

MANSFIELD SCHOOL DISTRICT WELLNESS PROTOCOLS

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The Mansfield School District recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

The Mansfield School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the protocol of the Mansfield School District that:

- The school district will engage students, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community.

Protocol Components

1. Definitions:

School Day: Means the hours of the day that students must attend school. The Massachusetts standards shall not apply to competitive foods and beverages sold on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day.

Nutrition standards: Means the minimum standards for beverage and food nutrition established in these regulations.

Public school: Means an elementary, middle, high, charter, innovation or comparable school operated by a public school district or board of trustees pursuant to Chapter 71 of the General Laws.

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Available Foods: Shall include vending machines, classroom snacks, school stores, and a la carte selections of the School Breakfast/Lunch Program. Fundraisers conducted during school hours should also comply with these guidelines.

Competitive foods: Are defined as foods and beverages provided in:

- school cafeterias, offered as a la carte items;
- school buildings, including classrooms and hallways;
- school stores;
- school snack bars;
- vending machines;
- concession stands;
- booster sales;
- fundraising activities;
- school-sponsored or school-related events; and
- any other location on school property.

School Meals: (Food Service)

- School Breakfast/Lunch Program.
 - The Mansfield School Breakfast/Lunch Program will operate in compliance with the Healthy, Hunger-Free Kids Act of 2010. The Act defines the parameters of all aspects of the school lunch and provides for a means to monitor the effectiveness of the program. The established guidelines have been developed by the USDA and are based on:
 - Caloric minimums and maximums based on grade level.
 - Increased whole grains.
 - Increased variety and quantity of fruits and vegetables.
 - Low-fat and fat-free milk choices.
 - A la Carte Foods / Snacks Available for Purchase at Lunch.
 - All foods offered as snacks will comply with the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. 105 CMR 225.000 (see attached).

The Food Service Director will be responsible for protocol compliance within the School Breakfast/Lunch Program and the a la carte selections they offer.

Health Services: (School Nurses)

- Health Services Personnel will conduct preventative health screenings or assessments to identify individual physical and mental health needs.
 - Screenings for height, weight, vision, hearing, postural development. Massachusetts State regulations require Health Services in public schools to perform BMI screening for all children during the 1st, 4th, 7th and 10th grades. Parents and legal guardians shall be provided with an opportunity to request, in writing, that their child not participate in the program.
- Health Services Personnel will identify health and safety concerns.
 - Individualized Health Care Plans for students with chronic injuries or illness that potentially restrict activity (e.g. Asthma)
 - Remove or control health related barriers to fitness and nutrition (e.g. Tobacco Cessation Programs)
- Health Services Personnel will support health and safety education to promote life-long health and wellness.
 - Support district-wide nutrition education
 - Encourage and support students to eat breakfast and lunch
 - Encourage healthy food choices
 - Support curriculum by encouraging students to participate in developmentally appropriate physical activities
- Health Services Personnel will advocate for a safe and healthy school environment.
 - Collaborate with students, family, school staff and medical personnel to meet the needs of students with nutritional special needs
 - Create school policies and Individualized Health Care Plans for students with special nutritional needs (e.g. diabetes, food allergies, etc.)
 - Provide maximal nutritional and social opportunities in a least restrictive environment (e.g. peanut-free policies and allergy aware zones)
- Health Services Personnel will collaborate with school staff, parents and community members to promote wellness.
 - Health Services Personnel will refer students/families and staff to appropriate health related services.
 - Free and reduced lunch programs
 - Local nutritional resources and food pantries
 - Accredited weight management programs
 - Community programs and resources to promote family fitness

Physical Education and Physical Activity opportunities: (Wellness Coordinator)

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
- A certified physical education teacher will teach physical education classes.
- Wellness education, including physical activity, will be a requirement for high school graduation.
- Teachers and other school and community personnel will not use physical activity as a disciplinary measure. Physical Education will not be withheld as punishment or to make up classroom work.
- Recess or other physical activity time is to be used on a limited basis for instructional make-up time.
- Physical Education shall guide students through a process that will enable them to achieve and maintain a health-enhancing level of physical fitness.
- Interdisciplinary units will be integrated into physical education classes (when appropriate) to supplement academic curricula.

Nutrition and Health Education (Wellness Coordinator)

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Nutrition education is offered in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- Nutrition is integrated into the health, physical education and human development or core curricula (e.g., math, science, and language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.

Other School-Based Activities

- **In compliance with Code of Massachusetts 225.100: General Nutrition Standards for Public Schools**

All competitive foods and beverages sold or provided in public schools shall comply with the nutrition standards of 105 CMR 225.000; provided, however, that unless otherwise determined by the public school district or board of trustees, these standards shall not apply to competitive foods and beverages sold on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day. This exception shall not apply to competitive foods sold through vending machines, which shall comply with these standards at all times.

- Beginning September, 2012, all celebrations (i.e. Birthdays, holidays etc...) will be non-food events.
- Schools will not use food or beverages as rewards for good behavior or academic achievement unless it is part of a student's Individual Educational Plan or directed by a medical professional.
- Fundraising Activities:
 - Mansfield Public Schools encourages that at least 25% of all foods and beverages sold at fundraisers during and after school hours support healthy choices.
 - Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities after school hours.

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- MPS will make readily available plain, potable water to all students during the day, at no cost to the students.
- Vending Machines: Vending machine products, considered “competitive foods”, will be of high nutritional value supportive of healthy eating and comply with the nutrition standards of 105 CMR 225.000. These foods and beverages sold in vending machines must comply with the standards at all times, 7 days a week/24 hours a day.
- Snacks: Snacks offered by Mansfield Public Schools during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. The district will have a list of healthful snack items available for after-school program personnel and parents.
- School-sponsored Events (such as, but not limited to, athletic events, dances, or performances): Mansfield Public Schools encourages that at least 25% of all foods and beverages sold at school-sponsored events support healthy choices.
- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Health and wellness advertising and marketing will send positive healthy foods and physical activity messages.
- School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspect of eating.
- Meal times will be scheduled near the middle of the school day.
- Students will be given adequate time to enjoy eating healthy meals with friends.
- The superintendent will be assisted by health services; food services and wellness coordinator to ensure compliance with established district-wide wellness policies.

Monitoring and Protocol Review

- The Mansfield School District will support the district-wide Wellness Policy through adherence to regulatory requirements supporting the Mansfield Health Advisory Committee (MHAC). The Health Advisory Council consisting of parents, students, nutrition professionals, police officers, human resource personnel, school committee members, school administrators, nurses, and teachers will represent the community and review implementation on a yearly basis. This district-wide committee will have the added function of overseeing the implementation of the Wellness Policy.

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- The Director of Food Service at the district level will ensure compliance with nutrition protocols within school food service areas.
- The Wellness Coordinator at the district level will ensure compliance with the nutrition education, health and physical education policies within the wellness department.
- The Nurse Leader at the district level will ensure compliance with the health services policies within the school health services department.
- The superintendent will develop a summary report every three years on district wide compliance with the wellness policies, based on input from the district level coordinators. The report will be provided to the school committee, school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.
- The district, and individual schools within the district, will as necessary, revise the wellness protocols and develop plans to facilitate their implementation.

Resources

The following resources offer ideas for healthy classroom celebrations:

- *Healthy Classroom Celebrations*, Center for Science in the Public Interest
http://cspinet.org/new/pdf/healthy_school_celebrations.pdf
- *Healthy School Parties*, Alliance for a Healthier Generation
www.healthiergeneration.org/schools.aspx?id=3296
- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama
www.actionforhealthykids.org/resources/files/alafhk-healthy-school-parties.pdf
- www.cspinet.org/schoolfood
- *Contact the Center for Science in the Public Interest at 202-777-8352 or nutritionpolicy@cspinet.org*

The following resources offer more ideas for healthy fundraisers that schools can easily implement:

- *Sweet Deals: School Fundraisers Can Be Healthy and Profitable*, Center for Science in the Public Interest
www.cspinet.org/schoolfundraising.pdf
- *School Fundraising Ideas*, Association of State and Territorial Public Health Nutrition Directors
www.astphnd.org/resource_read.php?resource_id=233

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- *Healthy Fundraisers for Schools*, Action forHealthy Kids
www.actionforhealthykids.org/resources/files/healthy-fundraisers-for-schools.pdf
- *SweetDeals: School Fundraising Can Be Healthy and Profitable*
www.cspinet.org/schoolfundraising.pdf
- *Contact the Center for Science in the Public Interest at 202-777-8352 or*
nutritionprotocol@cspinet.org
- Resources for implementing fresh fruit fundraisers:
Florida Fruit Association Fundraising: www.fundraisingfruit.com
Parker Indian River Groves Citrus Fruit Fund Raising: www.citrusfruit.com
Fruit Fundraising Companies: www.fundraisingweb.org/listings/citrus.htm

References:

M.G.L. C.71:3

M.G.L. C.71:53; 53A; 54; 54A

Massachusetts Department of Education

Massachusetts Comprehensive Curriculum Health Frameworks

National Physical Education Standards

MDPH Comprehensive School Health Manual

P.L. 89-642 Sub Chapter A

Child Nutrition Programs Part 210 National School Lunch Program

USDA Team Nutrition: A Menu Planner for Healthy School Meals

Massachusetts Action for Healthy Kids

Massachusetts A LA Carte Food and Beverage Standards to Promote a Healthier School Environment

USDA National Food Service Management Institute

HACCP Based Standard Operating Procedures

(Food Code 2001, 2005)

www.schoolwellnesspolicies.org.school

Adopted: April 20, 2006

Revised: October 2013

Cross Refs: EFC, Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs
KHA, Public Solicitations in the Schools
KHB, Advertising in the Schools

Legal Refs: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108
-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

CMR 225.100: General Nutrition Standards for Public Schools

105 CMR: DEPARTMENT OF PUBLIC HEALTH

105 CMR 225.000: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS

225.001: Purpose

The purpose of 105 CMR 225.000 is to establish nutrition standards for competitive foods and beverages sold or provided in public schools. The goal of the regulations is to ensure that students are offered nutritious food and beverage choices that will enhance learning, contribute to healthy growth and development, and cultivate lifelong healthy eating behaviors.

225.002: Scope and Application

In accordance with section 223 of Chapter 111 of the General Laws, 105 CMR 225.000 establishes nutrition standards for competitive foods and beverages sold or provided in public schools. These standards shall take effect on August 1, 2012.

225.003: Definitions

A la carte entrée means a single food or combination of foods offered as a main course or central focus of a meal, generally a protein source.

Artificial sweeteners means substances added to food or beverages to provide a sweet taste while providing few or no additional calories, including aspartame, sucralose, acesulfame-K, neotame, sugar alcohols and saccharin.

Competitive foods are defined as foods and beverages provided in:

- (1) school cafeterias, offered as a la carte items;
- (2) school buildings, including classrooms and hallways;
- (3) school stores;
- (4) school snack bars;
- (5) vending machines;
- (6) concession stands;
- (7) booster sales;
- (8) fundraising activities;
- (9) school-sponsored or school-related events; and
- (10) any other location on school property.

Fresh means fresh, frozen, dried or canned without added sugar, fat, or sodium, for the purpose of these regulations.

Grain-based products means food products in which the primary ingredient is grain, including pasta, crackers, granola bars, chips, and bakery items.

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Item means one serving of a product.

Low-fat means 3 grams or less per Reference Amount Customarily Consumed (RACC) standards established by the federal Food and Drug Administration.

Natural flavorings means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

Nutrition standards mean the minimum standards for beverage and food nutrition established in these regulations.

Public school means an elementary, middle, high, charter, innovation or comparable school operated by a public school district or board of trustees pursuant to Chapter 71 of the General Laws.

Reduced fat means at least 25% less fat per Reference Amount Customarily Consumed (RACC) than an appropriate reference food.

School day means the hours of the day that students must attend school.

Sweetener means a substance derived from a natural product that is added to food or beverages to provide a sweet taste. Such a substance may be nutritive or nonnutritive. A nutritive sweetener may be either naturally occurring, such as honey, or refined from plants, such as sugar from sugar cane. Nonnutritive sweeteners include products that may be regarded as natural.

Trans fat-free means less than 0.5 grams of trans fat per item, or as otherwise specified by the federal Food and Drug Administration.

Whole grains means grains or the foods made from them that contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed, the food product should deliver approximately the same balance of nutrients found in the original grain seed. For purposes of these regulations, whole grain should be the primary ingredient by weight, (i.e., whole grain listed first in the ingredient statement).

225.100: General Nutrition Standards for Public Schools

- (A) All competitive foods and beverages sold or provided in public schools shall comply with the nutrition standards of 105 CMR 225.000; provided, however, that unless otherwise determined by the public school district or board of trustees, these standards shall not apply to competitive foods and beverages sold on school grounds up to 30 minutes before the beginning of the school day or 30 minutes after the end of the school day. This exception shall not apply to competitive foods sold through vending machines, which shall comply with these standards at all times.
- (B) When applying the nutrition standards of 105 CMR 225.000, the food product should be analyzed as a whole, not by the individual ingredients that make up the product.
- (C) A packaged item may contain no more than one serving per package.
- (D) Public schools shall, in accordance with applicable guidelines of the Department:
 - (1) make readily available plain, potable water to all students during the day, at no cost to the students;
 - (2) offer for sale fresh fruit and non-fried vegetables at any location where food is sold, but not including non-refrigerated vending machines and vending machines dispensing only beverages.

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- (3) make nutrition information available for students for non-prepackaged competitive foods and beverages by August 1, 2013. This requirement shall not apply to the sale or provision of fresh fruits or fresh vegetables, and foods or beverages sold during the school day at booster sales, concession stands and other school-sponsored or school-related fundraisers and events;
- (4) prohibit the use of fryolators in the preparation of competitive foods; and
- (5) ensure that food preparation and all foods and beverages sold or provided to students meet all applicable state and federal food safety requirements.

225.200: Specific Nutrition Standards for Competitive Foods in Public Schools

(A) Beverages

(1) Juice

- (a) All juice shall be made of 100% fruit or vegetable juice, with no added sugar.
- (b) Servings of juice shall be no more than four (4) ounces.

(2) Milk and Milk Substitutes

- (a) All milk and milk substitutes, which include alternative milk beverages such as lactose-free and soy milk, shall be fat free or low-fat (1% or less).
- (b) All milk and milk substitutes shall meet the USDA definitions and standards for fluid milk and milk substitutes.
- (c) Servings of milk and milk substitutes shall be no more than eight (8) ounces.
- (d) Flavored milk and flavored milk substitutes shall have no more than 22 grams of sugar per 8 ounces.

(3) Water

Water shall contain no added sugars, sweeteners, or artificial sweeteners, but may contain natural flavorings and/or carbonation.

(4) Beverages with added sugar or sweeteners

Any beverages with added sugar or sweeteners not already prohibited in section 225.200 will be phased out by August 1, 2013; provided, however, that a public school may provide or sell flavored milk or milk substitutes that contain the same amount or less sugar than plain fat-free or low-fat milk.

(5) Other Beverages

No beverages other than juice, milk, milk substitutes and water shall be sold or provided.

(B) Food

(1) Calories

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Foods shall not exceed 200 calories per item, with the exception of a la carte entrées, which shall not exceed the calorie count of comparable National School Lunch Program entrée items.

(2) Fat

No food shall contain more than 35% of its total calories from fat, except as provided in 105 CMR 225.200 (B)(4) below.

(3) Saturated Fat

No food shall contain more than 10% of its total calories from saturated fat, except as provided in 105 CMR 225.200(B)(4) below.

(4) Exceptions to standards on fat and saturated fat content

Regardless of the limits established above in 105 CMR 225.200(B) for fat and saturated fat content, schools may provide or sell up to one (1) ounce of nuts, nut butters, seeds, or reduced fat cheese.

(5) Trans Fat

All foods shall be trans fat-free.

(6) Sugar

No food shall contain more than 35% of its total calories from total sugars; provided, however, that a public school may provide or sell:

- (a) non-fat or low-fat yogurt, including drinkable yogurt, which contains a maximum of 30 grams of total sugars per 8 ounce packaged serving;
- (b) 100% fruit with no added sugar.

(7) Sodium

No food shall contain more than 200 mg of sodium per item, with the exception of a la carte entrées, which shall not contain more than 480 mg of sodium per item.

(8) Grains

All bread and other grain-based products shall be whole grain.

(C) Food and Beverages

(1) Artificial sweeteners

No food or beverage shall contain an artificial sweetener.

(2) Caffeine

No food or beverage shall contain more than trace amounts of caffeine.