

PORTAGE COLLABORATIVE MONTESSORI SCHOOL **WELLNESS POLICY**

Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like childhood obesity. Schools and families have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal:

All students in **PCMS schools** shall be presented with the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in **PCMS schools** are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the **PCMS school** adopts this school wellness policy with the following commitments to nutrition, reducing childhood obesity, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition:

Minimum requirements:

The PCMS school will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Ohio Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meal programs via online menu on website and PaySchool.
- Operate Child Nutrition Programs with school staff who have been trained yearly.

- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site and has most recent Health Department inspections posted.
- Have ServSafe manager who oversees school employees, at least one will receive Person In Charge Training
- Follow State Board of Education policies on competitive foods and extra food sales when applicable.
- Participate in Council of Government food bid program through the Stark County Educational Service Center.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student-centered and taught in a positive environment.

Optional recommendations:

The PCMS school will:

- Have drinking water available to all students all day. Signage is located in cafeteria and hallway above drinking fountain.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 18-25 minutes at lunch) which are served after recess.
- Encourage students to make food choices based on the ChooseMyPlate.gov Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products. My Plate illustrates the five food groups that are the building blocks for a healthy diet using the plate, a place setting or a meal.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults whenever possible; with supervision of eating areas by staff who model proper conduct and voice level; and with staff who model healthy habits by eating with the students whenever possible.
- Make school meals accessible to all students.
- Add nutritious and appealing options (such as fruits, vegetables, 1% fat and skim milk, yogurt, cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, parties, celebrations, social events, and other school functions.
- Always eliminate the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). Appendix B
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged. Appendix C
- Provide nutrition information for parents with resources to improve food that is served at home. Appendix A (Nutrition Guidelines and Farm to School)

- Set guidelines for refreshments served at parties, celebrations, and meetings during the school day. Appendix A

EXAMPLE OF NUTRITION STANDARDS FOR VENDING

NUTRITION STANDARDS INTENT/RATIONALE:

The PCMS school strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities involving food. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits, vegetables, and reduced-fat dairy products.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have not more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these standards, but those special occasions must be recorded and included in the Nutrition and Physical Activity Annual Report to Friends of PCMS.

Beverages:

Senate Bill 210 – Beverage restrictions

Revised 7.1.2011

(Ohio Revised Code 3313.816, amended by Ohio House Bill 153)

The act's restrictions on beverages apply somewhat differently across schools depending on the grade levels served. The following table shows the beverages that may be sold under the act. Schools do not have the option to follow the *Alliance for a Healthier Generation* standards for beverages. Schools must follow the below standards (schools have the option to follow standards that are more restrictive than the standards listed below).

Grades	Beverages Allowed			
Schools composed primarily of grades K-4	Water	Milk	8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Schools composed primarily of grades 5-8	Water	Milk	10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Schools composed primarily of grades 9-12	Water	Milk	12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	12 ounces or less of any beverage that contains no more than 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.

ONLY skim milks (including flavored milk), water, and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds immediately prior to and throughout the instructional day.

Candy:

- Candy is defined as any processed food item that has:
 1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], syrup) is listed as one of the first two ingredients, AND
 2. If sugar is more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day, and are highly discouraged.

SUGGESTED ITEMS FOR VENDING MACHINES AND CONCESSION STANDS

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

SNACKS

Best	Acceptable	Limited
Whole grain animal crackers, graham crackers	Granola bars, whole-grain fruit bars	Cookies (including low fat)
Whole grain pretzels, hard pretzels (200 calories per package) Whole grain cereal	Baked chips, corn nuts, rice cakes, cereal/nut mix	
Trail mix (plain)	Popcorn/nut mix	Trail mix with chocolate, or yogurt
Fresh vegetables and fruit, single-serve canned fruit, dried fruit	Side kicks—Fruit, vegetable	Candy- or sugar-coated fruit Fruit-flavored snacks, fruit leathers
Yogurt, low-fat, or light; low sugar, fat-free pudding	Low fat smoothies	

BEVERAGES

Best	Acceptable	Limited
Milk	Milk, skim only, 1% flavor	
Juice, Fruit and vegetable juice that contains 100% juice and no added sweeteners		
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
Other: Sports drinks (low or no calorie)	Coffee, tea, steamers, latte's, low-fat, low-sugar	Low-calorie, diet sodas, low-calorie iced tea, low-calorie coffee

HEALTHY CHOICES IN ALL VENUES

Recommendations for Serving Healthy Beverages

The following beverages are recommended:

- Plenty of water
- 100% juice in 8-ounce servings or less
- Milk, fat free, regular and/or flavored in 12-ounce servings or less
- Fruit/fruit juice smoothies in 12-ounce servings or less

Choosing your drinks can be difficult! Watch out for:

- Fruit punches
- Fruit drinks
- Juice drinks

These are not 100% juice!

*Suggested serving sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale.)

Read the label! To determine if a food or beverage meets the criteria, use the Nutrition Facts label on the package.

Commitment to Marketing a Healthy School Environment:

The PCMS school will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices, including recycling throughout the school setting. All school personnel will help reinforce these positive messages.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, Friends of PCMS meetings, open houses, health fairs, teacher in-services, website and other events).

Commitment to Implementation

Appendix E

Minimum requirements:

The PCMS school will:

- Implement the school wellness policy which integrates the tendencies of Maria Montessori.
- Designate one or more persons to insure that the school wellness policy is implemented as written.

Optional Recommendations:

The PCMS school will:

- Support a Friends of PCMS that addresses all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a review of the progress toward school wellness policy goals on the website each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board of education regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
- Prepare and submit a report to the Superintendent's committee including all participating districts and SCESC annually.
- Implement 7th and 8th Grade Leadership Group
- Provide a representative to Farm to School Advisory Board (optional)
- Continue PCMS Alumni Mentor Program

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