



Lawrence Public Schools

Policy

Section J: STUDENTS

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POLICY STATEMENT

The Lawrence School Committee supports lifelong healthy eating habits and positive physical activity for all students and staff in the Lawrence Public Schools. The School Committee is committed to addressing the increasing rates of diet-related health consequences among these groups ensuring that the Lawrence Public Schools takes a comprehensive approach to reviewing and incorporating changes in policy, curriculum and operating procedures to promote healthy lifestyles and appropriate nutritional practices for all students. In doing so, the Lawrence Public Schools recognizes the important relationship between wellness and academic success. Using Section 204 of Public Law 111-296: Healthy Hunger-Free Kids Act of 2010 and the recommendations of the Massachusetts Department of Education, the following approach will guide our efforts:

- 1.1 Communication with parents/guardian, staff and students is essential. We will seek opportunities, to educate the school community on trends and information related to health and wellness. We encourage community partnerships that assist the district to support an active, healthy community of learners. We strongly recommend the utilization of the 5-2-1-0 message.
- 1.2 Consistent with current federal and state nutrition regulations, the Lawrence Public Schools will continue to increase the availability and sale of nutritious selections and avoid the sale and consumption of beverages and foods of low nutritional value during regular school hours, including 30 minutes before the start of school to 30 minutes after the end of school, and during all school sponsored events. LPS supported events that include students should only be serving healthy choice foods, waters or 100% juices.
- 1.3 Consistent with state nutritional regulations, Lawrence Public Schools will continue to increase the availability and sale of nutritious selections and refrain from the sale and consumption of beverages and foods of low nutritional value during regular school hours, as regulated, this includes, from Midnight before to 30 minutes after the end of school. All items must go through the Smart Snack Alliance calculator or make the A-list provided by John Stalker Institute. Documentation must be kept on file at location.
- 1.4 Opportunities for physical fitness, both structured via the K-12 physical education

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curriculum and activity-related, such as recess, movement, extracurricular activities and sports teams/clubs, will be supported and strongly encouraged.

- 1.5 Schools must use primarily non-food fund raising events during the school day.
- 1.6 Schools must not allow the use of food as a reward or punishment.
- 1.7 Opportunities for staff in-service education to share best practices that incorporate activity and wellness across the curriculum will be offered. Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community.

Principals and staff will promote a school environment supportive of healthy eating and physical well-being. Adults are encouraged to model healthy eating and the need for physical activity by serving nutritious food at school meetings and events, as well as encouraging physical activity. Components of this approach include:

- seek and communicate opportunities to support teachers, school staff, and parents around modeling health and wellness through appropriate physical activity practices and referencing the A-List (see attached) for school fundraisers and student rewards;
- seek and communicate the food available in school lunches to ensure that it is consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content, portion size and quality;
- seek opportunities to teach messages addressing the benefits of healthy eating habits and the need for physical activities in accordance with the Lawrence Public Schools Curriculum, the Massachusetts Frameworks, and Massachusetts Competitive Foods and Beverage Standards.
- teach and promote opportunities to provide support to students and staff around appropriate nutritional practices for meals and snacks; teach and promote opportunities to provide support to students and staff around appropriate physical activity and practices

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- schedule daily recess prior to lunch implement individual school-based wellness committee utilizing this document, include administrator, teacher, food service, parent, nurse, and student;
- communicate policy guidelines for food and beverage sales within school environments utilizing USDA and School Meals Initiatives Guidelines.

Nutrition Guidelines for All Food and Beverages Available During School Day

Competitive foods may not be sold during school meal service times, including breakfast and lunch, in the cafeteria and in the vicinity of the cafeteria.

Competitive beverages and foods sold in the Lawrence Public Schools and on school grounds outside the school meal program during the school day must adhere to the competitive food requirements for the HUSSC (Healthy US School Challenge) and to the following standards: (Foods and beverages must comply with whichever standard (state or federal) is stricter)

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At a Glance”

Category	State Standards: Massachusetts Nutrition Standards for Competitive Foods & Beverages in Public Schools	Federal Standards: USDA Smart Snacks in School Standards
Saturated Fat Exemptions	<p>Reduced-fat cheese, part skim mozzarella cheese, limited to 1-ounce portions</p> <p>Products consisting of only dried fruit with nuts and/or seed, with no added nutritive sweeteners or fat, limited to 1-ounce portions</p> <p>No other combination products are exempt from the saturated fat standard</p>	<p>Reduced fat cheese, part-skim mozzarella cheese</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p> <p>These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions</p>
Sugar	35% or less of their total weight from sugar	35% or less of their total weight from sugar
Sugar Exemptions	<p>100% fruit with no added sugar</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p>	<p>100% fruit with no added sugar</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p>

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	<p>Dried whole fruits/vegetables, dried whole fruit/vegetable pieced, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e. cranberries, tart cherries, and blueberries</p> <p>Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice</p>	<p>Dried whole fruits/vegetables, dried whole fruit/vegetable pieced, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e. cranberries, tart cherries, and blueberries</p>
Sodium	<p>200 mg sodium or less per item as packaged or served</p> <p>A la carte entrees should have a maximum of 480 mg of sodium per item</p>	<p>240 mg sodium per item as packaged or served (<i>effective July 1, 2016 sodium standard will be no more than 200 mg sodium per item as packaged or served.</i>)</p> <p>A la carte entrees should have a maximum of 480 mg of sodium per item, unless they meet the exemption for NSLP/SBP entrée items.</p>
Grains	<p>All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients)</p> <p>Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.</p>	<p>All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients)</p> <p>Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.</p>
Caffeine	<p>Foods and beverages in all schools must be caffeine free, with the exception of trace amounts of naturally occurring caffeine</p>	<p>Foods and beverages available in elementary and middle schools must be caffeine free, with the exception of trace amounts of naturally occurring caffeine</p> <p>Caffeinated foods and beverages are permitted to be sold in high schools</p>
Artificial Sweeteners	<p>Artificial sweeteners are not permitted</p>	<p>Artificial sweeteners are permitted</p>
Accompaniments	<p>All accompaniments must be included in the nutrient profile as part of the item served</p>	<p>All accompaniments must be included in the nutrient profile as part of the item served</p>
Sugar-free Chewing Gum	<p>There is no exemption for sugar-free chewing gum</p>	<p>Sugar-free chewing gum is permitted</p>

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School Lunch/Breakfast Program	There is no exemption for NSLP/SBP entrees.	Entrée items sold as part of the NSLP/SBP are exempt from competitive food standards
Timing	From midnight before to 30 minutes after the end of the official school day	From midnight before to 30 minutes after the end of the official school day
Fundraising	Massachusetts standards do not apply to fundraisers	State education agencies must set a limited frequency for the number of allowable fundraisers in the absence of an allowable number of exemptions, the number remains zero.

continued: Nutrition Guidelines for All Food and Beverages Available During School Day

Rewards, Incentives and Celebrations

Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them. If food is included in recognition of academic performance, it is suggested to be used in the general celebration of achievement and not as the reward, and must meet the above nutrition standards.

- Celebrations and parties: A list will be available for teachers and parents with healthy party ideas, including non-food celebration ideas
- Classroom Snacks: A list of foods and beverages that meet USDA Smart Snacks and Massachusetts nutrition standards will be available for parents and school staff

Goals for Nutrition Education

1. Develop nutrition objectives for each grade level that will be consistent throughout the district.
2. Integrate nutrition and activity-oriented lessons into core academic subjects.
3. Disperse nutrition information, through various media (i.e. literature, posters, morning announcements, PSA spots on LPS Channel 10, etc.) that support the education and awareness of the need for proper nutrition, and support the increase consumption of foods with greater nutritional value.
4. Continue offering professional development opportunities to improve staff knowledge and curriculum activities which focus on nutritional issues.

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Goals for School Based Activities to Promote Student Wellness

1. Improve the integration of the health and physical education curricula.
2. Promote parent/family involvement in wellness activities.
3. Promote staff involvement in wellness activities.
4. Develop school-based wellness committees.
5. Increase awareness of wellness policy.

Goals for Physical Activity

1. Physical education/physical activity will not be used as punishment during the school day nor will physical activity be restricted for disciplinary reasons i.e.: loss of recess, unless related to violations that occur during the physical activity period.
2. Increase daily physical activity of all children in Lawrence, throughout the school day.
3. Provide kindergarten students with regular physical education instruction, utilizing a certified physical education teacher whenever possible.
4. Establish an attitude within the community that physical education, physical activities, and health/wellness components are worthwhile curricula that need to be integrated into the daily and weekly educational schedules of students in the Lawrence Public Schools.
5. Increase awareness of an integrated Wellness Program throughout the schools and community.
6. Physical activity should include regular instructional physical education classes that are in accordance with the National Standards for Physical Education (NASPE) and the Massachusetts Comprehensive Health Education
7. Continue offering professional development opportunities to improve staff knowledge and curriculum activities which focus on physical activity
8. The Lawrence Public School District will strive to support safe walking and biking to and from school and to decrease parent congestion and idling through the Massachusetts Department of Transportation's Safe Routes to School program elements of education, encouragement, enforcement, engineering, and evaluation.

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Implementation and Evaluation of Policy

Technical support will be provided to adhere to the Wellness Policy, including providing ideas for healthier fundraising and student reward programs and information regarding current state legislation that addresses the issues of obesity and other diet-related diseases, as it applies to our students and discussion on improving opportunities to increase physical activity.

The Wellness Committee from each individual school will monitor, and evaluate implementation quarterly. Any recommendations for changes or amendments to the district or school policy will be brought to the District Wellness Committee for review. Upon approval of proposed recommendations or amendments, the policy will be brought to the Superintendent of Schools for review and submission to the School Committee for adoption.

Policy will be available on the Lawrence Public School District's web site and each school web site, with a hard copy available in principal's office, school health office, and nutrition services office.

All partners/mentors and the same should be informed of the School Wellness Policy and should follow this policy in regards to bringing food in.

"Massachusetts Competitive food and Beverage Guidelines supersedes USDA Guidelines"

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DEFINITIONS

A La Carte Foods: Sold typically in the cafeteria by the school food service department. They are separately and individually priced and are not usually part of the NSLP.

Body mass index (BMI): a simple index of weight-for-height that is used to classify overweight and obesity.

Competitive Foods: Foods and/or beverages sold to students that compete with the school's operation of the NSLP or NSBP. Items include those sold in vending machines, student stores, or food carts by students, parents or school administrative staff, or any other person, company or organization.

Obesity: a health condition marked by excessive body fat.

Physical Activity: Physical activity is any form of exercise or movement. Physical activity may include planned activity such as walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household chores, yard work, walking the dog, etc.

Wellness: Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful existence and balanced lifestyle.

5-2-1-0 Message: encourages 5 or more servings of fruits and vegetables daily, limits screen time to 2 hours or less per day, promotes one hour or more of physical activity daily, and avoids sugar-sweetened beverages.

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Legal Reference: [Section 204 of Public Law 111-296](#)

[LPS Wellness Policy](#)

[John Stalker "A" List](#)

[Smart Alliance Calculator](#)

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