

PORTSMOUTH PUBLIC SCHOOLS WELLNESS POLICY

POLICY STATEMENT

The Portsmouth City School Board recognizes the link between student learning/employee productivity a healthy lifestyle and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

GOAL 1: The Portsmouth Public School Board promotes student/employee wellness and safety through the following Wellness Policy Goals: Nutrition Education, Physical Activity, Nutrition Standards, Other School Based Activities and Sharing of Foods and Beverages.

GOAL 2: The Wellness Policy Committee will administer a baseline survey to be completed by building principals to ascertain the level of Wellness Policy compliance.

GOAL 3: Upon completion of baseline data collected by the Wellness Committee, division goals for compliance improvement will be established and reviewed annually.

NUTRITION EDUCATION GOALS

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.
All PPS employees will receive Wellness Policy/Nutrition Education Standards information along with Blood Borne Pathogens information delivered through the Office of Health Services.
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.
Principals will select the following recommended members for the school Wellness/Nutrition Committee:
Pre-K Centers – Cafeteria Manager, nurse, teacher and parent.
Elementary K-6- Cafeteria Manager, nurse, student, teacher and parent.
Middle and High Schools – Cafeteria Manager nurse, student, teacher and parent.

4. Portsmouth Public Schools highly values the health and well-being of every staff member. A PPS Wellness Committee will plan and implement activities that support wellness and a healthy life style. The committee should develop, promote, and oversee a plan to promote staff health and wellness.

5. Nutrition is integrated into the health education and core curricula (e.g., math, science, language arts, and social studies).

6. Schools are encouraged to enroll as Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.

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**PHYSICAL ACTIVITY
GOALS**

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 as appropriate.
 - Schools should discourage extended periods (2 or more hours) of inactivity whenever possible.
 - Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (science, math, social studies, language arts and others) and do their part to limit sedentary behavior during the school day.
 - Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as a punishment. Teachers will not withhold (recess or physical education) physical activity as punishment.
2. An adequate amount of time for physical activities will be provided at all grade levels.
 - Twenty (20) minutes of daily physical activity (recess) will be provided at the elementary level during which schools should encourage physical activity. Daily recess should be held outside when weather is feasible for outdoor activity. Students may **not** be kept from recess as a behavioral strategy.
 - 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.
4. Elementary schools participate in the Safe Routes to School Program and encourage students, parents, and the community to become involved in SRTS.
5. Portsmouth Public Schools promotes staff wellness opportunities that may enable employees to maintain a healthy life style.

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**NUTRITION STANDARDS
SCHOOL MEALS
GOALS**

1. An adequate amount of time will be allowed for students to eat meals in adequate lunchroom facilities.
2. Portsmouth Public Schools is committed to ensuring that all foods and beverages, including purchased foods, available to students will meet or exceed the USDA Smart Snacks in Schools nutrition standards.
3. 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.
4. Nutritional information will be made available on menus, the website, cafeteria menu boards, placards, or other point-of-service materials.
5. Water will be available to all students throughout the school day and throughout every campus.
6. Schools will encourage all students to wash their hands before and after school meals. Hand washing is highly recommended and the use of hand sanitizer is to be used only when appropriate facilities for hand washing are not available. Hand sanitizer is not to replace hand washing when proper facilities are available.

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Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5th	Grades 6-8th	Grades 7-9th	Grades K-5th	Grades 6-8th	Grades 7-9th
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{cd}	5(1) ^e	5(1) ^e	5(1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetable (cups)^{cd}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^{fg}	0	0	0	½	½	¾
Additional Veg to Reach Total^h	0	0	0	1	1	1½
Grains (oz eq)ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternatives (oz) eq	0 ^k	0 ^k	0 ^k	8-9 (1)	8-10 (1)	10-12 (2)
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1))	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5 –Day Week						
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	<10	<10	<10	<10	<10	<10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
<u>Trans</u> fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

- ^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
- ^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is $\frac{1}{8}$ cup.
- ^c One quarter-cup of dried fruit counts as $\frac{1}{2}$ cup of fruit; 1 cup of leafy greens counts as $\frac{1}{2}$ 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.
- ^d For breakfast, 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).
- ^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
- ^f Larger amounts of these vegetables may be served.
- ^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in in §210.10(c)(2)(iii).
- ^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ⁱ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013 – 2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-2015).
- ^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
- ^k There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. of grains after the minimum daily grains requirement is met.
- ^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
- ^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- ⁿ 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 milk fat are not allowed.
- ^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
- ^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in §210.10(f)(3) for lunches and §220.8(f)(3) for breakfast.

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**OTHER SCHOOL BASED ACTIVITIES
GOALS**

1. REWARDS

Schools will not use foods or beverages as rewards for academic or behavior and will not withhold food or beverages as a form of punishment.

2. CELEBRATIONS

Food items included in celebrations/recognitions may be purchased from **Food Services**. Foods purchased from Food Services have been tracked through HACCP (Hazardous Analysis & Critical Control Points). Alternatives to food celebrations may include: Craft or gift making, reading a special story, extra recess or physical activity party. This is due to multiple allergy types in our schools such as wheat, soy, rye, milk, strawberries, chocolate, nuts, eggs, coconut, pears, pork, beef and rice. Food items should only be purchased from the PPS approved food services list.

3. FUNDRAISING

Schools should encourage fundraising activities that promote physical activities (such as walk-a-thons, Jump Rope for Heart, fun runs etc. HB 2114 Competitive foods: school –sponsored fundraisers. PPS School Board Policy JHCH- Each school may conduct up to three school sponsored fundraisers per school year during which food that does not meet the nutrition guidelines for competitive foods may be available to students. Competitive foods may not be sold during the protected meal times of breakfast and lunch.

4. Vending Machine Guidelines

All snacks sold in schools must be:

- A whole grain rich product (first ingredient must be a whole grain) **or**
- Have the first ingredient be a vegetable, a fruit, a dairy product or a protein food **or**
- Be a food that contains at least ¼ cup vegetable or fruit **or**
- Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (Calcium, Potassium, Vitamin D, or Dietary Fiber)

Snacks must also meet several nutrient requirements:

Calorie Limits

Snack Items < 200 Calories

Sodium Limits

Snack Items < 230 mg

Fat Limits

Total Fat < 35% Fat

Saturated Fat < 10% of calories

Trans Fats: Zero Grams

Sugar limits

< 35% of weight from total sugars in foods

Smart Snack Calculator

<http://rdp.healthiergeneration.org/calc/calculator/>

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**SHARING OF FOODS AND BEVERAGES
GOALS**

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, PPS staff should be able to recognize and respond to anaphylaxis, including summoning of appropriate emergency care. A minimum of at least two people in each school must be trained in the recognition of anaphylaxis and appropriate administration of the Epi-Pen. Each school is encouraged to train multiple staff members to assist with activities such as field trips. The training is VDOE mandated and must occur annually.
2. Parents, students, and school staff shall work together to determine appropriate precautions and procedures for managing each student at school.
3. 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.
4. Hand washing is highly recommended and the use of hand sanitizer is to be used only when appropriate facilities for hand washing is not available. Hand sanitizer is not to replace hand washing when proper facilities are available.

IMPLEMENTATION

Wellness Policy inclusion in the PPS Student/Parent Handbook with receipt signature page.

MONITORING THE PLAN

The School Board encourages the following individuals to participate in the development, implementation and periodic review and update of the wellness policy: parents, students, food service representatives, school health professionals, teachers, physical education teachers, school administrators, and the general public.

The Superintendent and the Supervisor of Health, Physical Education and Wellness are responsible for overseeing the implementation of this policy and developing procedures for evaluating the policy including indicators that will be used to measure its success.

Portsmouth Public Schools Wellness Policy – Annual/Triennial Wellness Policy School Compliance Survey- Building Principals. Wellness Policy will be posted to the division website.