

FOXBOROUGH WELLNESS TEAM REPORT

JUNE 5, 2017

The Foxborough Schools' Wellness Committee, which meets four times annually, is responsible for developing goals for nutrition education, physical activity, nutrition promotion, and other school-based wellness activities. Federal law (Sec. 204 of Public Law 108-265) requires that all local education authorities participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006.

In addition, the committee is responsible for developing/updating policy language, implementing the policy, annually reviewing/measuring the progress of the policy and updating the public on the progress.

The current members of the committee include: Superintendent Debra Spinelli, Principal Michele McCarthy, Lead Nurse Linda Mealey, Food Service Director Janice Watt, Wellness Department Chair Janelle Erskine and Parent Michelle Gardner.

Attached is the assessment of the policy's progress. Information was gathered by members of the committee by inquiring with the most appropriate stakeholders.

We are pleased to report that the district's policy is strongly adhered to, and the committee does not recommend any policy changes at this time.

Based on the results of the assessment, the committee recommends the following goals for the 17-18 school year:

1. Nutrition information related to school meals will be made readily available on the food service website for parents to access.
2. Outreach materials about WIC, SNAP and other beneficial programs to families will be added to the food service website as a resource for parents.
3. Nurses to develop materials such as flyers, table tents, news articles about nutrition & wellness to share with teachers/faculty.
4. Committee to research the "recess before lunch" model to determine if it would be beneficial/feasible for the Foxborough Schools to implement in the future.

Respectfully submitted,

Janice Watt, Food Service Director

Linda Mealey, Lead Nurse

Co-Chairs, Foxborough Schools' Wellness Committee

FOXBOROUGH WELLNESS POLICY ASSESSMENT
2016-17 School Year

Nutrition & Wellness

1. Schools offer a comprehensive, standards-based health curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health at all levels

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS		X				
AMS		X				
BURRELL		X				
IGO		X				
TAYLOR		X				

Evidence: Curriculum

2. Schools provide instruction for students in nutrition that teaches the skills they need to develop and maintain healthy eating habits

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					

TAYLOR	X					
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Evidence: Health classes at FHS & Ahern; Elementary Schools have lessons incorporated into subjects.

3. The nutrition education program establishes the link between food and beverage intake and physical activity as key components to healthy weight management

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Curriculum

4. The district promotes healthy eating decisions such as: fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: All Schools: Lunch menus always include healthy eating snippets. Improved food service website and Facebook page promotes health in various locations. Posters and signage in cafeterias. "Friday-Try Day" in elementary schools to sample new healthy foods in spring. Framingham Nutrition interns presented "MyPlate" during elementary lunches and presented various nutrition lessons at FHS and Ahern classes during fall.

Ahern: Fruit and salad at lunch lines, well balanced meals, no sugary cakes or treats, following federal guidelines.

Burrell: lunch choices including salad bar, grade 3 nutrition detectives, newsletter articles, bulletin boards, taste testing, Y cooking class during BEAP

Igo & Taylor: Nutrition Detectives, bulletin boards

FHS: The Wellness Department continuously promotes healthy eating and physical activity habits through their curriculum. FHS has a salad bar, fresh fruit, smoothies, and "grab and go" salads available daily at all lunches, along with Orange Leaf frozen yogurt on Fridays. This is a huge improvement in recent years. We recommend that some items, such as kale, that have been popular with students and staff in the past, be featured as often as possible in the salad bar or on the menu.

5. The district offers healthy meals and snacks that promote good health and provide students with the appropriate daily nutrition that is consistent with the Dietary Guidelines for Americans

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: All meal nutritional standards adheres to the National School Program’s nutrient standards, which is based on the Dietary Guidelines for Americans. Snacks that are sold adhere to the Massachusetts Standards for A la Carte foods.

6. The district supports healthy lifestyles at home through parent education activities

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS			X			
BURRELL			X			
IGO			X			
TAYLOR			X			

Evidence: Menu, website, newsletters and social media.

7. The district provides professional development opportunities (such as nutrition education) for teachers

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS					X	
AMS					X	
BURRELL					X	
IGO					X	
TAYLOR					X	

Evidence:

8. The district provides professional development opportunities for support staff, such as Food Service

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: In addition to meeting or exceeding the annual required professional standards training requirements, many FS staff participate in School Nutrition Association's periodic chapter meetings throughout the year, where they attend various school nutrition related training after hours. All food service staff are members of the School Nutrition Association.

Guidelines for Foods and Beverages on School Campuses

9. All food (including vending machines, concessions, a la carte, school stores, school-sponsored fundraisers, and other venues under the control of the school department) made available during the school day comply with current *Dietary Guidelines for Americans* and the *Massachusetts A La Carte Food and Beverage to Promote a Healthier School Environment* by Action for Healthy Kids

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X a la carte, Vending, School Store			X FUNDRAISERS		
AMS	X a la carte, Vending, School Store			X FUNDRAISERS		
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Snack foods & beverages sold from the school nutrition department, vending and school stores comply with the Massachusetts Standards for Competitive Foods & Beverages. Fundraisers, which are not under food service oversight, sometimes sell candy.

10. The School Food Service Child Nutrition Program will comply with federal, state, and local requirements and will be accessible to all children.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Abides by the National School Lunch Program regulations. Program is audited every 3 years by Department of Education.

11. Foods made available during the school day will promote the consumption of nutrient dense foods and beverages (i.e. milk, meat/poultry, fresh fruits, vegetables and whole grains) on a daily basis.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: All grains (bread, rolls, rice, pasta, wraps, cookies, desserts) served in the meals program are whole grain. All schools have salad bars as a daily option, as well as a featured daily vegetable. There are multiple choices of fruit daily: fresh, whole fruit, fruit salads, canned fruit and cut fresh fruit. There are multiple low fat & non- fat milk options, including flavored options.

12. School menus will be analyzed using USDA approved software.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS			X			
BURRELL			X			
IGO			X			
TAYLOR			X			

Evidence: This year, we have developed cycle menus for all schools to be able to create the structure required to gather nutrition information, etc. Currently working on entering all nutrient information into our nutrient analysis software, as well as gathering labels. We have done this with the assistance of a culinary nutrition intern to do the fact- gathering for this time consuming project.

13. Nutrition information is available for all foods offered through the Child Nutrition Program.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS				X		
AMS				X		
BURRELL				X		
IGO				X		
TAYLOR				X		

Evidence: Currently, we do not have nutrition information publically available, but will have the data for the elementary school menus posted soon on district website. Specific information is provided at the request of parents.

14. Age appropriate daily requirements and portion size information is available in all programs.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Food service staff is trained on proper portion sizes, according the NSLP meal pattern requirements.

15. The school district provides information and outreach materials about other Federal Nutrition Standards programs such as Supplemental Nutrition Assistance (SNAP), and Women, Infants, and Children (WIC) to students and parents through the school/district website.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS				X		
AMS				X		
BURRELL				X		
IGO				X		
TAYLOR				X		

Evidence: Currently, the only benefit listed on the website is the meals application. The program does use the Department of Health & Human Services Virtual Gateway to identify students who are eligible for free meal benefits. Low income families do receive information about resources to obtain food during the summer months.

16. The school district encourages all students to participate in school meals program, i.e. the National School Lunch and School Breakfast programs where offered.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Changing the appearance of the menus, using social media to promote the program, and the implementation of the new program website has help to promote sales. In addition, Ahern School piloted a breakfast program this year. Promotion of this was via menus, emails, mailings, website and social media.

17. All foods made available on campus by the food services department adheres to food safety and security guidelines.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Most of the food service staff are trained in Servsafe food safe handling. In addition, many staff have been trained in allergen awareness, gluten free foods, special diets, choke safety, Epi-pen training and CPR.

18. Food safety issues related to food allergy are adhered to for all foods served in school.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: No peanuts or tree nuts offered in cafeteria. Allergen free tables at elementary & middle school. Gluten-free menus were introduced this year at the elementary schools and Ahern Middle School. All schools: Point of sale registers show allergen alert messages and student photos to cashier when the student comes through the lunch line.

19. Food services strives to offer only those snack items included on the Department of Education’s A List.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Ice cream in food store at high school was questioned, but found to adhere to state nutrition guidelines. Snack offerings at all schools are healthy; raisins, fresh fruit, sunflower seeds, and whole grain Goldfish crackers are examples. Snacks are whole grain with low sugar and salt content.

20. Birthday celebrations are “food free” throughout the district.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS		X				
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Elementary schools - As noted in the staff handbook, food items are not permitted for children’s birthdays. Classroom newsletters in September outline this policy

Ahern and High School – It is difficult to monitor what food products are being taken into the classroom.

Ahern: There are few birthday celebrations in middle school and never cake.

21. Classroom snacks and food provided for non-birthday related celebrations feature healthy choices.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS		X				
BURRELL	X					
IGO	X					
TAYLOR		X				

Evidence: Ahern and High School – it is difficult to monitor.

Some of the staff are resistant to change; they are used to bringing “treats” on different occasions, such as marshmallows and lollypops.

Igo & Burrell: Frequent meetings/communication with staff and room parents

22. Schools do not use food as rewards. Exceptions to this policy may only be made when behavior rewards or discipline are part of a student's Individualized Educational Program (IEP).

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Elementary: only when behavior rewards or discipline as part of the IEP.

Igo – Frequent communication with staff. We are exploring certain foods in relation to sensory needs (non IEP) with staff & parental consent
 High School: sometimes used as a treat during a heavy study time, review, time, etc. Candy rewards are sometimes used at FHS.

23. Non-school sponsored events including fundraisers and concessions held on school grounds and/or to benefit schools in the Foxboro school district include healthy choices and promote healthy living.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS		X				
AMS		X				
BURRELL		X				
IGO		X				
TAYLOR		X				

Evidence: candy bars are sold by students in classrooms as fundraisers at middle and high school levels.

24. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS			X			
BURRELL			X			
IGO			X			
TAYLOR			X			

Evidence: Soda sold in teacher's room; walk-to-school day encourages exercise; health info (re: nutrition, exercise and health) provided to staff by nurses. The nurses all try to model healthy eating and encourage physical activity to staff. Faculty have participated in physical fitness challenges, such as "Biggest Loser" and in student/faculty athletic events.

Physical Activity Opportunities and Physical Education

25. Students in grades K-10, including students with disabilities, special health-care needs, and in alternative settings, participate in physical education for the entire school year. (Note: Grades 11 & 12 participate in ½ year physical education)

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X*					
AMS	X*					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: *Few exceptions for FHS & AMS students with serious social/emotional or mental health needs.

25. Students in grades 11 and 12 are offered physical education electives

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS						X
BURRELL						X
IGO						X
TAYLOR						X

Evidence:

26. All physical education classes are taught by a certified physical education teacher.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence:

27. Students are receiving the following number of hours of organized physical education per year:

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS 71 hrs/yr	X					
AMS 34 hrs/yr	X					
BURR 33 hrs/yr	X					
IGO 33 hrs/yr	X					
TAYLOR 33 hrs/yr	X					

Evidence: Curriculum & schedules

28. The physical education program includes instruction of individual skills and fitness activities to encourage life-long physical activity

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Curriculum

29. Students spend over fifty percent of physical education class time participating in moderate to vigorous physical activity.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Curriculum

30. All students through grade six have 15-20 minutes of supervised recess daily

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS						X
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: Daily schedule

31. When possible, all of the students' recess time is spent outdoors.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS						X
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: daily schedule

32. All schools offer a range of extracurricular physical activity programs and activities that meet the needs of diverse learners, such as co-curricular clubs, interscholastic athletic programs and Intramural programs

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL			X			
IGO			X			
TAYLOR			X			

Evidence: Middle/High: many programs/clubs to choose from.

Elementary Schools: BOKS program, after school enrichment activities, running club, Before/after care activities

33. Schools do not use physical activity or the withholding of recess or other physical activity as a means of punishment or as a regular form of discipline (unless behavior rewards or discipline are part of a student’s Individualized Educational Program (IEP))

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: exceptions may be made on occasion to address when students need to sit out a portion of recess for behavior/safety issues.

34. School spaces and facilities are available to students, staff, and community members during and after the school day, on weekends and during school vacations offering physical activity and nutrition programs

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS		X				
AMS					X	
BURRELL					X	
IGO					X	
TAYLOR					X	

Evidence: Some staff utilize fitness facilities at FHS

Other School-Based Activities

35. The school district ensures adequate time for students to enjoy eating healthy foods in a collegial environment.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS	X					
AMS	X					
BURRELL	X					
IGO	X					
TAYLOR	X					

Evidence: lunch and/or snack on schedules

36. When possible, schools will schedule recess for elementary students before lunch so that children will come to lunch less distracted and ready to eat.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS						X
AMS		X				
BURRELL			X*			
IGO	X					
TAYLOR			X*			

Igo – Always

Evidence: 2nd year of recess before lunch Gr. 1-4; Kind lunch is at 10:50-11:20 so they have recess afterwards

Ahern – Frequently

Evidence: Grade 5 has lunch first, grade 6 has lunch after recess

Taylor – Occasionally

Half our classes have recess before lunch, others have recess directly following lunch. This is time schedule related

Burrell - Occasionally

Evidence: The majority of our recess times are scheduled after lunch unless they have a specialist after lunch. Instead, monitors continually remind students to eat and do things to encourage like opening up items that still haven't been touched.

*Wellness committee to research the benefits of recess before lunch as a goal for 2017-18 school year.

37. The district values the health and well-being of every staff member and plans, informs, implements activities and policies that support efforts by the staff to maintain a healthy lifestyle.

SCHOOL	ALWAYS	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	N/A
FHS			X			
AMS			X			
BURRELL			X			
IGO			X			
TAYLOR			X			

Evidence: Comprehensive town-wide employer health fair in fall; affordable, healthy lunches available for staff on a daily basis; food service website provides health tips.
