

SCHOOL DISTRICT 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 wellness, nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based, when possible.

School Wellness Advisory Committee

The school district will establish a School Wellness Advisory Committee. The School Wellness Advisory Committee serves to recommend, review and help implement school district policies addressing wellness education, school nutrition, nutrition education, physical activity and related issues that affect student health and wellness. Committee members are appointed by the Superintendent of Schools. The School Wellness Advisory Committee will consist of at least: one (1) each: parent, student, nurse/health services, school food service representative, School Committee member, school administrator, member of the public, community youth agency member, physical and health education staff, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the School Wellness Advisory Committee. The school committee will designate the Wellness Program Coordinator(s). Only employees of the district who are members of the School Wellness Advisory Committee may serve as Wellness Program Coordinator(s). Wellness Program Coordinator(s), in consultation with the School Wellness Advisory Committee, will be in charge of implementation and evaluation of this policy to include: assessment, plan development, progress monitoring and an annual report.

Wellness Education

The school district will provide health and wellness education aligned with the standards established by the Massachusetts Department of Education. The School Wellness Advisory Committee will develop procedures that address wellness education in the schools. Topics such as bullying prevention, healthy relationships, substance abuse prevention, violence prevention, human sexuality, epidemic precautions, concussion/head injuries; youth risk behaviors, stress management and emotional health, universal precautions, medical emergency plans, food allergies, and responsible decision making fall under the auspices of the School Wellness Policy.

Nutrition Guidelines

It is the policy of the school district that all foods and beverages sold and made available on school grounds during the school day are consistent with the School Lunch Program and Massachusetts Regulation 105 CMR 225.000: Nutrition Standards for Competitive Foods and Beverages in Public Schools for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

The district will adhere to federal and state guidelines and procedures that address all foods available to students throughout the school day in the following manner:

- Guidelines for maximizing nutritional value, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment will be followed.

- Competitive foods a la carte and beverages provided in school cafeterias, school buildings and grounds including classrooms and hallways, school stores, school snack bars and vending machines will meet state requirements.
- Refreshments served at parties, celebrations, and meetings during the school day will meet state requirements.
- Guidelines for the provision of food will be based on nutrition goals, not profit motives.
- Water will be available to all students without charge (e.g. working water fountains).
- Standards apply from 30 minutes before until 30 minutes after the school day except for vending machines, to which standards apply at all times.
- Fresh fruit and non-fried vegetables must be for sale at any location where food is sold, except non-refrigerated vending machines and vending machines offering only beverages.
- The use of fryolaters in the preparation of competitive foods a la carte is prohibited.
- By August 1, 2013, nutrition information must be made available to students for non-prepackaged competitive foods a la carte and beverages served in the cafeteria.
- The guidelines established by the Department of Public Health (Massachusetts Competitive Foods and Beverage Nutrition Standards), and the Secretary of Agriculture (National School Lunch Program) will be available to school staff and parents.

Nutrition and Physical Education

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The school district will provide physical education training aligned with the standards established by the Department of Education. The Wellness Program Coordinators, in consultation with the School Wellness Advisory Committee, will develop procedures that address nutrition and physical education.

Nutrition Education and Promotion

- Students will receive developmentally appropriate nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Schools will link nutrition education activities with the coordinated school health program and promotion of healthy nutritional choices.
- Staff who provide nutrition education will have appropriate training.

Physical Education Activities

- Students will be given opportunities for physical activity during the school day through physical education classes and daily recess periods for elementary school students.
- Teachers at all levels will be encouraged to integrate physical activity into the academic curriculum and classroom activities where appropriate.
- Students will be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Other School-Based Activities

The Wellness Program Coordinators, in consultation with the School Wellness Advisory Committee, are charged with developing procedures addressing other school-based activities to promote wellness, including:

- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Student activities should not be scheduled during mealtimes unless students may eat during these activities
- Students will receive education in decision-making skills and encouragement to use these skills to make choices to practice habits or healthy eating, participation in physical activity and prevention of risky behaviors.

Evaluation

The School Wellness Advisory Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness Program Coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness Program Coordinators will report to the School Committee annually.

Adopted: by The Wayland School Committee April 20, 2006; Adopted as revised July 30, 2012

Revised: June 25, July 30, 2012; Revised April 27, 2015

Cross Refs: EFC, Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs
JICFB, Bullying Prevention
JJIF, Head Injury And Concussions In Extracurricular Athletic Activities Policy
JLDBG, Teen Dating Violence
KI, Public Solicitations/Advertising in District Facilities

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
Standards for School Wellness Advisory Committees, 105 CMR 215.000
Nutrition Standards for Competitive Foods and Beverages in Public Schools, 2012, 105 CMR 225.000