



Hill View Montessori Charter Public School (HVMCPS) is committed to teaching and learning in an environment that focuses on the needs of the whole child. Optimal personal wellness varies for individual students and is critical for their ability to be in school and “ready to learn.” Wellness is defined as the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

HVMCPS acknowledges the steady rise in adult and child overweight and obesity as reported by the US Centers for Disease Control and Prevention (CDC). HVMCPS recognizes the link between access to healthy foods and opportunities for being physically active and its affect on personal wellness, obesity, and readiness to learn. Eating nutritious foods and being physically active has been proven to improved behavior and alertness, as well as standardized testing scores. To that end, HVMCPS has established a Wellness Advisory Committee (WAC) and the following policies to support staff, student, parent, and community wellness.

The HVMCPS Wellness Advisory Committee members consist of HVM staff, students, parents, administrators, Board of Trustee member(s), and other local community members. The WAC will meet periodically throughout the school year with the goal of reviewing and drafting policies or otherwise advising the HVMCPS staff, parents, Administrators, and Board of Trustees on issues that affect health and wellness at HVMCPS.

I. Nutrition Education and Wellness Promotion

1. HVMCPS teachers, staff, parents, and students will be educated on the Wellness Policy at the beginning of each school year and periodically throughout the year through workshops, trainings, and school newsletters or other communications, such as e-mail or website updates and postings.
2. Students will be given opportunities for nutrition education through the general Montessori Curriculum, supplemental lessons, and Health Classes.
3. Staff will be encouraged to seek out professional development activities that will assist them in promoting wellness and movement in the classroom and throughout the school day.

II. Physical Activity and Fitness Education

1. Students will participate in a Fitness Program that is lead by a qualified teacher per the Massachusetts Department of Education requirements.
2. Fitness classes will be held at each level at least one time per week.
3. Proper and safe fitness equipment and adequate indoor and outdoor space will be provided during Fitness classes and recess.
4. Students will participate in daily recess for at least 20 minutes per day or more.
5. Recess will not be restricted as a punishment.
6. To the extent possible, physical activity breaks and movement will be incorporated into every day teaching and learning.

III. Nutrition Standards for All Foods Available during the School Day and School Meals Program

1. HVMCPS will participate in the National School Lunch and Breakfast programs and follow all state and federal requirements for the meal programs.
2. Strict confidentiality of students who participate in the Free and Reduced Meal Program will be adhered to.
3. HVMCPS staff will be encouraged to be positive role models for students with regards to healthy behaviors and eating habits.
4. HVMCPS will engage families in providing information on healthy food options and may offer suggestions for healthy foods and snacks that students should bring to school for scheduled snacks, meals, or classroom celebrations.
5. Except for approved school celebrations, and where proper planning has been established to ensure safety, food sharing will be strongly discouraged to avoid accidental exposure to food allergens.
6. At least 20 minutes will be allowed for students to eat lunch and at least 10 minutes for eating breakfast.
7. Students eat meals in the classrooms and will be encouraged to wash their hands or use hand sanitizer prior to and after meals and snacks for sanitary as well as allergy awareness and prevention. (See "Allergy Awareness Policy" for more details about HVMCPS's efforts in preventing allergic reactions in school)
8. A La Carte foods that are sold, including foods that are sold as fundraisers, will adhere to Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix A)
9. HVMCPS does not allow food to be withheld as a punishment or given as a reward.
10. School Celebrations that include serving food will be approved by administration.
11. Each teacher can decide how his/her own class will celebrate various things in the classroom. If a teacher chooses to have or request food from parents for a celebration, he/she will recommend healthy foods based on the (cont.) Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix B) Resources for food choices will be provided. One such resource is the "A List" that is developed and updated by the John C. Stalker Institute at

Framingham State College. This list is updated, and after August of 2012, will comply with the Massachusetts Competitive Foods and Beverages Nutrition Standards. (See Appendix B)

12. HVMCPS staff will not be responsible for determining if a food that is sent in by a parent for an individual child's snack or meal complies with the nutrition standards and will not be taken away. Instead, guidance and education to parents will periodically be provided in the form of school communications, newsletters, e-mails, etc.

IV. Other School-Based Activities Designed to Promote Student Wellness

1. When possible, HVMCPS will offer and encourage various before and/or after school programs that enforce being active.
2. To the extent possible, HVMCPS will incorporate physical activity into the curriculum and encourage staff to use movement in learning when appropriate.
3. HVMCPS will host a Health and Wellness Fair at least bi-annually and more often if school calendar and time allows.
4. Students will have access to free water via drinking fountains throughout the building and will be allowed reasonable access to them especially at meal and snack times.

V. Wellness Policy Review and Evaluation

1. The Wellness Committee will review and revise the policy at least every three years and on an as needed basis to be sure that the school policy is based on current best practices, federal and state guidelines and regulations, national nutritional and physical activity guidelines, and local community needs.
2. The Wellness Committee will periodically report student impact, progress, concerns, and any recommendations for changes or revisions in the policy to the HVMCPS Administrators and Board of Trustee members as needed.
3. The Wellness Committee will periodically survey HVM stakeholders or hold meetings and information sessions to get input from these various stakeholders.

References and additional resources for parents and staff:

Selected Messages for Consumers. U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC.

<http://www.choosemyplate.gov/foodgroups/downloads/MyPlate/SelectedMessages.pdf>

Obesity rates among all children in the United States. Centers for Disease Control and Prevention. CDC.gov Website. Atlanta, GA. Data and Statistics.

<http://www.cdc.gov/obesity/childhood/data.html>.

Healthy Students, Healthy Schools: Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. Massachusetts Department of Public Health. October 2011. <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>.

The “A” List. John C. Stalker Institute of Food and Nutrition at Framingham State University. Framingham, MA. <http://www.johnstalkerinstitute.org/alist/>

Massachusetts Department of Public Health. 105 CMR 225.000: Nutrition Standards for Competitive Foods and Beverages in Public Schools.

<http://www.lawlib.state.ma.us/source/mass/cmr/cmrtxt/105CMR225.pdf>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids

www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf

Constructive Classroom Rewards, Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Alternatives to Using Food as a Reward, Michigan State University Extension

www.tn.fcs.msue.msu.edu/foodrewards.pdf

Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S.

Department of Agriculture Food and Nutrition Service

www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf

Brain Breaks, Michigan Department of Education

www.emc.cmich.edu/brainbreaks

Energizers, East Carolina University

www.ncpe4me.com/energizers.html

Model School Wellness Policies. National Alliance for Nutrition and Activity (NANA)

<http://www.schoolwellnesspolicies.org/>

Appendix A:

Massachusetts Competitive Foods and Beverages Nutrition Standards

Massachusetts Competitive Foods and Beverages Nutrition Standards “At-a-Glance”			
Category	Standards	Category	Standards
Juice	100% fruit and vegetable juice, with no added sugar.	Saturated Fat	Foods should have less than 10% of their total calories from saturated fat.
Juice – Portion Size	4-ounce servings or less.	Trans Fat	All foods should be trans fat-free.
Milk*	Low-fat (1% or less) and fat-free milk.	Fat Exemptions	1-ounce servings of nuts, nut butters, seeds, and reduced-fat cheese are exempt from the fat standards.
Milk – Portion Size*	8-ounce servings or less.	Sugar	Foods should have less than 35% of their total calories from sugar.
Milk – Added Sugar*	Flavored milk with no more than 22 grams total sugar per 8 ounces.	Sugar Exemptions	100% fruit with no added sugar, and low-fat or non-fat yogurt (including drinkable yogurt) with no more than 30 grams of sugar per 8-ounce serving, are exempt from the sugar standard.
Water	May contain natural flavorings and/or carbonation. Should not contain added sugars, sweeteners or artificial sweeteners.	Sodium	Foods should have less than 200mg sodium per item. À la carte entrées should have a maximum of 480 mg of sodium per item.
Beverages with Added Sugar or Sweeteners	Any beverages with added sugar or sweeteners not already addressed will be phased out by August 1, 2013 . Flavored milk or milk substitutes that have the same amount or less sugar than plain, fat-free or low-fat milk are allowed.	Grains	All breads or grain-based products should be whole grain (whole grain should be listed first in the ingredient statement). These include crackers, granola bars, chips, bakery items, pasta, rice, etc.
Other Beverages (Soda, sports drinks, teas, waters, etc.)	Only juice, milk, milk substitutes and water should be sold or provided.	Caffeine	Trace amounts of naturally occurring caffeine (such as that found in chocolate) are allowed as long as the item complies with the rest of the nutrition standards.
Calories	Foods should be 200 calories or less per item. À la carte entrées should not exceed the calorie count of entrée items of the equivalent portion size offered as a part of the National School Lunch Program.	Artificial Sweeteners	Artificial sweeteners are not permitted.
Fat	Foods should have less than 35% of their total calories from fat.	*(Including alternative milk beverages such as lactose-free and soy)	

Appendix B:

Guidance for Parents, Teachers, and Staff for foods that comply with Massachusetts Competitive Foods and Beverages Nutrition Standards

Periodically, lists of acceptable foods may be shared with families, staff, and students based on latest nutrition guidelines and standards set for public schools in Massachusetts. In general, fresh, frozen, or packaged fruits and vegetables in their own 100% natural juices will be acceptable. Water, non-fat or low-fat (1%) milk, non-sweetened 100% fruit juices are the beverages that should be provided. Refer to Appendix A for nutrition guidelines for all foods that are provided. Foods that fit these guidelines are requested.

After August 2012, any foods on the “A List” from the John C. Stalker Institute for Food and Nutrition at Framingham State University will be considered by HVMCPS to be acceptable as these foods will comply with the Massachusetts Competitive Foods and Beverages Nutrition Standards to which we are held. This list is currently under revision and is to be completed by August 2012 after which it can be found at the following web link.

<http://www.johnstalkerinstitute.org/alist/>