

Wellness Policy

Hill View Montessori Charter Public School (HVMCPS) is committed to teaching and learning in an environment that focuses on the needs of the whole child. Optimal personal wellness varies for individual students and is critical for their ability to be in school and “ready to learn.” Wellness is defined as the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

HVMCPS acknowledges the steady rise in adult and child overweight and obesity as reported by the US Centers for Disease Control and Prevention (CDC). HVMCPS recognizes the link between access to healthy foods and opportunities for being physically active and its effect on personal wellness, obesity, and readiness to learn. Eating nutritious foods and being physically active has been proven to improved behavior and alertness, as well as standardized testing scores. To that end, HVMCPS has established a Wellness Advisory Committee (WAC) and the following policies to support staff, student, parent, and community wellness.

The HVMCPS Wellness Advisory Committee consisting of HVM administrators, will meet periodically throughout the school year with the goal of reviewing and drafting policies or otherwise advising the HVMCPS staff, parents, Administrators, and Board of Trustees on issues that affect health and wellness at HVMCPS.

I. Nutrition Education and Wellness Promotion

1. HVMCPS teachers and staff will be able to review the Wellness Policy through the document portal on the ADP website.

II. Physical Activity and Fitness Education

1. Students will participate in a Fitness Program that is led by a qualified teacher per the Massachusetts Department of Education requirements.
2. Fitness classes will be held at each level at least one time per week.
3. Proper and safe fitness equipment and adequate indoor and outdoor space will be provided during fitness classes and recess.
4. Students will participate in daily recess for at least 20 minutes per day or more.
5. Recess will not be restricted as a punishment.
6. To the extent possible, physical activity breaks and movement will be incorporated into everyday teaching and learning.

III. Nutrition Standards for All Foods Available during the School Day and School Meals Program

1. HVMCPS will participate in the National School Lunch and Breakfast programs and follow all state and federal requirements for the meal programs.
2. Strict confidentiality of students who participate in the Free and Reduced Meal Program will be adhered to.
3. HVMCPS staff will be encouraged to be positive role models for students with regards to healthy behaviors and eating habits.
4. Except for approved school celebrations, and where proper planning has been established to ensure safety, food sharing will be strongly discouraged to avoid accidental exposure to food allergens.

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First Read: 4/28/2022

Second Read: 5/26/2022

BOT Approved: 5/26/2022

5. At least 20 minutes will be allowed for students to eat lunch and at least 10 minutes for eating breakfast.
6. Students eat meals in the classrooms and will be encouraged to wash their hands and/or use hand sanitizer prior to and after meals and snacks for sanitary as well as allergy awareness and prevention. (See Allergy Awareness Policy)
7. A la Carte foods that are sold, including foods that are sold as fundraisers, will adhere to Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix A)
8. HVMCPS does not allow food to be withheld as a punishment or given as a reward.
9. Each teacher can decide how his/her own class will celebrate various things in the classroom. If a teacher chooses to have or request food from parents for a celebration, he/she will recommend healthy foods based on the Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix B) Resources for food choices will be provided. One such resource is the "A List" that is developed and updated by the John C. Stalker Institute at Framingham State College. This list is updated, and after August of 2012, will comply with the Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix B)
10. HVMCPS staff will not be responsible for determining if a food that is sent in by a parent for an individual child's snack or meal complies with the nutrition standards and will not be taken away.

IV. Other School-Based Activities Designed to Promote Student Wellness

1. To the extent possible, HVMCPS will incorporate physical activity into the curriculum and encourage staff to use movement in learning when appropriate.
2. Students will have access to free water via drinking fountains throughout the building and will be allowed reasonable access to them especially at meal and snack times.

V. Wellness Policy Review and Evaluation

1. The Wellness Committee will review and revise the policy at least every three years and on an as needed basis to be sure that the school policy is based on current best practices, federal and state guidelines and regulations, national nutritional and physical activity guidelines, and local community needs.

Appendix A

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At-a-Glance”

Category	Massachusetts Standards	USDA Standards
Juice	100% fruit and vegetable juice with no added sugar Juice may be diluted with water or carbonated water	100% fruit or vegetable juice with no added sugar Juice may be diluted with water or carbonated water
Juice – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Milk	Plain low-fat (1% or less) and fat-free milk Flavored milk and flavored milk substitutes (including alternative milk beverages, e.g., lactose-free and soy) must be fat-free and contain no more than 22 grams of total sugar per 8-ounce portion.	Plain low-fat milk Plain or flavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements
Milk – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Water	Plain carbonated or uncarbonated water May contain natural flavorings* No size limit *Federal guidance clarifies that this applies to high school only.	Elementary, Middle and High School Plain carbonated or uncarbonated water No size limit High School Calorie-free, flavored and/or carbonated water (20 ounces or less)
Other Beverages	No other beverages	Other beverages that are labeled to contain less than 5 calories per 8 fluid ounces, or less than or equal to 10 calories per 20 fluid ounces (no more than 20 fluid ounces) Other beverages that are labeled to contain no more than 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces (no more than 12 fluid ounces)
Calories	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments, unless they meet the exemption for NSLP/SBP entrée items
Fat	35% or less of total calories from fat per item as packaged or served	35% or less of total calories from fat per item as packaged or served
Saturated Fat	10% or less of total calories from saturated fat per item as packaged or served	10% or less of total calories from saturated fat per item as packaged or served
Trans Fat	All foods should be trans fat-free.	All foods should be trans fat-free.
Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions Schools may provide or sell seafood with no added fat. No other combination products are exempt from the fat standard.	Reduced-fat cheese, part-skim mozzarella cheese Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Schools may provide or sell seafood with no added fat. These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.

Massachusetts School Nutrition Standards for Competitive Foods and Beverages, December 5, 2014

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Second Read: 5/26/2022

BOT Approved: 5/26/2022

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At-a-Glance”

Saturated Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions No other combination products are exempt from the saturated fat standard.	Reduced-fat cheese, part-skim mozzarella cheese Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.
Sugar	35% or less of their total weight from sugar	35% or less of their total weight from sugar
Sugar Exemptions	100% fruit with no added sugar Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice	100% fruit with no added sugar Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries
Sodium	200 mg sodium or less per item as packaged or served À la carte entrées should have a maximum of 480 mg of sodium per item.	240 mg sodium per item as packaged or served (Effective July 1, 2016 sodium standard will be no more than 200 mg sodium per item as packaged or served.) À la carte entrées should have a maximum of 480 mg of sodium per item, unless they meet the exemption for NSLP/SBP entrée items.
Grains	All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients). Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.	All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients). Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.
Caffeine	Foods and beverages in all schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine.	Foods and beverages available in elementary and middle schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine. Caffeinated foods and beverages are permitted to be sold in high schools
Artificial Sweeteners	Artificial sweeteners are not permitted.	Artificial sweeteners are permitted.
Accompaniments	All accompaniments must be included in the nutrient profile as part of the item served.	All accompaniments must be included in the nutrient profile as part of the item served.
Sugar-free Chewing Gum	There is no exemption for sugar-free chewing gum.	Sugar-free chewing gum is permitted.
School Lunch/Breakfast Program	There is no exemption for NSLP/SBP entrées.	Entrée items sold as part of the NSLP/SBP are exempt from competitive food standards.
Timing	From midnight before to 30 minutes after the end of the official school day	From midnight before to 30 minutes after the end of the official school day
Fundraising	Massachusetts standards do not apply to fundraisers.	State education agency must set a limited frequency for the number of allowable fundraisers. In the absence of an allowable number of exemptions, the number remains zero.

Massachusetts School Nutrition Standards for Competitive Foods and Beverages, December 5, 2014

Appendix B:

Guidance for Parents/Guardians and Staff for foods that comply with Massachusetts Competitive Foods and Beverages Nutrition Standards

Periodically, lists of acceptable foods may be shared with families, staff, and students based on latest nutrition guidelines and standards set for public schools in Massachusetts. In general, fresh, frozen, or packaged fruits and vegetables in their own 100% natural juices will be acceptable. Water, non-fat or low-fat (1%) milk, non-sweetened 100% fruit juices are the beverages that should be provided. Refer to Appendix A for nutrition guidelines for all foods that are provided. Foods that fit these guidelines are requested.

Foods on the “A List” from the John C. Stalker Institute for Food and Nutrition at Framingham State University will be considered by HVMCPS to be acceptable as these foods comply with the Massachusetts Competitive Foods and Beverages Nutrition Standards to which we are held. Please use the following link to access the “A-List”: [A-List - John C. Stalker Institute of Food and Nutrition \(johnstalkerinstitute.org\)](http://johnstalkerinstitute.org)

References and Additional Resources for Parents/Guardians and Staff:

Selected Messages for Consumers. U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. <https://www.myplate.gov/eat-healthy/food-group-gallery>

Obesity rates among all children in the United States. Centers for Disease Control and Prevention. CDC.gov Website. Atlanta, GA. Data and Statistics. <https://www.cdc.gov/obesity/childhood/index.html>

Massachusetts Department of Public Health. 105 CMR 225.000: Nutrition Standards for Competitive Foods and Beverages in Public Schools. <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids <https://www.actionforhealthykids.org/the-learning-connection/>

Constructive Classroom Rewards, Center for Science in the Public Interest www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Alternatives to Using Food as a Reward, Mass.gov .pdf (copy and paste link to your browser) [chrome extension://efaidnbmnnnibpcajpcglclefindmkaj/viewer.html?pdfurl=https%3A%2F%2Fwww.mass.gov%2Fdoc%2Fhealthy-students-healthy-schools-guidance-for-implementing-massachusetts-school-nutrition%2Fdownload&clen=1066927&chunk=true&pdfilename=school-nutrition-guide.pdf](https://efaidnbmnnnibpcajpcglclefindmkaj/viewer.html?pdfurl=https%3A%2F%2Fwww.mass.gov%2Fdoc%2Fhealthy-students-healthy-schools-guidance-for-implementing-massachusetts-school-nutrition%2Fdownload&clen=1066927&chunk=true&pdfilename=school-nutrition-guide.pdf)

Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf

Energizers, East Carolina University www.ncpe4me.com/energizers.html

Model School Wellness Policies. National Alliance for Nutrition and Activity (NANA) <http://www.schoolwellnesspolicies.org/>

Appendix C:

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

This institution is an equal opportunity provider.