

SCHOOL DISTRICT WELLNESS PROGRAM

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 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.

Nutrition Guidelines

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with School Lunch and Breakfast Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture pursuant to law. The district will create procedures that address all foods available to students throughout the school day. Competitive foods and beverages are those sold or provided in school cafeterias, offered as a la carte items, in school stores, school snack bars, and vending machines. Standards apply to food and beverages sold or provided 30 minutes before the beginning or 30 minutes after the end of the school day. Vending machines must comply at all times.

1. In regards to all beverages on Wareham Public School grounds sold to students (served outside of the school meal) during the regular and extended school day our district's guidelines will align with the Alliance for School Beverage Guidelines. (The USDA's guidelines and standards as well as Massachusetts General Law Chapter 111, Section 223)
2. The extended school day includes before and after school activities like clubs, yearbook, band, student government, drama and childcare/latchkey programs. These School Beverage Guidelines do not apply to school-related events (such as interscholastic sporting events, school plays, and band concerts) where parents and other adults constitute a significant portion of the audience and are selling beverages as boosters.

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 U.S. Department of Education. The Superintendent or designee will monitor procedures that address nutrition and physical education.

Nutrition Education

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
- Students receive consistent nutrition information and messages from all aspects of the school food programs.
- District health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education and core curricula (e.g., math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program.

- The level of student participation in the school breakfast and school lunch programs is appropriate.
- Each school will develop programs that will enhance students' knowledge about nutrition that can be monitored and verified in a report to the district Wellness Committee annually.

Physical Education Activities

- Students will be given opportunities for physical activity during the school day through the integration of physical activity into the academic curriculum where appropriate or, through daily recess periods for elementary school students, and/or Physical Education for all students, elementary and secondary ages.
- Students are 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 work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools 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.
- Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
- Each school in the district will develop a program that all students can participate in, to assess their physical activity on an annual basis.
- The method to track active needs to be provided to the Wellness Committee by means of an annual report and its impact on wellness.

Other School-Based Activities

The school principals, in coordination with the Food Service District Manager, Cafeteria Managers and the health education teachers, are charged with developing procedures addressing other school-based activities to promote wellness.

- 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 nonstigmatizing manner.
- Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.
- There needs to be a collaboration of all the garden clubs, DECA and STEM, to utilize resources that will promote environmentally-friendly practices to grow and harvest plant based foods. The programs will enrich students' knowledge about food and where it comes from.
- Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

Evaluation

The Superintendent or designee, in coordination with school principals, 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. The Superintendent or designee and the Food Service District Manager, in coordination with school principals 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. The Superintendent will report to the School Committee annually.

Ref: Nutrition Standards in the National School Lunch and School Breakfast Programs, January 2012

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