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Howard University Public Charter Middle School  
of Mathematics and Science

## LOCAL WELLNESS POLICY

Local Wellness Policy Background :

The law requires that the policy must, at a minimum, (1) include goals for nutrition education, physical activity, and other school-based activities that promote student wellness, (2) establish nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity, (3) provide assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture, (4) establish a plan for measuring the implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the schools meet the wellness policy; and (5) involve parents, students, and representatives of the school food authority, school board, school administrators, and the public, in the development of the school wellness policy.

Howard University Middle School of Mathematics and Science (Howard University Middle School), will use the above requirements as a baseline and expand the policy to cover additional student wellness areas. Howard University Middle School has adopted the Center for Disease Control and Prevention Coordinated School Health Program (CSHP). This eight-component model will address all wellness policy minimums. Howard University Middle School Wellness Policy goals are as follows:

GOAL 1:

To integrate physical activity and nutrition education.

GOAL 2:

To coordinate Howard University Middle School's Food Services with Local Wellness Policy to reinforce messages about healthy eating, and ensure that foods that are offered promote good nutrition and develop healthy, well-rounded habits within the school and community.

GOAL 3:

To support a healthy school environment by providing school staff with training and incentives that focus on physical activity and nutrition education in order to effect behavior change.

GOAL 4:

To involve Howard University Middle School family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating/physical activity at all Howard University Middle School.



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#### GOAL 5:

To regularly evaluate the effectiveness of the Howard University Middle School's Local Wellness Policy and modify program strategies as needed to create a healthy school environment.

The CSHP Model mentioned above will include the following interactive components to assist Howard University Middle School to meet all goals of the Local Wellness Policy.

- Health Education:  
A planned, sequential, curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics, such as: personal health, family healthy, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education.
- Physical Education:  
A planned, sequential curriculum that provides cognitive content and learning experiences in a variety of activity areas such as: physical fitness; intermural sports; track, cheer and martial arts. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional and social development, and can promote activities and sports that all students enjoy and can pursue throughout their lives.
- Nutrition Services:  
Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer resource for linkages with nutrition-related community services.
- Counseling and Psychological Services:  
Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students, but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.



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- Healthy School Environment:  
The physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.
- Health Promotion for Staff:  
Opportunities for school staff to improve their health status through activities such as health screenings, health education and health-related fitness challenges. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.
- Family/community Involvement:  
An integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

### **Vision/Statement of Responsibility**

The Howard University Middle School recognize that nutrition education, food served in schools, and physical activity each affect student wellness. It is important to recognize the connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Howard University Middle School also recognize that it is the school's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition. Howard University Middle School further recognize that the sharing and enjoyment of food and participation in physical activities are fundamental experiences for all District of Columbia residents, and are primary ways to nurture and celebrate our cultural diversity. These fundamental human experiences are vital forming intergenerational bonds, and strengthening communities.

### **Preamble**

Whereas, a healthy diet increases a student's ability to learn effectively and achieve high standards in school;



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Whereas, each day, students and their parents trust that the foods offered at school are nutritious and safe, and the Howard University Middle School is responsible for ensuring the safety of foods provided at school;

Whereas, nationally, obesity rates have tripled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, in the District of Columbia 14 percent of high school students are overweight and 17 percent are at risk for becoming overweight; Whereas, in the District of Columbia 79 percent of high school students eat fewer than five servings of fruits and vegetables per day;

Whereas, in the District of Columbia 56 percent of high school students do not participate in sufficient vigorous physical activity and 81 percent of high school students do not attend daily physical education classes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Howard University Middle School is committed to providing school environments that promote and protect student's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Howard University Middle School that:

- Howard University Middle School students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Howard University Middle School will ensure no student will go hungry during the school day.
- Howard University Middle School will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- Howard University Middle School will provide students access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the



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religious, ethnic, and cultural diversity of the student body in meal planning; and will provided clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in the Howard University Middle School will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Fruit and Vegetable Snack Program).
- Howard University Middle School will provide nutrition education and physical education to foster healthy eating habits and physical activity, and will establish links between health education and school meal programs, and with related community services.

### **Section 1:**

#### **To Ensure Quality Nutrition Education, Health Education, Physical Education, and Opportunities for Physical Activity**

Howard University Middle School 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.

#### **Nutrition and Health Education**

- Nutrition and health education are part of a sequential, comprehensive, standards-based program designed to meet the core curriculum of the District of Columbia, and provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education and health education lessons shall stress the importance of combining regular physical activity with sound nutrition as part of an overall healthy lifestyle.
- To maximize classroom time, nutrition and health education shall be integrated into the mentoring program and core academic curriculum at all grade levels.
- Nutrition and health education shall also focus on understanding the relationship between person behavior, individual health, and the environmental impact of food choices.
- To achieve stable, positive changes in students' health and eating behaviors, students will be allotted the following times for nutrition and health education:
  - Students will receive 20 hours per year of nutrition education;
  - All students 6-8 will receive 45 minutes per week of health education;

#### **Physical Education and Opportunities for Physical Activity**

The Howard University Middle School acknowledges the positive benefits of physical activity for student health and academic achievement. Recognizing that children should be physically active for at least 60 minutes daily, Howard University Middle School will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop students' physical, mental, emotional, and social well-being.



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The components of the Howard University Middle School physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as, aesthetic movement forms, such as cheerleading and martial arts.

Students shall be given opportunities for physical activity through a range of before- and/or afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Howard University Middle School will ensure that:

- Howard University Middle School promotes life-long physical activity among students;
- Physical and social environments encourage and enable safe and enjoyable physical activity;
- Physical education curricula and instruction shall emphasize health, food selection, and enjoyable participation in physical activity that helps students develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles;
- The amount of physical education students receive meets and/or exceeds the physical education requirements of the Healthy Schools Act:
  - Students in grades 6-8 will also receive 45 minutes per week of physical education;
  - All physical education classes shall devote at least 50% of class time to actual physical activity;
  - Suitably adapted physical activity shall be provided as part of the Individualized Education Plan (IEP) developed for students with disabilities;
  - The requiring or withholding of physical activity as punishment is prohibited;
  - Extracurricular physical activity programs shall meet the needs and interests of all students;
  - Parents and guardians are included in physical activity instruction and in extracurricular and community physical activity programs to encourage and support their children's participating in enjoyable physical activities; and
  - Regular evaluations include quarterly school physical activity instruction, programs, and facilities.

### **Local Wellness Policy Section 2:**

#### **Establishing Nutritional Guidelines for All Foods Served during the School Day**

A component of the educational mission of Howard University Middle School is teaching students to establish and maintain life-long healthy eating habits. This mission shall be accomplished, in part, through serving and selling healthy foods and beverages in schools. Howard University Middle School will ensure that:



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### Free and Reduced-Price Meals

- Students receive at least 20 minutes to eat after sitting down for breakfast, at least 30 minutes to eat after sitting down for lunch, and sufficient time for all students to pass through the food service line.

### Breakfast

- Operate a “Free for All” breakfast program; and
- We will, to the extent possible, operate a grab-and-go program with assistance from Food and Nutrition Services.

### Nutritional Quality of School Meals

- The nutritional quality of foods served will improve upon USDA standards through provision of nutritious, fresh, tasty, locally grown food that reflects community and cultural diversity;
- All foods served meet, at minimum, the following nutritional requirements of the USDA and District of Columbia Healthy Schools Act (HSA):
  - Saturated fat: Fewer than 10% of total calories;
  - Trans fat: Zero grams; and
  - Sodium:
    - Breakfast – less than 470mg for grades 6-8;
    - Lunch –less than 710mg for grades 6-8.
- All milk served through school meals is either low-fat (1%) or fat-free milk, or nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- Half of grains served are whole grains;

### D.C. Free Summer Meals Program

All Howard University Middle School’s students will receive their summer meals under the National School Lunch and Breakfast Programs just as they did during the regular school year.

### Foods and Beverages Sold Individually in Machines, A la Carte Lines, Fundraisers, and School Stores

All foods or beverages sold in other areas of the school environment (STAFF ONLY vending machines and fundraisers) meet the following requirements of the USDA’s Healthier US School Challenge program at the Gold Awards Level for competitive foods:

- Calories from total fat must be at or below 35% per serving, excluding nuts, seeds, nut butters, and reduced-fat cheese;
- Contain less than 0.5 grams trans-fat per serving (trans fat free);
- Calories from saturated fat must be below 10% per serving, excluding reduced-fat cheese;



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- Total sugar must be under or equal to 35% sugar by weight (including naturally occurring and added sugars), excludes fruits, vegetables, and milk;
- Sodium must be equal to or less than 480mg per non-entrée and equal to or less than 600mg per entrée; and
- Portion size/calories is not to exceed the serving size of the food served in the National School Lunch Program; for other items, the package or container is not to exceed 200 calories.

### Beverages

The following beverages are allowed:

- Water (unflavored, non-carbonated, caffeine free) without added caloric sweeteners;
- Fruit and vegetable juices that contain 100% juice and that do not contain additional caloric sweeteners; and
- Unflavored or flavored low-fat (1%) or fat-free fluid milk, or nutritionally equivalent non-dairy beverages (to be defined by the USDA).

The following beverages are **NOT ALLOWED**:

- Soft drinks, sports drinks, iced teas;
- Fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; and
- Beverages containing caffeine, excluding low-fat (1%) or fat-free chocolate milk (which contain trivial amounts of caffeine).

### Foods

Any food items sold individually will meet the nutritional requirements listed above. Additionally, the following will apply:

- Foods will contain no more than 230mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; no more than 480mg of sodium per serving for pastas, meats, and soups; and no more than 600mg of sodium for pizza, sandwiches, and main dishes; and
- A choice of at least two fruits and/or non-fried vegetables will be offered; items include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the sodium requirements above).

### Portion Sizes

Portions sizes for foods and beverages sold individually are limited to the following:

- One ounce for chips, crackers, popcorn, cereal, trail mix, seeds, dried fruit;
- One ounce for cookies;





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- 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;
- Six fluid ounces for beverages (100% juice and low-fat or fat-free milk), excluding water for elementary school students, and eight fluid ounces for beverages (100% juice and low-fat or fat-free milk), excluding water for middle and high school students.

### Third-Party Vendors

Howard University Middle School will not permit third-party vendors to sell foods or beverages of any kind to students on school property from 90 minutes before the school begins to 90 minutes after the school day ends.

### Rewards

Howard University Middle School 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, and will not withhold food or beverages, including food served through school meals, as punishment.

### Celebrations

All celebrations will be limited to no more than one per class per month. Snack items served at class parties will be consistent with the USDA's HUSSC Gold Award Level for competitive foods.

### Food Marketing in School

School-based marketing will be consistent with nutrition education and health promotion. As such, Howard University Middle School will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for school meals and 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 or fat-free dairy products is encouraged.

### **Section 3:**

#### **Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture.**

Howard University Middle School's Wellness Committee will review this policy and ensure that the standards in this policy are not less restrictive those set forth by the Secretary of Agriculture or state law.

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### **Improving Environmental Sustainability**

Howard University Middle School's Wellness Committee will seek to improve environmental sustainability of Howard University Middle School and engage in sustainable agriculture practices through:

- the use of environmentally friendly cleaning products; and
- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods;

### **Section 5:**

#### **Community Involvement**

Howard University Middle School established a Wellness Committee to update and implement changes the wellness policy. This committee includes parents, students, representatives from school faculty and administration, as well as, representatives from the community. Additionally, Howard University Middle School will disseminate the wellness policy to parents through posting it in the school office and on the school website.

### **Section 6:**

#### **Establishing a Plan for Measuring the Impact and Implementation of the Local Wellness Policy**

Howard University Middle School will utilize its School Wellness Committee for the development and monitoring of the wellness policy. This Committee shall also be responsible for evaluating the policy annually. OSSE will also monitor the status of the local wellness policy while conducting reviews and site visits to ensure that the activities at Howard University Middle School remain in compliance with its wellness policy.