

# 先锋中英双语学校

*Pioneer Valley Chinese Immersion Charter School*

## School Wellness Policy

### Background

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

PVCICS's Wellness Policy is based on the National Alliance for Nutrition and Activity (NANA, see [www.nanacoalition.org](http://www.nanacoalition.org)) model policy that meets the federal requirement.

### PVCICS's Wellness Policies on Physical Activity and Nutrition

The Pioneer Valley Chinese Immersion Charter School (PVCICS) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Pioneer Valley Chinese Immersion Charter School that:

- PVCICS will work to engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing its nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- PVCICS will work to ensure that foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- PVCICS will work to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- When practicable, PVCICS will participate in available federal school meal programs.
- PVCICS will work to provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

### TO ACHIEVE THESE POLICY GOALS:

#### I. School Health Council

PVCICS will create and maintain a school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The school health council will consist of a group of individuals representing the school community.

## **II. Nutritional Quality of Foods and Beverages Sold and Served at PVCICS**

Meals served at PVCICS should be appealing and attractive to children; be served in clean and pleasant settings and meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations. Meals should offer a variety of fruits and vegetables;<sup>1</sup> serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that half of the served grains are whole grain.

**Free and Reduced-priced Lunch.** PVCICS will work to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>3</sup>. PVCICS will select a food services vendor that will provide meals that meet federal dietary guidelines. As PVCICS grows, this function may move in-house or PVCICS will work with providers to develop meals that reflect Chinese dietary norms.

### **Meal Times and Scheduling.** PVCICS:

- will provide students with at least 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

**Qualifications of Meal Provider and Staff Professional Development.** At this time, PVCICS will contract with a vendor for our meals.

A special note about student birthday celebrations. PVCICS discourages parents from bringing special food snacks to help the class celebrate their child's birthday as per the Family Handbook. Instead, parents may bring non-food special items to celebrate.

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<sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. PVCICS will try to source fresh fruits and vegetables from local farmers when practicable.

<sup>2</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>3</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

**Sharing of Foods and Beverages.** PVCICS discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually.** This applies not to school meals, but foods and beverages sold individually through fundraisers, school functions etc. To the extent possible, PVCICS will consult with a qualified nutrition specialist about foods and beverages sold individually to students prior to the event. Given young children's limited nutrition skills, food in PVCICS's elementary grades should be sold as balanced meals. If available as individual items (i.e. not a balanced meal), foods and beverages should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Beverages and foods sold should follow nutrition and portion size standards:

### **Beverages**

- **Allowed:** water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### **Foods**

- PVCICS' lunch program does not offer any food items sold individually:
  - Should have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - Should have no more than 35% of its *weight* from added sugars;<sup>5</sup>
  - Should contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and should contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners;

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<sup>5</sup> If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

**Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - One ounce for cookies;
  - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - Eight ounces for non-frozen yogurt;
  - Twelve fluid ounces for beverages, excluding water; and
  - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children’s health and school nutrition-education efforts, PVCICS will encourage fundraising activities that promote healthy eating.

**Rewards.** PVCICS will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>7</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** PVCICS will work to limit celebrations that involve food during the school day.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually (above).

**III. Nutrition and Physical Activity Promotion and Food Marketing**

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<sup>7</sup>Unless this practice is allowed by a student’s behavior or individual education plan (IEP) approved by the parents.

**Nutrition Education and Promotion.** PVCICS aims to teach, encourage, and support healthy eating by students. PVCICS will work to provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is aligned with the MA Health Curriculum Frameworks;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on understanding food marketing; and
- includes training for teachers and other staff who are serving to politely prompt students to select and consume their daily foods.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Students will use the stairs, not the elevator, to get to classes unless the elevator is deemed medically needed.

**Communications with Parents.** PVCICS will support parents' efforts to provide a healthy diet and daily physical activity for their children. PVCICS will work to send home nutrition information and information about physical activity opportunities, and provide nutrient analyses of school meals. PVCICS will work to

encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. PVCICS will work to provide opportunities for parents to share their healthy food practices with others in the school community.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, PVCICS will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors such as sales of local fruit, vegetables, and healthy foods for fundraisers is allowable.

**Staff Wellness.** PVCICS highly values the health and well-being of every staff member and will work to plan and implement activities, and policies that support personal efforts by staff to maintain a healthy lifestyle. When PVCICS 's staff reaches sufficient size, it should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, and a local health professional to develop, promote, and oversee a multifaceted plan to promote staff health and wellness.

#### **IV. Physical Activity Opportunities and Physical Education**

**Physical Education** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive regular physical education (or its equivalent of 90 minutes/week for elementary school students and 90 minutes/week or the equivalent of one academic year of P.E. for secondary students) for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

The state permits school districts or schools to allow students to substitute other activities for their required physical education credit. PVCICS administrators have discretion to determine whether and how a student, particularly at the high school level, may meet the physical education requirement through an organized program of instructed physical activity.

**Teacher Qualifications.** All physical education should be taught by a physical education teacher qualified to teach in a public charter school.

**Daily Recess/Movement Break.** All elementary and middle school students should have at least 20 minutes a day of supervised recess/movement break, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

PVCICS should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity and Punishment.** Teachers and other school personnel should not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

**Safe Routes to School.** PVCICS will work to assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, PVCICS will work together with local public works, public safety, and/or police departments

in those efforts.

## **V. Monitoring and Policy Review**

**Monitoring.** The principal or designee will ensure compliance with established nutrition and physical activity wellness policies and will report on the school's compliance to the chairperson of the Board of Trustees.

School food service staff (or the outside contracted vendor) will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal.

The Principal will develop a summary report every three years on PVCICS's compliance with its established nutrition and physical activity wellness policies. That report will be provided to the Board of Trustees and also be distributed to PVCICS's school health services personnel and parents.

**Policy Review.** To help with the initial development of PVCICS's wellness policies, PVCICS will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, PVCICS will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. PVCICS will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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**End of Wellness Policy**

