

PORTSMOUTH PUBLIC SCHOOLS

WELLNESS POLICY

POLICY STATEMENT: The Portsmouth City School Board recognizes the link between student learning/employee productivity and a healthy lifestyle.

GOAL: The Portsmouth Public School Board promotes student/employee wellness and safety through the following objectives.

Goals: Nutrition Education, Physical Activity, Nutrition Standards and Other School Based Activities

NUTRITION EDUCATION OBJECTIVES

1. All Portsmouth Public School employees shall be made aware of the Nutrition Education Standards outlined in the School Board approved Portsmouth Public Schools Wellness Policy.
2. Students and staff will receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
3. All schools shall establish a Wellness and Nutrition Committee.

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PHYSICAL ACTIVITY OBJECTIVES

1. Students will be given opportunities for physical activity during the school day through physical education classes and through the integration of physical activity into the academic curriculum where appropriate.
2. An adequate amount of time for physical activities will be provided at all grade levels.
 - Twenty (20) minutes of daily physical activity (recess or structured activity) will be provided at the elementary level.
 - Two hundred twenty-five (225) minutes per week on average of physical activity will be provided at the middle (grades 6, 7, and 8) and high school (grades 9 and 10).
 - A certified physical education teacher will provide elementary students with a minimum of 45 minutes per week of physical education.
 - A certified physical education teacher will provide physical education classes for middle and high school students.
3. Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
 - Schools will provide family wellness nights at school.

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NUTRITION STANDARDS
SCHOOL MEALS
OBJECTIVES

1. An adequate amount of time will be allowed for students to eat meals in adequate lunchroom facilities.
2. All students who participate in subsidized food programs will be able to obtain food in a non stigmatizing manner
 - Computerized point-of –service will provide for no overt identification of which students receive free or reduced or paid lunches.
3. Nutritional information will be made available on menus, the website, cafeteria menu boards, placards, or other point-of-purchase materials.
4. Schools will encourage all students to wash their hands before and after school meals

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LUNCH MEAL PATTERN			
	Grades K-5	Grades 6-8	Grades 9-12
MEAL PATTERN	Amount of food ^a per week (minimum per day)		
Fruits (cups) ^b	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups) ^b	3 3/4(3/4)	3 3/4 (3/4)	5 (1)
Dark green ^c	1/2	1/2	1/2
Red/Orange ^c	3/4	3/4	1 1/4
Beans and peas (legumes) ^c	1/2	1/2	1/2
Starchy ^c	1/2	1/2	1/2
Other ^{cd}	1/2	1/2	1/2
Additional Veg to Reach Total ^e	1 ^e	1 ^e	1 1/2^e
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a f-Day Week			
Min-Max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (1% of total calories) ^h	<10	<10	<10
Sodium (mg) ^{hi}	≤640	≤710	≤740
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

- a. Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- b. One quarter-cup of dried fruit counts as 1/2 cup of fruit: 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit of vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- c. Larger amounts of these vegetables may be served.
- d. This category consists of “Other vegetables” as defined in §210.10 (c) (2) (iii) (E). For the purpose of the NSLP, the “Other vegetables” requirement may be met with any additional amounts from the dark green, re/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10 (c) (2) (iii).
- e. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

- f. Beginning July 1, 2012 (SY 2012-2013), at least half of grains offered must be whole grain-rich. Beginning July 1, 2014 (SY2014-2015), all grains must be whole grain-rich.
- g. Beginning July 1, 2012 (SY 2012-2013), all fluid milk must be low-fat (1 percent or less, unflavored) or fat-free (unflavored or flavored).
- h. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.
 - i. Final sodium targets must be met no later than July 1, 2022 (SY 2022-2023). The first intermediate target be met no later than SY 2014-2015) and the second intermediate target must be met no later than July 1, 2017 (SY 2017-2018). See the required intermediate specifications in §210.10(f) (3).

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BREAKFAST MEAL PATTERN			
	Grades K-5	Grades 6-8	Grades 9-12
MEAL PATTERN	Amount of food ^a per week (minimum per day)		
Fruits (cups) ^{b, c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b, c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (2)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk ^f(cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a f-Day Week			
Min-Max calories (kcal) ^{g, h}	350-500	400-55-	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium (mg) ^{h, i}	≤430	≤470	≤500
Trans fat ^{h, j}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

- a. Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- b. One quarter-cup of dried fruit counts as 1/2 cup of fruit: 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- c. Beginning July 1, 2014 (SY 2014-2015) schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups, as defined in 210.10(c)(2)(iii).
- d. Beginning July 1, 2013 (SY 2013-2014), at least half of grains offered must be whole-grain-rich and schools must meet the grain ranges. Schools may substitute 1 oz. eq. Of meats/meat alternates for 1 oz. of grains after the minimum daily grains requirement is met. By July 1, 2014 (SY 2014-2015), all grains must be whole-grain-rich.
- e. There is no meat/meat alternate requirement.
- f. Beginning July 1, 2012 (SY 2012-2013) all fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

- g. Beginning July 1, 2013 (SY 2013-2014), the average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- h. Discretionary source of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
- i. Final sodium targets must be met no later than July 1, 2022 (SY 2022-2023). The first intermediate target be met no later than SY 2014-2015 and the second intermediate target must be met no later than SY 2017-2018.
- j. Trans fat restrictions must be implemented on July 1, 2013 (SY 2013-2014).

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NUTRITIONAL GUIDELINES FOR FOOD ITEMS AT SCHOOL

CELEBRATIONS

Food items included in celebrations/recognitions may be purchased from **Food Services** or may be commercially packaged foods containing a nutrition label listing **all ingredients**.

FUNDRAISING

All fundraising activities involving food must take place after school hours, including vending machines.

Vending Machine Guidelines

- 100% fruit juices or fruit juice drinks with a min. of 25% fruit juice, water/flavored water with no added sugar, and low –fat or non-fat milk.
- 300 calories
- No more than 35% of calories from fat (except nuts and seeds) and no more than 10% of calories from saturated fat per serving
- 35% weight by sugar content per serving

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SHARING OF FOODS AND BEVERAGES

1. Schools will **not allow** students to share their foods and beverages with one another. With the increase in the incidence of life threatening allergies in children, school staff must be prepared to deal with students who have these allergies. Through training, they should be able to recognize and respond to anaphylaxis, including summoning of appropriate emergency care. Parents, students, physicians and school staff need to work together to determine appropriate precautions and procedures for managing each student at school.
2. Students and parents will be educated regarding disease transmission and food allergies/dietary restrictions, and the possible consequences of sharing food with another student who has any dietary restrictions. In addition, the importance of regular hand washing will be stressed in order to decrease the spread of infectious diseases.

IMPLEMENTATION

All PPS employees will be required to sign the Portsmouth Public Schools Wellness Policy Use Agreement. Principals will maintain all PPS Wellness Policy Use Agreements.