

Martin De Porres Schools



Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

This policy outlines Martin De Porres School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- + Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- + Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- + Students have opportunities to be physically active before, during and after school;
- + Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- + School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

- + The community is engaged in supporting the work of Martin De Porres Schools in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- + Martin De Porres Schools establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all Martin De Porres Schools students, staff. Specific measurable goals and outcomes are identified within each section below.

Wellness Policy Committee

Wellness Policy Committee Members

Nelson Tung, Chief of Clinical Operations (Chair)

Karen Harikissoon, Director Related Services, Admissions

Wendy Smalls, Director Related Services, High School

Carmela Casas, Asst Principal, Elementary & Junior High School

Food Service Supervisor/Cook, Residence/High School

Wellness Policy Committee Responsibilities

Public Involvement

Martin De Porres Schools permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews.

Therefore, Martin De Porres Schools shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes.

The following methods of communication will be utilized to notify the public of the opportunity to participate in these processes:

- Each school in the Martin De Porres Schools, will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website <http://www.mdp.org> and through Martin De Porres School-wide communications. This will include a summary of the Martin De Porres School's events or activities related to wellness policy implementation.
- Annually, the Martin De Porres Schools also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Martin De Porres Schools shall conduct assessments of the Local Wellness Policy every three (3) years, beginning in 2025 and occurring every three (3) years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies

- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee will update the Local Wellness Policy as appropriate in order to fit the needs and goals of Martin De Porres Schools. Martin De Porres School shall make the following available to the public through its website:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Records

Martin De Porres Schools shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

Martin De Porres Schools recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Martin De Porres Schools is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- schools will operate a Universal "Free for All" School Breakfast & Lunch Program.
- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - whole fruit options offered in attractive, accessible settings;
 - sliced or cut fruit offered, especially for age-appropriate students;
 - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;

- student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
- placing white milk at the front of the coolers.
- will strive to implement the following Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans-fat.

Competitive Foods

Martin De Porres Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

Celebrations and Rewards

Foods provided but not sold (e.g., class parties, class snacks, rewards) are not required to meet the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

1. **Celebrations and parties.**

- Martin De Porres Schools are allowed to utilize food that do not meet the Smart Snack requirements.

2. **Rewards and incentives.**

- Martin De Porres Schools are allowed to utilize food that do not meet the Smart Snack requirements.
- Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

Fundraisers

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Martin De Porres Schools will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Nutrition Education

Martin De Porres Schools will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- + Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- + Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

- + Includes enjoyable, developmentally appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- + Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- + Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- + Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- + Teaches media literacy with an emphasis on food and beverage marketing; and
- + Includes nutrition education training for teachers and other staff.
- + In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).
- + All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets Healthy Schools Program Silver/Gold-level criteria).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Martin De Porres Schools will promote healthy food and beverage choices for all students throughout the school campus, as well as

encourage participation in school meal programs. This promotion will occur through at least:

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom Techniques](#)
- ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that Martin De Porres Schools may use are available [here](#).

Ensuring Quality Nutrition Education, Health Education and Physical Education

Martin De Porres Schools aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Essential Healthy Eating Topics in Health Education

Martin De Porres Schools will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- + Relationship between healthy eating and personal health and disease prevention
- + Food guidance from [MyPlate](#)
- + Reading and using FDA's nutrition fact labels
- + Eating a variety of foods every day
- + Balancing food intake and physical activity
- + Eating more fruits, vegetables and whole grain products
- + Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- + Choosing foods and beverages with little added sugars
- + Eating more calcium-rich foods
- + Preparing healthy meals and snacks
- + Risks of unhealthy weight control practices
- + Accepting body size differences
- + Food safety

- + Importance of water consumption
- + Importance of eating breakfast
- + Making healthy choices when eating at restaurants
- + Eating disorders
- + [The Dietary Guidelines for Americans](#)
- + Reducing sodium intake
- + Social influences on healthy eating, including media, family, peers and culture
- + How to find valid information or services related to nutrition and dietary behavior
- + How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- + Resisting peer pressure related to unhealthy dietary behavior
- + Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

Martin De Porres Schools is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Martin De Porres Schools strives to teach students how to make informed choices about nutrition, health and physical activity. It is Martin De Porres School's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;

- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however, Martin De Porres Schools will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Martin De Porres Schools;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Martin De Porres School's school nutrition services, athletics department, Parent-Teacher Association (PTA), and Parent-Teacher Organization (PTO) reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

Physical Activity

Martin De Porres Schools acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of Martin De Porres Schools that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of Martin De Porres School's physical education program shall include a variety of kinesthetic activities, and physical activities, as well as aesthetic movement forms, such as required by state standards and by the Individual Education Plan as written by the Committee on Special Education.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs. Martin De Porres School will ensure that:

- students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education;
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.