages (i.e. foods sold, provided, or served within school buildings or on school grounds outside of the school meals program).
 - Encourage non-food alternatives for school fundraisers, school parties, and classroom celebrations. Prohibit the use of food and beverage as a reward or means of discipline.
 - Only water, milk and 100% fruit or vegetable juice may be served or sold at school or school related events.
 - Plain, potable water will be made available to students throughout the day free of charge.
 - Milk must be 1% or fat-free; flavored milk must contain no more than 22 grams of total sugar per 8 oz serving.
 - Juice must be 100% fruit or vegetable juice with no added sugar.
 - Foods must contain no more than 200 calories per item.
 - No food shall contain more than 35% of its total calories from fat.
 - All foods shall be trans fat-free.

- Exemption of fats; a 1 oz serving of nuts, nut butters, seeds and reduced fat cheese is allowable.
- Low-fat and fat-free yogurt must contain no more than 30 grams of total sugars per 8 oz serving.
- Food shall contain no more than 200 mg of sodium per item.
- All breads and other grain-based products must be whole grain.
- All items must contain no more than trace amounts of caffeine.
- No food shall contain artificial sweeteners.
- No foods shall be prepared with the use of fryolators.
- Fresh fruit and not-fried vegetables must be offered for sale at any location where food is sold, except in non-refrigerated vending machines or beverage-only vending machines.

The School Breakfast/Lunch Programs:

The District supports lifelong healthy eating habits for all students and staff and is committed to creating a healthy school food environment. The School Meals Program will:

- Ensure all menus meet USDA-mandated requirements (<https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>), as well as Massachusetts Department of Public Health regulations (<https://www.mass.gov/files/documents/2017/09/11/105cmr225.pdf>) and the latest scientific evidence on healthy eating practices.
- The District is committed to ensuring that every school has a Breakfast in the Classroom program by the end of the 2017-2018 school year.

Nutrition Education, Promotion and Food & Beverage Marketing:

There will be a continued commitment to expand and maintain the District's Garden Program and the commitment to using locally sourced products including fruits and vegetables for the School Breakfast/Lunch Programs.

When available, the Schools Food Service will participate in "Farm to School" programs and use local sources for produce to increase the offering and consumption of fresh fruits and vegetables.

Cafeteria Environment:

Convenient access to hand washing or hand sanitizing facilities before meals will be made available.

Fundraising: can be found on Attachment A.

If a fundraiser utilizing food is employed during the School Day, all food provided and sold must meet or exceed the MA DPH Nutrition Standards for Competitive Foods and Beverage and the USDA Smart Snacks in School nutrition standards.

Teacher-to-Student Incentive:

Since providing food based on performance or behavior connects food to mood and teaches children to reward themselves by eating even when they are not hungry, teachers should use non-food incentives for students. See Attachment A for a sample list. Food must not be used as a reward for students.

Classroom Parties/Group Snack:

Classroom and school parties and celebrations should emphasize fun activity and socialization rather than food. See Attachment A for a sample list of non-food celebration ideas.

Food served at classroom or school celebrations, including snacks provided by school staff, the “School Food Service Provider”, or any outside agency, must meet or exceed the USDA Smart Snacks in School nutrition standards and MA DPH Nutrition Standards for Competitive Foods and Beverages in Public Schools.

Only 100% juice, milk or water may be served or sold at school and school related events.

Any group snack provided during school or any school activity must meet or exceed the USDA Smart Snacks in School nutrition standards and MA DPH Nutrition Standards for Competitive Foods and Beverages in Public Schools.

The Commonwealth of Massachusetts Department of Public Health (“MA DPH”) Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225.000) defines competitive foods as foods and beverages provided in:

- School Cafeterias (i.e. a la carte items)
- School buildings, including classrooms and hallways
- School snack bars
- School stores
- Vending machines
- Booster sales
- Fundraising activities
- School-sponsored or school related events
- Any other location on school property

The regulations apply to competitive foods and beverages sold or provided to students during the School Day, which is defined as from the midnight before to 30 minutes after

the end of the official regular school day with the exception that student-accessible vending machines must comply at all times.

IV. Health Education

Student Nutrition Education:

The District has a comprehensive curriculum approach to nutrition in PreK through 12th grade following the Massachusetts Comprehensive Health Curriculum Framework. The health benefits of good nutrition should be emphasized.

Elementary:

All schools will follow the SPS Pupil Progression Plan. To the extent possible, all elementary students will receive 24 hours per year (average of 40 minutes per week) of health education, taught by a certified health/physical education teacher, following the Districts Learning Outcomes and the Massachusetts Comprehensive Health Curriculum Framework, which includes, but is not limited to nutrition. Health topics will be reinforced in ELA through the selection of appropriate literature.

<http://www.doe.mass.edu/frameworks/health/1999/>

Middle School:

All middle school students will receive health education in 6th, 7th or 8th grades. This course will be taught by a certified health educator (whenever possible) and will include nutrition and fitness education in alignment with the Springfield Health Education Standards and the Massachusetts Health Curriculum Framework. Health topics will also be reinforced through Science and ELA classes.

High School:

All high school students will pass 0.5 credit of health education following the Massachusetts Comprehensive Health Curriculum Framework, which will include nutrition education, in order to graduate. Health topics will also be reinforced through Science and ELA classes.

Parent Nutrition Education:

Nutrition education will be provided to parents/guardians beginning at the elementary level and will continue throughout middle and high schools. Nutrition education may be provided in the form of handouts, postings on the District website, articles and information provided in District and school newsletters, presentations that focus on nutritional value and healthy lifestyles, P.T.O. presentations and through any other appropriate means available for reaching parents.

Staff Nutrition & Physical Activity Education:

Staff nutrition and physical activity education will serve the purposes of:

- encouraging all school staff to improve their own personal health and wellness
- improving staff morale
- creating positive role modeling
- building the commitment of staff to promote the health of students
- building the commitment of staff to help improve the school nutrition and physical activity environment
- building the commitment of staff to utilize outdoor classroom and school gardens

Nutrition and physical activity education opportunities will be offered to school staff at the elementary, middle and high school levels. These educational opportunities may include, but are not 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.

V. Physical Education and Physical Activity

The 2016 Society of Health and Physical Educators (“SHAPE”) report recommends children and adolescents age 6 through 17 should engage in at least 60 minutes of physical activity each day. Regular physical activity helps improve overall health and fitness, maintain a healthy weight, and reduce the risk for many chronic diseases. Regular physical activity and physical fitness have a significant effect on students’ ability to focus in school and academic achievement.

The District shall provide physical activity and physical education opportunities, aligned with the Massachusetts Comprehensive Health Curriculum Framework and following recommendations of the National Association of Sport and Physical Education.

Time, Frequency, Intensity

All schools will follow the SPS Pupil Progression Plan. To the extent possible, all elementary students will receive a minimum average of 40 minutes of physical education (24 hours per year), taught by a certified physical education teacher (whenever possible), every week and 15 minutes of supervised physical activity which incorporates appropriate kinesthetic activities each day. Secondary students will receive a minimum average of 24 hours per year of physical education, taught by a certified physical education teacher (whenever possible).

All middle school students will receive 0.5 credit of physical education in 6th, 7th & 8th grades. Student involvement in other activities involving physical activity (e.g. recess, interscholastic or intramural sports) will not be substituted for meeting the physical

education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

High School Graduation Requirements for Springfield Students

Two credits in physical education will be required for graduation from the District. Student involvement in other activities involving physical activity (e.g. interscholastic sports) will not be substituted for meeting the physical education requirement, unless engaged in an approved physical education class for athletes. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Staff Training and Certification

The District strives to have, whenever possible and consistent with the then current Springfield Educators Association collective bargaining agreement with the Springfield School Committee, physical education courses taught by highly-qualified certified physical education teachers.

Standards/requirements

All physical education classes will adhere to the city's K-12 Physical education standards which are aligned with Massachusetts Comprehensive Health Curriculum Framework. National PE standards will also be incorporated in classes to address motor skills, movement forms, and health related fitness.

Schools should discourage extended periods of inactivity (i.e. periods of two or more hours – during school wide testing). Schools will give students periodic breaks during which they are encouraged to stand and be moderately active (stretch breaks). See attachment for a sample list of short in-classroom activity breaks.

Teachers and other school and community personnel are prohibited from using physical activity as a form of punishment by either additional physical activity (e.g. running laps, pushups) or by withholding opportunities for physical activity (e.g. recess, physical education).

Schools are encouraged to begin fitness or activity logging in elementary school and introduce the concept of health and fitness assessments. Students will be instructed in how to interpret their personal attainments and compare them to national physical activity recommendations.

Schools are encouraged to administer a health-related fitness assessment with students in middle and high schools. Students will receive instruction and guidance in interpreting results to understand their own level of fitness, create fitness goals and plans, and log

activities identified to achieve the goals.

Other wellness activities

Schools are encouraged to offer before/after school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.

Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.

Schools should encourage parents and community members to institute programs that support physical activity, such as a "walk to school" program.

Schools should encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

All elementary school students should have at least 15 minutes a day of supervised recess, preferably outdoors, which will support the physical education standards. The schools shall encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Walking/biking to School

The District will, to the extent possible, make needed improvements to ensure safety and convenience for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts. The district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The District will adopt the Safe Routes to School curriculum for elementary students.

Each school will be strongly encouraged to take part in additional activities to promote student health, such as joining safe routes to schools or developing a walking school bus.

The District recognizes that students benefit from bicycle and pedestrian safety education to help make the trip to and from school safer and instill confidence in students, parents and community members. The District will work to develop and maintain policies and procedures for working together with city agencies, schools, families and students on efforts to promote a safer and easier trip to and from school when students and staff are walking, bicycling, using public transit or other means of physically active transport. The District will encourage 7-12th grade students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for eligible 7-12th grade students. The District will provide resources to schools, students and families regarding walking, riding a bicycle, using public transit or

other forms of active transportation. The District will encourage wellness councils, school administrators and students, staff, families and community partners to assist the District in promoting safe, physically active travel to and from school. Schools are encouraged to designate a transportation liaison to facilitate communication regarding District efforts to promote safe, physically active travel to and from school.

District Physical Activity Goal:

The District shall provide physical activity and physical education opportunities, aligned with the Massachusetts State Frameworks for Physical Education, that provide students with the knowledge and skills to lead a physically active lifestyle.

The District shall utilize the following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be required for all students.
2. Schools will be encouraged to offer daily before/after school activities in addition to the regularly scheduled physical education and activity time during the school day.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose youngsters to a wide variety of physical activities
 - Teach physical skills to help maintain a lifetime of health and fitness
 - Encourage self-monitoring so youngsters can see how active they are and set their own goals
 - Individualize intensity of activities
 - Focus feedback on process of doing your best, rather than on product
 - Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment to the students at an early age to prepare them for future assessments (e.g. Fitness Gram, Physical Best or President's Council).
5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.

The 2016 Guidelines from SHAPE recommend:

- Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week.

- Children should participate in several bouts of physical activity lasting 10 minutes or more each day.
 - Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
 - Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.
6. Beginning in Middle School and through High School, teachers should administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve the goals. Logs should include day, time, type and length of activity, whether the activity was done alone or with others, and how the student felt before and after the activity.
7. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.

VI. Governance & Evaluation

The designated official responsible for the implementation and oversight of the Wellness Policy to ensure compliance is Michelle Heim, Director of Wellness and Development and the contact information for the official is heimm@springfieldpublicschools.com.

Establish and maintain a District-wide Wellness/Health Advisory Committee with the purposes of:

- developing guidance to implement this policy
- monitoring the implementation of this policy
- evaluating policy progress
- serving as a resource to school sites, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
- revising policy as necessary

A District-wide Wellness/Health Advisory Committee has been established. This Committee will meet a minimum of four times annually with Committee membership including, but not limited to:

- District Food Service Director/Manager
- Dietitian
- Local Health Practitioner (e.g., pediatrician, dentist, or other appropriate certified medical professional)
- School Nurse-Teacher
- A parent representative
- A student representative

- Staff member representative
- A School Committee member
- District Administrative Representative, Co-Chair
- Director of Physical Education and Health Co-Chair
- Local Community Partners (e.g. Boys & Girls Club, YMCA)
- Principal

Responsibilities of the Wellness/Health Advisory Committee may include, but not be limited to, oversight of the following:

- Monitoring of District nutrition and physical activity standards, including time requirements.
- Integration of nutrition and physical activity in the overall curriculum
- Monitor that staff professional development includes nutrition and physical activity issues
- Monitor that students receive nutrition education and engage in vigorous physical activity
- Periodic review of contracts with vendors to ensure that they follow the Wellness Policy for provision of healthy foods.
- Consistent healthful choices among all school venues that involve the sale of food.

To become part of the Wellness/Health Advisory Committee, please contact Michelle Heim at the above stated email address.

The Wellness/Health Advisory Committee will be responsible for preparing an Annual Report to be submitted to the Superintendent and School Committee by June 15 of each year. The Annual Report will be posted on the District website and the DESE Triennial Progress Assessment is available on the DESE website.