



Belmont Public Schools Wellness Policy

Original: June 13th, 2012

Amended: January 31st, 2018

It is the policy of Belmont Public Schools that school meals offered under the National School Lunch and School Breakfast Programs are consistent with the Healthy, Hunger-Free Kids Act of 2010. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

In addition to the School Breakfast and School Lunch programs, competitive foods and beverages sold or provided to students during the school day must comply with the Massachusetts School Nutrition Standards for Competitive Foods and Beverage Act (52:125) signed into law in Massachusetts on July 30, 2010 and the Smart Snacks in School nutrition standards 7 CFR 210.31(c)(3)(iii). The regulations apply to competitive foods and beverages sold or provided to students 30 minutes before the beginning of the school day until 30 minutes after the school day ends. The regulations apply to all food and beverages sold or made available to public schools outside of the national breakfast and school lunch programs.

Foods and beverages offered to students in vending machines must comply with the standards at all times. The Belmont Public Schools' Wellness Committee will incorporate procedures that address all foods available to students throughout the extended school day in the following areas:

Competitive foods are defined as food and beverages provided in:

- School cafeterias offered as a la carte items
- School buildings, including classrooms and hallways
- School stores
- School vending machines

Note: *the school nutrition law changed to exempt foods or beverages sold or provided at booster sales, concession stands and other school sponsored or school related fundraisers and events from the state nutritional standards that apply to competitive foods offered during the school day. (May 10, 2012)*

Food Service:

The Belmont Public Schools recognizes that proper nutrition is related to students' physical well-being, growth, development and readiness to learn. Therefore, foods available on campus should support and promote proper dietary habits contributing to the student's health status and academic performance.

USDA published practical, science-based nutrition standards for snack foods and beverages sold or made available to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

Students are now offered healthier school lunches with more fruits, vegetables and whole grains. The USDA Smart Snacks in School standards builds on healthy advancements and ensures that kids are only offered tasty and nutritious foods during the school day. All food and beverages are made available at school stores, in the cafeteria and in all vending machines from 30 minutes before and after the school day. According to MA regulation, vending machines must be in compliance at all times.

Farm to School: all schools will participate in the appropriate months where local produce is available.

All foods sold or offered are consistent with the current USDA Dietary Guidelines for Americans and the Massachusetts State Guidelines for Schools

No food will be allowed during the school day in the classroom with the exception of student's individual snacks from home

Ensure that all children have access to adequate and healthy meals on school days at reasonable prices. Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

The Belmont School System encourages the consumption of nutrient dense foods such as whole grains, fresh fruit, vegetables and dairy products

The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Students should have a minimum of twenty minutes for lunch and a minimum of ten minutes for breakfast.

All foods prepared on campus adhere to food safety and state sanitary code, Chapter X Minimum Sanitation 105 CMR 590.000, standards for food establishments.

Advertising messages will be consistent and reinforce the objectives of the educational and nutritional environment goals of the school. Schools should encourage fundraisers that promote positive health behaviors such as non-food and nutritious food items, as well as extra-curricular activities that support physical activity.

Soda will not be available to students in vending machines or in classroom activities during the school day. It is allowed to have vending machines that contain soda in faculty only areas.

Foods will not be used to celebrate birthdays, holidays or special events in any school.

Food is not a disciplinary consequence. A child will never be denied breakfast or lunch due to behavior.

No food or beverage should be sold to students during the school day except those from the school food service program. PTO food and beverage sales should be made to adults only during the school day

The National School Lunch Program in the Belmont Public Schools will aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students

****It is recognized that there may be occasions or events when the school or Administration may allow a school group to deviate from this policy****

Education:

- Update website to inform on “What makes a meal?” for both breakfast and lunch
- K-4 PACK Week continues each October at Elementary level
- CMS- Health Unit on Nutrition will be reviewed; My Plate info in cafeteria

Physical Education:

- Elementary- 2 x/ wk for 30 minutes
- CMS- 2x / 6 day cycle for 45 min
- BHS- 9th grade: Wellness I 4 x / wk for 45 min (1 semester course)
- 10th grade: Positive Decision Making & Life Skills 4 x / wk for 45 min (1 semester course)
 - 11-12 upper level activity based courses 4x/wk for 45 min (quarter courses)
 - Regulations say “Need to offer”

Nursing:

- Promote physical activity
- Nutrition education in classrooms (elementary)

References and Resources

John Stalker Institute of Food and Nutrition (JSI) has a partnership with the Massachusetts Department of Elementary and Secondary Education (DESE) and Framingham State University and publishes an ‘A-List’ (Acceptable List) – list of products that meet MA Action for Health Kid’s Massachusetts A la Carte Food and Beverage Standards (was to be revised to meet MA School Nutrition Regulations February 2012) www.johnstalkerinstitute.org/alist.

MA Department of Public Health document titled ‘Healthy Students, Healthy Schools: Guidelines for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages (52 pages); to guide school personnel in implementation of MA School Nutrition Standards (includes one page on School Health Advisory Committees)

<http://www.mass.gov/eohhs/qov/departments/dph/>

Massachusetts Standards for School Wellness Advisory Committees –MA DPH 105 CMR 215

<http://www.mass.gov/eohhs/qov/departments/dph/>

Mass in Motion website contains a number of nutrition-related resources listing the website and what they have to offer.

<http://www.mass.gov/eohhs/consumer/wellness/healthy-living/mass-in-motion-english.html>

Sheetz, Anne H. “Why is a School Health (Wellness) Advisory Council Important for School Nursing Practice?” NASN School Nurse, September 2011.

USDA Food and Nutrition Service – Local School Wellness Policy – contains implementation guide with the new requirements for the Child Nutrition Reauthorization 2010: Local School Wellness Policies

<http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>

Amended by Dustin O’Brien, Jim Davis, Patsy MacKinnon and Mary Conant Cantor

January 31st, 2018