



Maynard Public Schools

3R Tiger Drive, Maynard MA 01754

File: ADF

School Committee Policy: ADF (Formerly policy #530)

Wellness Policy

The Maynard Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting life long habits of healthy eating and physical activity. Therefore, it is the policy of the Maynard Public Schools that:

- All students in grades PreK-12+ will have opportunities, support, and encouragement to be physically active on a regular basis.
- Reimbursable breakfasts, reimbursable lunches, and a la carte items will comply with the federal, state, and local regulations.
- Qualified 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, pleasant settings, and adequate time for students to eat.
- 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 services
- The schools will continue to promote initiatives that contribute to the social-emotional well-being of every student.

I. Setting Nutrition Education Goals

The Maynard Public Schools aim to teach, encourage, and support healthy eating by students. Nutrition education, especially in the primary grades, must be emphasized for the students to be capable of making wise lifelong food choices. Schools should therefore provide nutrition education and engage in nutrition promotion that:

- is offered in grades PreK-12+ as part of a sequential, comprehensive, program designed to provide students with the knowledge and skills necessary to promote and protect their health;

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as school gardens;
- includes access to valid health information and health-promoting products and services;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- includes analysis of the influence of culture, media, technology and other factors on health;
- includes the use of interpersonal communication skills, goal-setting, decision-making, and self management skills to enhance health;
- promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- links with school meal programs, farm to school and other school foods, and nutrition-related community services;
- includes promoting parent awareness; and
- is integrated into other subjects beyond health education.

II. Setting USDA Child Nutrition Standards and School Meals Goals

Meals served through the National School Lunch Program and School Breakfast Program will:

- be appealing and attractive to children;
- provide free potable water during meals
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; as documented

National School Lunch Program (NSLP) & School Breakfast Program (SBG):

<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
<https://www.govinfo.gov/content/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

Smart Snacks In Schools:

<https://www.fns.usda.gov/cn/fr-072916d>

Massachusetts School Nutrition Standards for Competitive Foods and Beverages:

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter111/section223>

The school district will send home information regarding income eligibility for the School Breakfast Program and National School Lunch Program. Information packets will be distributed at the beginning of the year and as students enroll.

Maynard Food Service (MFS) may engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, MFS should make available information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- The district and schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Employees will be aware that it is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Meal Times and Scheduling.

Schools:

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

will provide students with ample time to eat breakfast and lunch

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the schools will provide continuing professional development for all nutrition professionals in schools. Maynard Food Service Staff will adhere to the Healthy Hunger-Free Kids Act of 2010 standards for professional development in addition to local and state requirements.

Sharing of Foods and Beverages. With concerns about food allergies and other restrictions on some children's diets, the building principal and/or assistant principal will promote a "No Food Trading" and "No Utensil Sharing" standard in all schools with particular focus at the elementary school level, in accordance with MPS Administrative Regulation 644.1 "Protocols For Implementing the Life-Threatening Allergy Policy."

III. Setting Nutrition Standards for Competitive and Other Food and Beverages

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) and all a la carte foods will comply to the Massachusetts Nutrition Standards for Food and Beverages and USDA Smart Snacks, whichever is more restrictive. The school day is defined as midnight to 30 minutes after the final bell of the school day.

Grades PreK-3. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Grades 4-12+. In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Products & Produce: When able schools will always select local products and produce over other domestic items. Maynard will participate in the Department of Defense Fresh Fruit & Vegetable Program to supplement the purchase of fresh produce.

Vending machines must comply with Massachusetts Nutrition Standards for Food and Beverages and USDA Smart Snacks 24/7, regardless of the machine being on or off. The machine may not be turned on during the school day when under the ownership of an outside vendor. Should the school own and operate the machines, they may be on during the day. Machines must be turned off at midnight until 30 minutes after the final bell of the school day.

Rewards. Schools will not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individual education plan (IEP), and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Due to the increase in medical conditions with diagnoses to food intake and the increase in the variety of foods with the potential for an allergic response, student celebrations that occur during the school day will no longer include any foods or food products. Student birthday celebrations, holiday celebrations, and end-of-the-year celebrations will no longer include food. The district will disseminate a list of alternative recommendations to parents and teachers.

Fundraisers/Events. For all other school related events (i.e. after school community events, fundraisers, and faculty events) the emphasis should be on foods from the four food groups (proteins, breads/cereals/grains, fruit/vegetables, and dairy products). An emphasis should be considered on increasing the servings of complex carbohydrates, low fat choices of protein foods and controlling the amount of fat (especially saturated fat), sugars, salt, and other non nutritious foods and beverages. All school fundraisers shall be signed off by the principal of the building. No competitive foods or beverages will be sold during the school day. Schools should avoid participating in fundraisers or corporate incentive programs that promote a message inconsistent with the goals of a healthy school community.

IV. Setting Physical Education and Physical Activity Goals

Physical activity during the school day - Schools will promote an environment supportive of physical activity. Students will be given opportunities for physical activity such as recess periods, physical education (P.E.) classes, physical activity programs, and the integration of physical activity into the academic curriculum.

Physical Activity Outside Regular School Hours - Students will be given opportunities for physical activity through a range of programs including interscholastic athletics grades 8-12.

Physical Education classes will be consistent with the Massachusetts State Frameworks for Physical Education and the National Standards that define what students should know and be able to do, emphasizing knowledge, skills, and personal goal-setting for a lifetime of physical activity.

Physical Education Classes (PreK-12+) - Physical education classes must involve physical exertion of at least a moderate intensity level and for a duration sufficient to provide significant health benefit to students. The classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, their personal fitness levels, social skills and knowledge. Physical education will include the instruction of wellness, individual, team and cooperative activities to encourage life-long physical activity.

Creating a Positive Environment for Physical Activity - All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined. Information will be provided to families to help them incorporate physical activity into their children's lives.

Physical Education classes will have student/teacher ratios comparable to those in other curricular areas. Schools may not allow students to be exempt from the required physical education class time or credit unless medically necessary. There will be no substitutions allowed for physical education time requirements and schools will not withhold physical education from students as a punishment.

Physical Education teachers will promote participation in physical education outside of schools. At the high school level the focus should also include helping adolescents make the transition to an active lifestyle.

V. Setting Wellness Promotion and Marketing Goals

Maynard Public Schools recognizes that the images and promotions of unhealthy foods and beverages are inconsistent with our general wellness policy and our efforts to promote healthy choices by our students.

Staff members in the Maynard Public Schools are encouraged to model healthy eating habits as well as exercise and physical activity behaviors

The Maynard Public Schools values the health and well being of every staff member and plans and implements activities that support personal efforts by staff members to maintain a healthy lifestyle. Staff members in the Maynard Public Schools will be provided access to an array of programming and resources on topics including nutrition, exercise, emotional wellness and self-care through a partnership with MIIA and additional resources including confidential counseling from the Employees Assistance Program.

Physical activity should be an integral part of the school day and should not be viewed as a reward for academic achievement or good behavior.

Staff members shall not use physical activity as a punishment (for example, running laps, requiring sit-ups or push-ups)

Staff members shall not withhold physical activity, including recess or physical education class, as a punishment or for a time to make it academic work.

Marketing of foods that do not meet Smart Snacks In Schools or MA School Nutrition Standards for Competitive Foods and Beverages standards will not take place in the cafeteria or on school grounds including banners around school fields. Vending machines, branded serving containers, and coolers with logos will be replaced when possible.

Marketing techniques that are unacceptable include: logos and brand names on vending machines, books, textbook covers, school supplies, scoreboards, and sports equipment.

Schools should avoid educational incentive programs that provide food as a reward as well as programs that provide schools with supplies when families buy low nutritional food products.

It is our objective to promote healthy foods and beverages both through the elimination of materials that promote unhealthy foods as well as actively marketing the healthy items that are offered. This may be done through enticing language, colorful menus, coupons, signage, student suggestions and other marketing techniques.

Marketing for foods and beverages can be seen in schools on posters, the fronts of vending machines, textbook covers, and scoreboards. The Maynard Public Schools are committed to policies and practices that promote foods and beverages that support healthy diets (fruits and vegetables, plain water).

The schools can help students make healthy choices by marketing and promoting healthful foods and beverages. Some low-cost strategies may include:

- Collecting suggestions from students and families for meals and snack items that might be offered.
- Conducting taste tests of new menu items and asking students to provide feedback.
- Placing nutritious items where they are easy for students to select (placing fruits and vegetables to the front of the school meal line or near the cash register).
- Using attractive displays for fruits and vegetables (fruit basket).
- Pricing nutritious foods and beverages at a lower cost, while increasing the price of less nutritious foods and beverages.
- Using signs or verbal prompts to encourage students to try healthy foods. (CDC)
- Teach media literacy with an emphasis on food marketing; and includes training for teachers and other staff.
- Provide nutrition education to parents beginning at the elementary level with a goal to continue to educate parents throughout middle and high school levels. The nutrition education will be provided in the form of newsletters, postings on the website, and presentations on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
- Provide nutrition education and engage in nutrition promotion with staff with the purpose of:

Encouraging all school staff, support staff and administrators to improve their own personal health and wellness.

Creating positive role models and improving staff morale.

Building the commitment of staff to promote health, improve nutrition, and encourage physical activity.

Promote and market healthy selections of foods and beverages to all students and staff, including those sold individually outside the reimbursable school meal programs, such as through a la carte, vending machines, fundraising events, concessions, catering and student stores.

Community Connections – School personnel will strive to establish relationships among families, members of the school community, and members of the greater Maynard community in order to identify and facilitate access to available wellness resources.

VI. Setting Implementation, Evaluation, and Communication Goals

A Maynard Public Schools Wellness Committee will continue to be formed annually to assist in the development, implementation and monitoring of the Wellness Policy. The Wellness Committee may be composed of parents, high school students, representatives of the Maynard Food Service, members of the school committee, school administrators, teachers, health professionals, and members of the public.

The Wellness Committee will meet at least four times a year and official minutes of each meeting will be kept. Members of the Wellness Committee will be appointed by the Superintendent of Schools.

The Superintendent or designee shall ensure compliance with established district wide wellness policy. In each school, the building administrator or designee shall ensure compliance.

The Wellness Committee will establish measurable goals and objectives based on review of public health data as well as input from school staff and the community as a whole.

Members of the Wellness Committee will report to the School Committee on the progress being made at a public meeting at least twice annually.

The district's Wellness Policy is accessible to the public via the District's Web Page. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, as recognized by the state, and progress made in achieving the annual goals set by the Wellness Committee.

Every three years members of the Wellness Committee will assess the implementation of the Wellness Policy using the WellSAT:3.0 tool or other equivalent assessment.

Based on the results of the assessment, the district's Wellness Policy will be reviewed by the School Committee every three years.

At least one staff member from each school should serve on the District Wellness Committee and ensure that there is ongoing communication at the building level.

VII. Setting Social Emotional Learning Goals

The Maynard Public Schools are committed to promoting the social and emotional well-being of all students. The following goals related to Social-Emotional Learning are essential to the well being of students:

The Maynard Public Schools will continue to foster a school culture of overall acceptance and respect for differences. The schools will continue to create an environment where it is safe to talk about differences and ask for help. It is important for all stakeholders in the Maynard Public Schools that mental health issues be de-stigmatized, whether individuals have clinical diagnoses or are struggling with personal or family stresses or other social-emotional issues.

The Maynard Public Schools will continue to provide age-appropriate social and emotional literacy and education. The schools are committed to teaching effective strategies and practices to support mental health, resilience and well-being throughout all grades, including skills that promote healthy behaviors in relation to nutrition, exercise, interpersonal relationships, stress management, mindfulness, injury prevention and substance abuse.

The Maynard Public Schools will continue to raise awareness among students, parents, school staff, coaches and other members of the community about the signs and symptoms of mental health, social-emotional issues, and substance abuse, keeping in mind that many behavioral and academic struggle are often manifestations of compromised mental health or personal or family and stresses. The schools will continue to provide training on how to reach out to students and help them access support and treatment services. It is important that all school staff are trained on emergency procedures, including when to report concerns to administration and support staff.

The Maynard Public Schools will continue to ensure that in-school support services (including counselors, psychologists, and nursing staff) are accessible to all students presenting with social, emotional, mental health and substance abuse issues for screening, referral and ongoing counseling in school as needed. Trained licensed clinical staff will be available to respond to social service and psychiatric emergencies during school hours.

The Maynard Public Schools will continue to promote well-being and balance by addressing the policies and practices around the intersection of academic expectations/achievement and student mental health.

ADOPTED: 10/6/2022

LEGAL REFERENCES UPDATED: September 2019

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

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CROSS REFS.: [EFC](#), Free and Reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities