

## **School Committee Policy**

Policy # 69

### **School District Wellness**

#### **Rationale**

The Medway Public Schools recognizes that there is a link between nutrition, education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The District also recognizes the important connection between a healthy diet and the student's ability to learn effectively and achieve high standards in school. The Medway Public Schools is committed to healthy schools for students, faculty and staff. It is our goal to promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and health education for lifelong nutrition, fitness and positive health habits. By promoting health and wellness for students and staff within the school community, healthy students will learn better and have better attendance. Healthy staff will have better attendance, work/teach better, and serve as a role model of good behavior for students.

#### **Health Advisory Committee**

The role of the Health Advisory Committee is to serve as a resource to the schools, parents and community. This committee will review policies and recommend changes as needed to enhance healthy behaviors and choices for the student population. The Health Advisory Committee will keep abreast of current health issues within the school population and recommend programming, health education curriculum changes and parental education as needed.

The Health Advisory Committee will present an annual report to the Superintendent and the School Committee. Content of this report will include agenda items for the previous year, identified health, emotional and social issues, programming, target audiences and any measurable results such as the Youth Risk Behavior Survey.

Membership on the committee should include the following:

- Faculty from all school levels
- School counselors and psychologists
- School nurses
- Community members
- Parent representation from all schools

- School committee member
- Food service director
- School and district administration

## **Nutrition**

Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. There will be consideration for religious, ethnic, and cultural diversity of the student body in meal planning. Meals will be provided to the students in a clean, safe, and pleasant setting and students will have adequate time to eat.

### **Meals served through the National School Lunch and Breakfast Programs will:**

- Be appealing and attractive.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat free milk
- Ensure that half of the grains are whole grains.
- Encourage students and parents through taste-tests of new entrees and surveys to identify new, healthful, and appealing food choices.
- Share information about the nutritional content of meals with parents and students. This information can be made available on menus, the school website, and on cafeteria menu boards.

### **Free and Reduced-priced meals**

The district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. The district will use an electronic identification and payment system.

### **Sharing of Foods and Beverages**

Students will be discouraged from sharing their food and beverages with other students during meal or snack times because of the many children with restricted diets and food allergies.

## **Fundraising Activities**

In order to support student health, school fundraising activities must involve foods that meet the nutrition and portion size standards for foods and beverages sold individually. Fundraising activities that promote physical activity will be promoted.

Portion sizes:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- 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
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water

## **Rewards**

Teachers will not use food or candy as a reward for academic performance or good behavior.

## **Celebrations**

Celebrations in the classroom that involve food during the school day should be limited to curriculum based activities. Parents are discouraged from sending to school snacks/treats to be shared by the entire classroom. For any celebration, only wrapped, store-bought foods with the ingredients listed on the label will be distributed. The school principal, in collaboration with the school nurse, may make an exception to this in order to approve curriculum based food activities. Alternate activities are strongly encouraged for celebrations.

## **Vending Machines**

No vending machines will be on during the school day except for the purchase of water.

## **Health Education and Life Skills**

Healthy living skills are taught as part of the instructional program.

- This is a sequential, standards-based program.
- The Health Education program should match the MA Health Curriculum Framework and the National Health Education Standards.

## **PHYSICAL EDUCATION**

Physical education will be taught as a required subject in all grades for all students. All physical education classes will be taught by a certified physical education teacher. The physical education program should match *the Massachusetts Health Curriculum Framework and the National Standards for Physical Education*.

- The program will stress fitness and encourage healthy life styles.
- Physical education is required for all students and adapted for students with physical limitations.
- Students participating in other activities involving physical activity cannot substitute this for physical education classes.
- The physical education classes should be of moderate intensity to provide a health benefit to students, recognizing that this will vary depending on the ability of the student.

## **HEALTHY and SAFE ENVIRONMENT**

The Medway School District will provide a safe environment for all before, during and after school.

- All buildings will meet health and safety standards and codes.
- The schools will be free of tobacco, alcohol, and drugs.
- The schools will have zero tolerance for violence and harassment.
- The district supports a culture where everyone is respected and accepted.

## **SOCIAL and EMOTIONAL HEALTH**

The district values the social and emotional well being of students, faculty, and staff.

- Provides a supportive environment that includes counseling, guidance, and social work
- Encourages students to develop skills to express thoughts and feelings responsibly
- Fosters an atmosphere where differences are respected
- Facilitates student participation in the Youth Risk Behavior Survey in order to collect data to be used for program review and revision
- Identified at risk students are referred to the appropriate resources

## **HEALTH SERVICES**

The school health program is based on a collaborative partnership between the faculty, staff, school administration, external health care providers, parents, and the community

The goal of the school health program is to complement and support the school's academic mission while promoting and improving students' health.

Each school is staffed by a Registered Nurse licensed through the Massachusetts Board of Registration for Nursing (BORN) and is certified by the Department of Elementary and Secondary Education (DESE).

- All students and staff have access to Health Services.
- Requirements for physical examinations and immunizations are enforced according to the Department of Public Health guidelines.
- Annual health screenings (vision, hearing, scoliosis, height, and weight) are conducted according to the guidelines established by the DPH.
- BMI screening is conducted on all students in grades 1, 4, 7, and 10.
- The school nurses are prepared to respond to any type of emergency that may occur at school including disaster, terrorism and pandemic outbreaks.
- There is a medical director for the school health program who is available to consult with the school nurses and the superintendent as needed.

### **FAMILY, SCHOOL and COMMUNITY PARTNERSHIP**

Partnership between the schools, families and the community is key for the promotion and enhancement of health and wellness.

- Family, student and community partners are included in the district's wellness planning process.
- Community partnerships should be developed and maintained as a resource.

### **STAFF WELLNESS**

The Medway Public School District values the health and well-being of every staff member. Personal efforts to maintain a healthy lifestyle are supported and encouraged.

- The health and safety of all staff is a priority for the district.
- The faculty and staff are encouraged to follow the same guidelines as students regarding celebrations at school.
- The district provides a work environment that is free from dangers and consistent with occupational safety laws.
- There is an Employee Assistance Program (EAP) available to all employees.

### **RECYCLING**

The Medway School District recognizes its responsibility to work towards waste reduction and recycling.

- All schools foster recycling.
- Food services model environmentally sound practices and involve students and staff in reducing waste.

## **MONITORING and POLICY REVIEW**

The superintendent will ensure compliance with established district-wide nutrition, physical activity, and wellness policies.

- The superintendent will assess all education curricula and materials pertaining to wellness to ensure compliance with the state and district goals and standards.
- In each school, the principal will ensure compliance with the wellness policies and report the school's compliance to the superintendent

## **EVALUATION**

Yearly evaluation is key in determining the effectiveness of the wellness program. At the conclusion of every school year, the Health Advisory Committee will compile a summary of activities, programs, and initiatives conducted throughout the year.

These will include:

- Results of the Youth Risk Behavior Survey
- BMI calculations for grades 1, 4, 7, and 10
- Number of students in the district with life threatening allergies
- Tobacco cessation programs offered

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