

DISTRICT WELLNESS POLICY

Policy Mission Statement:

The Chicopee Public School 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 where children learn and participate in positive dietary and lifestyle practices. Improved health optimizes student performance potential and ensures that no child is left behind.

Goals of Policy

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

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

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 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.

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 PreK through 12. Physical activity should include regular instructional physical education, in accordance with the Massachusetts Health/Physical Education Frameworks, as well as co-curricular activities, and recess.

D. Improve academic performance in high-risk groups so that no child is left behind

Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. A public awareness campaign should be conducted that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn.

Goal #1: Nutrition Education**Student Nutrition Education:**

The Chicopee Public Schools District has a comprehensive curriculum approach to nutrition in PreK through 12th grade. The health benefits of good nutrition should be emphasized.

Elementary:

- All elementary students should have at least 40 minutes of nutrition education a week by a trained health professional.
- All Physical Education classes will focus 10% of their curriculum to nutrition related issues.
- The classroom teacher will incorporate at least 10 nutrition lessons into his/her core classes during each year.
- All classroom teachers will be offered professional development that addresses nutrition education in order to incorporate it into their content area

Massachusetts' Frameworks Addressed at the Elementary School Level:

Healthy Food	Food Pyramid
Our Bodies	Food Safety
Food and Family Choices	

Middle School:

- All middle school students should receive at least 20 hours of nutrition education each year by a trained health professional.
- All Physical Education classes will focus 10% of their curriculum to nutrition related issues.
- All classroom teachers will be offered professional development that addresses nutrition education in order to incorporate it into their content area.

Massachusetts' Frameworks Addressed at the Middle School Level:

Key Nutrients	Dietary Guidelines
Reading Labels	Analyzing Dietary Intake
Food Safety	Eating Disorders
Components of a Healthy Diet	

High School:

- All high school students should receive at least 20 hours of nutrition education each year by a trained health professional.
- All Physical Education classes will focus 10% of their curriculum to nutrition related issues.
- All teachers will be offered professional development that addresses nutrition education in order to incorporate into their content area.

Massachusetts' Frameworks Addressed at the High School Level:

Healthy Food Choices	Analyzing Diets
Preparing Food	Food-borne Illnesses
Resource Management Skills	Media and Its Influence
Nutrition Needs at Different Life Stages	Eating and Other Components to Health

Parent Nutrition Education:

- Nutrition education will be provided to parents/guardians beginning at the elementary level. The goal will be to educate parents/guardians throughout middle and high schools levels as well.
- 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, and through any other appropriate means available for reaching parents.
- Parent Academies will be offered twice a year throughout the district.

Staff Nutrition & Physical Activity Education:

Is for the purpose 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

Nutrition and physical activity education opportunities will be provided to all 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.

Goal #2: Physical Education Activities**1. Time, Frequency, Intensity**

All students in grades K-12, including students with disabilities, special health care needs, and in alternative educational settings, will receive a minimum of 45 minutes per week of daily physical education for elementary school students and 225 minutes/week (45 minutes a day) for middle and high school students for ½ of the year. 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.

2. High School Graduation Requirements for Chicopee Students

All students graduating from any Chicopee High School will be required to earn 10 credits in physical education courses.

3. Staff Training and Certification

All physical education courses will be taught by a highly-qualified certified physical education teacher and per teacher contract.

4. Teacher-to-Student Ratio

All physical education classes will have student/teacher ratio comparable with those of other classes and per teacher contract.

5. Standards/requirements

All physical education classes will adhere to the city's K-12 Health curriculum which is aligned with MA DOE frameworks which includes a standard on physical education K-12. 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).

Teachers and other school and community personnel will not use physical activity (e.g. running laps, push ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Students will not be allowed to miss PE classes in order to finish work in other classes or make up missed work.

6. Physical Activity Outside of Physical Education

Schools are encouraged to offer 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.

7. Recess

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

Classroom teachers and other school and community personnel will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Students will not be allowed to miss PE classes in order to finish work in other classes or make up missed work.

8. Walking/biking to School

The school district will, to the extent possible, make needed improvements to make it safer and easier 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 school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

District Physical Activity Goal:

The Chicopee Public Schools 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 Chicopee Public Schools District shall utilize the following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities should be encouraged daily before school, during school (recess) or after school.
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, (e.g. FitnessGram, Physical Best or President’s Council) to the students at an early age to prepare them for future assessments.
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 2004 Guidelines from NASPE 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 15 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, 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.

Goal #3: Nutrition Standards

Nutrition Standards Intent:

The Chicopee Public Schools 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, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Student Nutrition

The School Breakfast/Lunch Programs:

- The school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Lunch Programs.
- The School Food Service Program meal provider will strive to follow the Mass Action for Healthy Kids Nutrition Standards when determining the items in the a la carte and “competitive foods” sales.
 - A la carte and “competitive foods” items that do not meet the Mass Action for Healthy Kids Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis.
- The Food Service Director will work closely with the Wellness/Health Advisory Council.

Cafeteria Environment:

- A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed.
- The cafeteria environment is a place where students have:
- Adequate space to eat in clean, pleasant surroundings;
 - Adequate time to eat meals. (The American School Food Service Association recommends at least 20 minutes to eat lunch from the time students are seated with their food.)
 - Convenient access to hand washing or hand sanitizing facilities before meals.

Fundraising:

- All fund-raising projects within the school day are encouraged to follow the Mass Action for Healthy Kids Nutrition Standards.
- A list of Creative Financing & Fun Fundraising will be provided to each school (Attachment #1).

Teacher-to-Student Incentive:

If teachers feel compelled to utilize food items as an incentive, then they are required to adhere to the Mass Action for Healthy Kids Nutrition Standards.

Classroom Parties/Group Snack:

- A list of healthy alternative party and group snacks, the “A-List”, will be provided to each classroom teacher (Attachment #2).
- Only 100% juice (no added sugar), milk or water should be available – no soda

Food:

- All schools are encouraged to serve reimbursable meals.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables and dairy products.
- At least 50% of a la carte items offered must provide high nutritional value.
- When available, schools will participate in a “Farm to School” program to increase the consumption of fresh fruits and vegetables.
- The Massachusetts A La Carte Food and Beverage guidelines will be used to promote a healthier school environment.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report.

Beverages:

- 2006 - 2007 School Year: ONLY Milk, Water and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds both prior to and during the instructional day in the district’s elementary and middle schools, except in an area where students are not permitted access such as the teachers’ room.

- 2007 - 2008 School Year: ONLY Milk, Water and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds both prior to and during the instructional day in the district's elementary, middle, and high schools, except in an area where students are not permitted access such as the teachers' room.

Candy:

- Candy is defined as any processed food item that has:
 - sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients AND
 - sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

Goal #4: Other School-Based Wellness Activities**Staff Wellness**

- Survey staff for what wellness programs they would be interested in participating in each year.
- Fitness facilities at each school will be open and available for all staff to use for at least 1 hour prior to the start of school.
- School staff are encouraged to be positive role models by participating in school-sponsored wellness events.
- All staff will receive training by a fitness professional to ensure the individual is exercising safely and using equipment properly.

Parent Physical Activity Education

- A list of Physical Education activities will be provided to parents/guardians beginning at the elementary level. The goal will be to educate parents/guardians on lifestyles activities that improve the health/wellness of their families.
- Physical Education activities 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, and through any other appropriate means available for reaching parents.

Health Services

- The district will continue to provide health related information in the *Nurses' Quarterly* newsletter that is distributed to all families.
- The nursing staff will continue to provide health information via classes, videos and handouts in the clinics.
- The District Physician and nurses will ensure that all mandated regulatory policies are followed.

Before/After-School Programs

- All schools in the Chicopee Public School District are encouraged to offer extra-curricular physical activity programs such as: physical activity clubs or intramural programs that meet the needs and interests of students.

Fundraising

- Schools are encouraged to refer to Creative Financing and Fun-Fundraising lists when selecting a fundraiser (Attachment #1).

Meal Times and Scheduling

- Meal times will be scheduled between 11 a.m. and 1 p.m.
- All students will be given 20 minutes to eat their lunch after purchase.
- All students will be offered a variety of fruits and vegetables at lunch.
- Only low-fat (1%) and fat-free milk will be served at all times.
- Food Services will ensure that half of all grains served are whole grains.
- Food Services will ensure that breakfast foods are of high quality, with no high sugar or high fat foods being served.
- Elementary students should have recess prior to eating lunch.

Goal #5: Governance & Evaluation**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

This Council could be an augmentation of an existing Nutrition Advisory Council. The Council would meet a minimum of two times annually with Council membership including, but not limited to:

- Superintendent of Schools
- District Administration Representative, Co-Chair
- A School Committee/Board member
- District Food Service Director/Manager
- District Physician
- School Nurse-Teacher
- A parent representative
- A student representative
- Physical Education Department Supervisor
- Family & Consumer Sciences Teacher
- Local Community Partners (e.g. Boys & Girls Club, YMCA)

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

- Implementation of district nutrition and physical activity standards
- Integration of nutrition and physical activity in the overall curriculum
- Assurance that staff professional development includes nutrition and physical activity issues
- Assurance that students receive nutrition education and engage in vigorous physical activity
- Pursuance of contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of minimal nutritional value.
- Consistent healthful choices among all school venues that involve the sale of food.

The Wellness/Health Advisory Committee will be responsible for preparing an Annual Report by June 15 of each year that includes, but may not be limited to, the following information:

- Monthly district menus and meal counts
- Listing of all a la carte, vending, and competitive foods sold by school food service
- Listing of all other sales of foods throughout the district including vending machines, school stores, culinary and special education programs, in-school and in-class fundraisers, etc.
- Listing of physical activity programs and opportunities for students throughout the school year.
- Listing of yearly staff wellness activities.

1st reading: Reg SC Mtg 6/15/2011

2nd reading: Reg SC Mtg 7/6/2011

**Please refer to Creative Financing and Fun Fundraising (File: A8.1) and The A-List "Acceptable" Vending Items Listed by Product and Manufacturer (File: A8.2) located in the Chicopee Public Schools Procedures Manual.*