



Greater Lawrence Technical School

WELLNESS POLICY

Philosophy

The Greater Lawrence Technical School Committee supports lifelong healthy eating habits and positive physical activity for all students and staff of Greater Lawrence Technical School. The GLTS School Committee is committed to addressing the increasing rates of diet-related health consequences among these groups ensuring that the school community takes a comprehensive approach to reviewing and incorporating changes in policy, curriculum and operating procedures to promote healthy lifestyles and appropriate nutritional practices for all students. In doing so, Greater Lawrence Technical School recognizes the important relationship between wellness and academic success. Using *Section 204 of Public Law 108-265: Child Nutrition and WIC Reauthorization Act* and the recommendations of the Massachusetts Department of Education, the following approach will guide our efforts:

- 1.1 Communication with parents/guardian, staff and students is essential. We will seek opportunities, to educate the school community on trends and information related to health and wellness. We encourage community partnerships that assist the district to support an active, healthy community of learners.
- 1.2 Consistent with current federal and state nutrition regulations, the Greater Lawrence Technical School will continue to increase the availability and sale of nutritious selections and discourage the sale and consumption of beverages and foods of low nutritional value during regular school hours.
- 1.3 Opportunities for physical fitness, both structured via the physical education curriculum and activity-related, such as movement, extracurricular activities and sports teams/clubs, will be supported and strongly encouraged.
- 1.4 Opportunities for staff in-service education to share best practices, which incorporate activity and wellness across the curriculum, will be offered. Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community.

The Principal and staff will promote a school environment supportive of healthy eating and physical well-being. Adults are encouraged to model healthy eating and the need for physical activity by serving nutritious food at school meetings and events, as well as encouraging physical activity. Components of this approach include:

- seek and communicate opportunities to support teachers, school staff, and parents around modeling health and wellness through appropriate physical activity practices and appropriate nutritional standards for school fundraisers and student rewards;



Greater Lawrence Technical School

- seek and communicate the food available in school lunches to ensure that it is consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content, portion size and quality;
- seek opportunities to teach messages addressing the benefits of healthy eating habits and the need for physical activities in accordance with the Greater Lawrence Technical School Curriculum, the Massachusetts Frameworks, and USDA Guidelines;
- teach and promote opportunities to provide support to students and staff around appropriate nutritional practices for meals and snacks;
- teach and promote opportunities to provide support to students and staff around appropriate physical activity and practices;
- communicate policy guidelines for food and beverage sales within school environments utilizing USDA and School Meals Initiatives Guidelines.

Nutrition Guidelines for All Food and Beverages Available During School Day

Beverages and foods sold in the Greater Lawrence Technical School and on school grounds, outside the school meal program during the school day must adhere to the following standards:

A. Beverages

The total beverage product line will be limited to the following:

1. Soft drinks, fruit drinks with minimal nutritional value, and sports drinks cannot be sold to students anywhere in the school building. Vending machines will be filled with water.
2. Fruit and/or vegetable-based drinks composed of no less than 50% fruit/vegetable juices with no added sweeteners, not to exceed 12 oz.
3. Drinking water with no additives except those minerals normally added to tap water.
4. Drinking water and seltzer with essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 and contain no added sweeteners, flavoring or colors.
5. Milks and flavored milks, not to exceed 16 ounces and comply with the following:
 - a. Pasteurized fluid types of unflavored, low fat (1%), skim milk (fat-free), or lactose free milk, which meet USDA, state and local standards and regulations for milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with the state and local standards for such milk.
 - b. 2%, low fat (1%) or fat-free-flavored milks, containing no more than 30 grams of total sugars per 8 ounce serving.
 - c. Caffeinated beverages containing naturally occurring caffeine in cocoa with less than 15 milligrams per 8 ounce serving.



Greater Lawrence Technical School

- d. Milk products sold in vending machines should not exceed 16 oz.
- 6. Soy and Rice Drinks must be calcium and vitamin-fortified and contain no more than 30 grams total sugars.
- 7. Beverage products, except for drinking water, not to exceed 16 ounces. As new products become available from manufacturers, the Greater Lawrence Technical School will transition to appropriate portion sizes.

B. Snacks and Sweets: (Per serving)

- 1. Total Fat: No more than 30% of total calories from fat or 7 grams maximum per serving (with the exception of nuts and seeds);
- 2. Have 10 percent or less of its total calories from saturated plus trans fat (or 2 grams maximum);
- 3. Have 35 percent or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients (or 15 grams maximum);
- 4. Limited to the following maximum portion sizes:
 - a. One and one-quarter ounces (1.25 oz.) for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
 - b. Two ounces (2 oz.) for cookies and cereal bars
 - c. Three ounces (3 oz.) for bakery items, including, but not limited to pastries, muffins, and donuts
 - d. Three fluid ounces (3 oz.) for frozen desserts, including but not limited to ice cream
 - e. Eight ounces (8 oz.) for non-frozen yogurt
 - f. Two tablespoons (1.1 oz.) nut butters or 2 oz. cheese
- 5. At least 50% of a la carte items offered must provide high nutritional value as defined by the USDA school guidelines. Entrée items and side dishes, including but not limited to French fries and onion rings, shall be no larger than the portions of those foods served as part of the federal school meal programs.
- 6. All foods given thirty minutes before, during classes or shops, and thirty minutes after school will adhere to the proper portion sizes and guidelines listed previously.

As a resource, GLTS will utilize the John Stalker Institute “A-List” of food items by product and manufacturer as a part of our plan for “acceptable” food items for student consumption. As this list is updated, we will automatically adjust our food products to follow the product and manufacturer



Greater Lawrence Technical School

guidelines. Access to the “A-List” will be available in common share school website so that faculty planning events will have list readily available.

Furthermore, the GLTS will encourage non-food items or “acceptable” food items to be sold as part of school sponsored fundraising activities.

Goals for Nutrition Education

1. Develop nutrition objectives for students at Greater Lawrence Technical School that comply with the participation and understanding of USDA *Offer vs. Serve* components.
2. Positive nutrition statements will be displayed school wide.
3. Disperse nutrition information, through various media (i.e. literature, posters, website, PSA spots on GLTS Channel 70, etc.) that support the education and awareness of the need for proper nutrition, and support the increase consumption of foods with greater nutritional value.
4. The Supervisor Food Service and staff will be certified according to current industry standards and participate in professional development opportunities to improve staff knowledge and curriculum activities, which focus on nutritional issues. All members of the Food Service Staff will participate in the USDA *Offer vs. Serve* training.

Goals for School Based Activities to Promote Student Wellness

1. Improve the integration of the health and physical education curricula.
2. Promote parent/family involvement in wellness activities.
3. Students will be given the opportunity to provide input on local, cultural and ethnic favorites. Students will be asked for input and feedback through student surveys.
4. Promote staff involvement in wellness activities.
5. School based wellness committee will meet quarterly.
6. Increase awareness of wellness policy.

Goals for Physical Activity

1. Increase daily physical activity of all students.
2. Establish an attitude within the community that physical education, physical activities, and health/wellness components are worthwhile curricula that need to be integrated into the daily and weekly educational schedules of students at Greater Lawrence Technical School.



Greater Lawrence Technical School

3. Increase awareness of an integrated Wellness Program throughout the school and community.
4. Physical activity should include regular instructional physical education classes that are in accordance with the National Standards for Physical Education (NASPE) and the Massachusetts Comprehensive Health Education.

Implementation and Evaluation of Policy

Evaluation may include but is not limited to changes in body mass index (BMI), lunch program participation, and after school activity participation.

The Supervisor of Food Services will continue to meet with vendors and manufacturers to comply with the stated guidelines to provide healthy food choices for student meals.

With assistance from the administration, students, teachers, and parents will be educated about the wellness policy and guidelines. Technical support will be provided to help the school to adjust to the required standards, including providing ideas for healthier fundraising and student reward programs and information regarding current state legislation that addresses the issues of obesity and other diet-related diseases.

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. The Greater Lawrence Technical School Wellness Committee shall address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

Implementation will be monitored annually by the Wellness Committee and any recommendations for changes or amendments to this policy will be brought to the Superintendent –Director for review and submission to the School Committee for review and adoption.

DEFINITIONS:

Food of Minimal Nutritional Value: Food, which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving.

A La Carte Foods: Sold typically in the cafeteria by the school food service department. They are separately and individually priced and are not usually part of the NSLP.

Competitive Foods: Foods and/or beverages sold to students that compete with the school's operation of the NSLP or NSBP. Items include those sold in vending machines, student stores, or food carts by students, parents or school administrative staff, or any other person, company or organization.

Physical Activity: Physical activity is any form of exercise or movement. Physical activity may include planned activity such as walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household chores, yard work, walking the dog, etc.



Greater Lawrence Technical School

Wellness: Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful existence and balanced lifestyle.