



# Lawrence Public Schools

## Policy

**Section J: STUDENTS**

**JLCF**

**Subject: WELLNESS**

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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: Child Nutrition and WIC Reauthorization Act 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.
- 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 include, 30 minutes before the start of school to 30 minutes after the end of school.
- 1.4 Opportunities for physical fitness, both structured via the K-12 physical education curriculum and activity-related, such as recess, movement, extracurricular activities and sports teams/clubs, will be supported and strongly encouraged.

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### **POLICY STATEMENT**

- 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 USDA Guidelines;
- 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;
- 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.

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## **POLICY STATEMENT**

### **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:

#### **A. Beverages**

The total beverage product line will be limited to the following:

1. Soft drinks, fruit drinks with minimal nutritional value, and sports drinks cannot be sold anywhere in school buildings or on the school campus.
2. Fruit and/or vegetable based drinks composed of no less than 100% fruit/vegetable juices with no added sweeteners, not to exceed 4 oz.
3. Drinking water with no additives except those minerals normally added to tap water.
4. Drinking water may contain natural flavorings and/or carbonation and should not contain added sweeteners, sugars, or artificial sweeteners.
5. Milks and flavored milks, not to exceed 8 ounces and comply with the following:
  - a. Pasteurized fluid types of unflavored, low fat (1%), skim milk (fat-free), or lactose free milk, which meet USDA, state and local standards and regulations for milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with the state and local standards for such milk.
  - b. Low-fat (1%) or fat-free-flavored milks, containing no more than 22 grams of total sugars per 8 ounce serving.
  - c. Caffeinated beverages containing naturally occurring caffeine in cocoa with less than 15 milligrams per 8 ounce serving.
  - d. Milk products sold in vending machines should not exceed 8 oz.
5. Soy and Rice Drinks must be calcium and vitamin-fortified and contain no more than 22 grams total sugars.

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## **POLICY STATEMENT**

6. Beverage products, except for drinking water, not to exceed 8 ounces. As new products become available from manufacturers, the Lawrence Public Schools will transition to smaller portion sizes.

### **B. Snacks and Sweets: (Per serving)**

1. Total Fat: No more than 7 grams maximum per serving or 35% of total calories from fat per serving (with the exception of nuts and seeds);
2. Have less than 10 percent of its total calories from saturated fat. No trans fat. Have 35 percent or less of its total calories from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients (or 15 grams maximum);
3. Limited to the following maximum portion sizes:
  - a. One and one-quarter ounces (1.25 oz.) for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
  - b. Two ounces (2 oz.) for cookies and cereal bars
  - c. Three ounces (3 oz.) for bakery items, including, but not limited to pastries, muffins, and donuts
  - d. Three fluid ounces (3 oz.) for frozen desserts, including but not limited to ice cream
  - e. Eight ounces (8 oz.) for non-frozen yogurt
  - f. Two tablespoons (1.1 oz.) nut butters or 2 oz. cheese

As a resource, we will utilize the John Stalker Institute “A-List” of food items by product and manufacturer as a part of our plan for “acceptable” food items for student consumption. As this list is updated, we will automatically adjust our food products to follow the product and manufacturer guidelines. Furthermore, the district will encourage nonfood items or “acceptable” food items to be sold as part of school sponsored fundraising activities or healthy celebrations. ( See attached list ).

### **Goals for Nutrition Education**

1. Develop nutrition objectives for each grade level that will be consistent throughout the district.

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### **POLICY STATEMENT**

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.

### **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.
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

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## POLICY STATEMENT

### 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.

## 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.

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### **POLICY STATEMENT**

**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.

Legal Reference: Section 204 of Public Law 111-296; Attachment 1

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