

## **LUDLOW PUBLIC SCHOOLS WELLNESS POLICY**

### **POLICY INTENT/RATIONALE**

The Ludlow 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. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and promotes a healthy, safe and inclusive environment.

### **GOALS OF POLICY**

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
- B. Support and promote proper dietary habits contributing to students' health status and academic performance.
- C. Provide more opportunities for students to engage in physical activity.

### **STUDENT NUTRITION**

#### ***THE SCHOOL BREAKFAST/LUNCH PROGRAM:***

- \* The full meal school breakfast and lunch programs will follow the USDA requirements for Federal School Meals Programs.
- \* The full meal school breakfast and lunch programs will follow all current Massachusetts School Nutrition laws and regulations.
- \* Nutritional information for A La Carte items will be made available to all students.
- \* Standards when determining the items in a la Carte and "competitive food" sales. A la Carte and "competitive foods" items must meet the Mass Action for Healthy Kids Nutrition A La Carte Standards.
- \* The Food Service Department of the Ludlow Public Schools will not use fryolators.
- \* The Food Service Director will work closely with the Wellness Committee.
- \* The Food Service Director will outreach to community resources to institute a farm to school program.

#### ***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 and clean, pleasant surroundings;
- Adequate time to eat meals (The School Nutrition Association recommends at least 20 minutes for lunch from the time the students are seated with their food); and
- Convenient access to hand washing or hand sanitizing facilities before meals

**FUNDRAISING:**

- \* All fundraising projects for sale and consumption are not allowed during the school day.
- \* Booster organizations, PTO's, and School Councils operating concessions at school functions after the instructional day must include (2) two healthy food choices in their offerings.

**TEACHER TO STUDENT INCENTIVES:**

- \* The use of food items as part of a student incentive or reward program is not allowed.

***CLASSROOM INSTRUCTION:***

- \* Food may be used in the classroom when it is part of a lesson plan that aligns with the curriculum and has prior approval from the School Administration and School Nurse. In the event a student(s) have food allergies the teacher will work with the parent(s) and school nurse to ensure all ingredients are safe. Under no circumstances will any student be excluded from a lesson because of an allergy. Teachers are encouraged to work with parents to find substitute ingredients for those students with food allergies. If no safe alternative ingredients can be found then the lesson must be modified to allow all students to participate.

**CLASSROOM PARTIES/GROUP SNACKS:**

- \* All snacks sent into the classroom for consumption must follow the guidelines of the District Allergy Policy. Snacks are allowed during the school day at the Elementary Schools. Snack is not allowed at the Middle and High School. Exclusions will be diabetic students or other students with physician orders for snacks.
- \* Snacks in the Elementary classrooms should typically take place (1) one hour prior to lunch.
- \* Food will be allowed for two classroom celebrations at the elementary level only. Food must include at least one healthy alternative and for classrooms with a food allergic student must adhere to the guidelines set forth in the district allergy policy.

**1<sup>st</sup> celebration will take place day before winter break.**

**2<sup>nd</sup> celebration will be determined at each elementary building between staff and administration.**

- \* Students who bring in unsafe snacks in allergen free classrooms will eat their snack in another classroom.
- \* Birthdays will be celebrated with non-food items
- \* Field Day snack will consist of safe items procured through LPS Food Services.
- \* Students at the secondary level are not allowed to bring in food/drink to the classroom for consumption. If food/drink is brought into the building it must be consumed in the cafeteria and

students will be marked absent or tardy from time missed in the classroom. Breakfast and Lunch foods are consumed during the allotted times only in the school cafeteria.

- \* Distribution of candy in the classroom is not allowed in our schools during the school day.

### **DISTRICT NUTRITION STANDARDS**

#### **FOOD:**

- \* All schools are encouraged to serve reimbursable meals.
- \* Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetable and dairy products.
- \* At least 50% of A La Carte items offered must provide high nutritional value.
- \* Ludlow Public Schools will encourage the consumption of fresh fruits and vegetables.
- \* A healthy school environment will be promoted in accordance with current federal and state law and nutritional guidelines.

#### **BEVERAGES:**

ONLY milk, water and beverages containing 50 – 100% fruit juices with no added artificial or natural sweeteners may be sold or distributed from the school cafeteria both immediately prior to and during the lunch period in all the district's schools, except in an area where students are not permitted access such as the teachers' room. The after school snack program at Ludlow High School will follow the same restrictions.

#### **VENDING:**

- \* Vending sales will be permitted ONLY at the conclusion of the school day and may only sell water, the lowest calorie sports drink available and healthy snacks.

#### **NUTRITION EDUCATION:**

- \* The Ludlow Public Schools will provide nutrition education aligned with the Massachusetts Frameworks.

#### ***GOVERNANCE AND EVALUATION:***

Governance shall be in conformity with 105 CMR 215: Standards for School Wellness Advisory Committees.

Adopted: August 28, 2010

Approved: July 30, 2013

Amended: December 15, 2015

Approved: January 12, 2016