

WELLNESS POLICY

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district Wellness Program.

Therefore, the school district will provide developmentally appropriate and sequential nutrition education, physical education as well as opportunities for physical activity. The Wellness Program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The school district will establish a Wellness Committee that consists of at least one of each of the following: parent, student, nurse, school food service representative, physical education/health teacher, school administrator and member of the public. The Committee may include other community members and school district staff as appropriate. The Superintendent shall designate members of the Wellness Committee, and the Superintendent shall appoint one or more individuals of the Committee to serve as Wellness Program Coordinator(s). Wellness Coordinators, in consultation with the Wellness Committee, will be in charge of implementation and evaluation of the school district's Wellness Program and ensuring communication to parents on the work and activities of the Committee. The Wellness Committee will meet at least twice a year.

Nutrition Guidelines and Food Services

The School Food Service Program, including nutrition education, shall operate in accordance with the National School Lunch Act and the Child Nutrition Act as amended as well as applicable federal and state laws and regulations. Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. The pricing of foods shall be designed to encourage students to purchase nutritious items.

The School Food Service Program typically shall offer breakfast and lunch each school day. Each school shall encourage all students to participate in these meals and ensure that families are aware of need-based programs for free and reduced-priced meals. The program will maintain confidentiality of those families applying.

Students shall receive nutrition education that teaches the skills they need to adopt to maintain healthy eating behaviors.

When foods are provided in the schools for celebrations and other purposes, it is recommended that these foods be nutritious.

Physical Education

The school district will develop a Physical Education Program aligned with standards established by the Massachusetts Department of Education and grade-level outcomes established by the school district. Physical education and physical activity shall be an essential element of each school's instructional program. The Physical Education Program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

Health Education and Life Skills

The school district will develop a Health Education Program aligned with standards established by the Massachusetts Department of Education and grade-level outcomes established by the school district. This program shall provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

Monitoring and Reporting to the School Committee

The Superintendent and Wellness Committee are responsible to ensure compliance with this policy and shall report on at least an annual basis to the School Committee on the implementation status of the policy.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,
 P.L. 108 -265
 The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
 The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

CROSS REFS.: EFC, Free and Reduced-Cost Food Services
 IHAMA, Teaching About Alcohol, Tobacco and Drugs
 KI, Public Solicitations/Advertising in District Facilities

Adopted: 10/16/06