

## **SCHOOL DISTRICT WELLNESS PROGRAM**

Federal Law (PL 108.265, Section 204) requires all schools to develop a local wellness policy and establish a plan for measuring the implementation of the policy. Children need access to healthful foods and educational content and experiences that promote wellness. Good health fosters student attendance and educational success. Obesity rates and chronic diseases continue to increase and challenge maximum academic performance. Participation in vigorous physical activity, quality physical education, nutrition education, and balanced food choices foster life long health habits leading to long healthy lives.

The purpose of this policy is to insure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes, and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students.

### **I. Nutrition Education, Physical Activity, Physical Education, and Wellness Promotion**

#### **A. Nutrition Education**

- Nutrition instruction will be taught at as a standards-based program designed to provide students with the knowledge and skills necessary to promote and protect health. (MGL Chapter 71, Section 1)
- Nutrition instruction will be developmentally appropriate and culturally relevant
- Nutrition instruction will contain Food Pyramid Guidelines, caloric balance, and media literacy.
- Health educators will collaborate with the food service staff to strengthen and expand instruction.

#### **B. Physical Activity**

- Opportunities for physical activity will be incorporated at the elementary and middle school levels, weather permitting.
- Physical activities programs, such as intramurals (K-8), before and after school programs, extra-curricular activities, and interscholastic sports are available before and after school hours for all levels, as funding permits.
- Physical activity during the school day will not be used as punishment (e.g., running laps, pushups).
- Physical activity shall not be restricted for disciplinary reasons unless related to a violation that occurred during the time that the physical activity took place and/or that said violation involves the safety of the student and or other students and staff.
- Middle School will strive to provide time for physical activity at the end of each lunch period.

#### **C. Physical Education**

- Physical education shall be taught as a required subject in grades K-12 for all students (MGL Chapter 71, Section 3).

- Physical education will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity will not be substituted for physical education class.
- Physical education should be taught to students during the school year to provide the maximum activity exposure and instructional continuity.
- Physical education instruction will incorporate *NASPE's Quality Physical Education Guidelines* including opportunity to learn, meaningful content, and appropriate instruction.
- The physical education program should match the Massachusetts Department of Education's Health Curriculum Framework and the National Standards for Physical Education (NASPE).

#### D. Wellness Promotion

- Instruction in health education shall be taught as a standards-based program and incorporate the Massachusetts Department of Education's Health Curriculum Framework standards (MGL Chapter 71, Section 1).
- The health education program should match the Massachusetts Department of Education's Health Curriculum Framework and the National Health Education Standards.
- The Wellness Policy will be available on the district's website & in school newsletters

## II. All Foods Available on School Campus (during the day)

### A. Beverages

"The Healthy Hunger Free Children's Act of 2010," signed into law on July 30, 2010, requires the Massachusetts Department of Public Health to establish standards for competitive foods and beverages sold or provided in public schools during the school day. The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long, healthy eating behaviors.

- All milk served will be pasteurized fluid milk, which will meet state and local standards for such milk. All milk will have vitamins A and D at levels specified by the Food and Drug Administration and is consistent with state and local standards for such milk.

The following standards will apply to all Elementary, Middle, Junior, and Senior High School students in the Agawam Public Schools:

- 100% fruit and vegetable juice: with no added sugar
- Milk: Low-fat (1% or less)
- Water: with no added sugars, sweeteners, or artificial sweeteners

### B. Other Foods

- Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products, and whole grain products will be available whenever food is sold or offered on the school campus during the school day in approved size packages.

- “A LA CARTE SNACKS” offered for sale to students during the school day will comply with the USDA regulations and will meet the *Massachusetts Action for Healthy Kids Guidelines and the Stalker Institutes A-List*.
- At all schools, the school lunch department will provide a variety of choices to students.

NOTE: The emphasis will be to increase the availability of appealing, nutritious foods.

Snacks may be brought from home for children’s own consumption. However, some classrooms may need to restrict some types of recess snacks due to specific allergies that classmates or staff may have such as peanut/tree nut allergies. Parents are encouraged to send healthy snacks that will provide the “fuel” for effective learning. Foods of high nutritional value will naturally have a significant amount of at least one of the following: calcium, vitamin C, Vitamin A, iron, or fiber.

- For any school-wide celebrations, only wrapped, store-bought foods, with ingredients listed on the labels may be sent in.
- High sugared items are not encouraged as a snack or reward.
- Staff members are expected to follow the same procedures for any food they bring in to share with their classes or allow other students to bring in and share.
- No fundraising involving the sale of food or drinks shall take place during the lunch period. Fundraisers that take place during the day involving food must comply with the Stalker Institute’s A-List and must be pre-wrapped and labeled.
- School stores may not sell food or drinks.

### **III. School Meals**

#### **A. Reimbursable School Meals**

The following standards will apply to all Elementary, Middle, Junior, and Senior High School students in the Agawam Public Schools:

- Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available whenever food is sold or offered on the school campus during the school day.
- A LA CARTE snacks offered for sale to students during the school day will comply with the USDA regulations and will meet the Massachusetts Action for Healthy Kids Guidelines and will be on the John C. Stalker Institute’s A-List.

NOTE: The emphasis will be to increase the availability of appealing, nutritious foods while minimizing the availability of high-caloric/low-nutrient counterparts.

- B. Menus will be prepared and foods will be served to incorporate variety, appeal, taste, and safety to ensure high-quality meals.
- C. Nutritional meal data shall be available **on the district website**.
- D. Meal times and scheduling
  - Lunch periods shall be scheduled as near the middle of the school day as possible.
- E. Environment
  - Facility design should be given priority in dining facility renovations and new construction. Creative, innovative construction should be applied to minimize noise

level within the eating area. The eating environment should be located such that there is convenient access to hand-washing facilities before meals **and potable water**. The food service area design should minimize the time students are waiting in line.

#### **IV. Measuring and Implementation**

- **Goal: On a rotating basis, each school will provide evidence of compliance regarding one of the five designated areas below beginning with Nutrition Education.**
  1. Nutrition Education
  2. Physical Activity
  3. Physical Education
  4. School Meals
  5. Wellness Promotion
- The Wellness Policy Committee will **provide a written** report to the School Committee **in June of each year.**
  1. **The report will contain evidence of each school's compliance regarding designated area for that year.**
  2. **Each school will include** progress made toward meeting **their yearly area goal** of the Local Wellness Policy
  3. A comparison **of their yearly area goal** to the model Local Wellness Policy

#### **V. Local Designation**

- The Superintendent or his/her designee will be charged with the operational responsibility for ensuring that the schools meet the local Wellness Policy.
- Each school's principal will be responsible for overseeing the implementation of the Wellness Policy.
- **On a yearly basis, each school principal will appoint a staff member and/or students who will be responsible for collecting evidence of that year's area of compliance.**
- The Wellness Committee will meet yearly to review the policy, make revisions and recommendations to the Policy Subcommittee of the School Committee.
- The Health Education Department **and Family Consumer Science Department may administer the Youth Risk Behavior Survey yearly to students at the secondary level.** This data will be used to modify and improve instructional content to meet the changing needs of the student body.

#### **VI. Public Notification**

- Any changes will be addressed at a Policy Subcommittee meeting and then sent to the School Committee for approval.

#### **VII. Local Wellness Committee – Stakeholder Involvement**

The school district will establish a Wellness Committee that consists of at least one (1) parent, student, nurse, school food service representative, school committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be member of the Wellness Committee. The School Committee designates the following individual(s) as Wellness Program Coordinator(s): Superintendent of Schools. Only employees of the district who are members of the Wellness Committee may serve as Wellness Program Coordinators.

Wellness Coordinators, in consultation with the Wellness Committee, will be in charge of implementation and evaluation of this policy.

The following individuals participated in the development of this Local Wellness Policy: Assistant Superintendent for Curriculum, Instruction, HR; Business Manager; Food Service Director; Physical Education teacher; School Committee member; School Nurse, Elementary Principal; Junior High School Assistant Principal; Health Education teacher; Family & Consumer Science teacher; AHS student; Parent; and Community Member.

References: MASC April 20, 2006  
Federal Register 13443, Vol. 78, No. 40  
Department of Agriculture Food & Nutrition Service  
Child Nutrition Programs  
Nondiscretionary Amendments Related to the Healthy, Hunger-Free Kids Act of 2010

Cross Refs: EFC, Free and Reduced-Cost Food Services  
IHAMA, Teaching About Alcohol, Tobacco, and Drugs  
KI, Public Solicitations/Advertising in District Facilities  
JLCCB, JLCCB-E, & JLCCB-R, Students with Life-Threatening Allergies

Legal Refs: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,  
P.L. 108 to 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  
M.G.L. Chapter 111, Section 223  
7CFR Parts 210, 215, 220, 225, 226, & 245

***Agawam School Committee 2016***

Approved by the School Committee on June 28, 2016 by a vote of 7 – 0.