

Martha's Vineyard Regional High School Wellness Guidelines

The Martha's Vineyard Regional High School is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. School districts are required by Public Health Law 108.25, Section 204, to have a wellness policy, as childhood obesity has reached epidemic levels throughout the United States. Our goal is to create an environment that promotes healthy lifelong eating and exercise habits, and therefore the following guidelines have been established:

Nutrition Standards for Foods SOLD in School (signed into law 2010) include:

- Be a 'whole grain-rich" product; or
- Have as the 1st ingredient a fruit, vegetable a dairy product, or a protein food; or
- Be a combination of food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the daily value of one of the nutrients of public health concern in the 2010 Americans (calcium, potassium, vitamin D or dietary fiber)

Foods sold must also meet several nutrient requirements:

Calorie Limits:

Snack items: ≤ 200 calories; Entree Items: ≤ 350 calories

Sodium Limits:

Snack limits: ≤ 230 mg, Entree Items: < 480mg

Fat Limits:

Total Fat: ≤ 35%of calories, Saturated fat:<10% of calories;

Trans-fat: 0 gms

Sugar limits: ≤35% of weight from total sugars in foods

Beverage Guidelines: Water without added caloric or artificial sweeteners or color; fruit and vegetable juices and fruit based drinks that contain 100% juice and no additional sugar; unflavored or flavored lowfat (1%) or fat-free milk. Portion sizes: high school may sell up to 12 ounce portions of milk and juice.

Resource: USDA's A Guide to Smart Snacks in Schools
<https://www.fns.usda.gov/sites/default/files/tn/USDA SmartSnacks.pdf>

Nutrition Standards for Foods SHARED in School(FNS 79FR10693; amended 2/26/2014)

We ask that everyone consider moderation as well as a thoughtful approach focused on wellness with regard to food shared in School!

Snacks/Celebrations/Rewards

Foods served by school staff during the school day will follow the nutritional standards listed above, and make a positive contribution to the student's diet and health, with an emphasis on serving fruits and vegetables as the primary food source and water as the primary beverage. Outside food that is prepared at home for sharing will be discouraged due to allergies and food safety. Products that are labeled, pre-packaged or purchased from a licensed vendor will be encouraged. MVRHS staff can refer to the internal document: "Guidelines for Optional Foods for Sharing."

USDA's A Guide to Smart Snacks in School

<https://www.fns.usda.gov/sites/default/files/tn/USDA SmartSnacks.pdf>

FUNDRAISING & ACTIVITIES

There will be no food fundraisers sold to students during the school day, per the local/federal wellness policy resource: <https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17230.pdf>. MVRHS will make available a list of ideas for alternatives. The Advisors for clubs and booster groups will be notified of guidelines. Alternative Fundraisers: <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>

SCHOOL-SPONSORED EVENTS (Such as, but not limited to, athletic events, dances, performances, presentations)

Foods and beverages offered or sold at school sponsored events after school, will be encouraged to meet the nutritional standards for food and beverages sold individually. No foods that are prepared from someone's home can be served to, students due to safety concerns.

FOODS/BEVERAGES SOLD IN VENDING MACHINE, CONCESSIONS STANDS AND SCHOOL STORES

To support students health and school nutrition goals, the use of foods that meet the nutrition standards will be encouraged to be sold in vending machines, snack bars, school store and concessions stands.

Resource: A Guide to Smart Snacks in School

<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>

COMMUNICATION WITH PARENTS/GUARDIANS

MVRHS will provide guideline information to parents through websites, newsletters, or handouts. MVRHS will encourage parents to pack healthy lunches and snacks. Ideas for healthy celebrations, rewards and fundraising activities can be located at USDA site:

<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>

STAFF WELLNESS

MVRHS will promote and support staff wellness. This can be done through the Wellness Committee as well as Wellness Coordinator and will obtain staff input to encourage healthy eating and physical activity.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical activity opportunities and physical education is provided to students in grades 9-12.

“Brain Breaks” and active/moving learning will be encouraged in all academic classes. Certified Physical Educators will ensure that physical education follows standards set forth by state and federal standards in an engaging manner.

PHYSICAL ACTIVITY OPPORTUNITIES BEFORE & AFTER SCHOOL

MVRHS will encourage students and staff to engage in physical activity programs, including a range of activities that meet the needs, interest, and abilities for all.

HEALTH EDUCATION

Health education will be provided to all students at MVRHS which focuses on healthy choices using life skills, and researched based curriculum.

MONITORING

The principal or designee will ensure compliance with the established district-wide nutrition, physical activity and Wellness Policies.

At MVRHS the principal will ensure compliance with these policies in his/her school and will report on the school's compliance to the school district's superintendent or designee.

Each year, MVRHS will have a Wellness Committee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent, or if done at the school level, to the principal.

The Wellness Committee will review wellness practices and provide resource information to staff, and students, as needed and requested.

MVRHS WELLNESS POLICY

Modified 6/2/17