

# WELLNESS POLICY

## Overview Statement

**Demonstrating commitment to the full development of our students, the Nauset School District endorses the following Wellness Policy. This policy shall define the goals and means to further our students' understanding of the important role that good nutritional choices and physical activity will have on their lives. Central to this policy statement is the belief that success will be achieved from the combined efforts, encouragement and participation of teachers, administrators, staff and parents. We recognize wellness as a critical component to insure a student's academic performance.**

## I. Nutrition Education Goals

**The primary goal of nutrition education is to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.**

1. Nutrition education will be integrated across core content and specialized areas as appropriate.
2. Professional development activities for nutrition education will be made available to designated staff.
3. The school cafeteria serves as a learning opportunity to allow students to apply critical thinking skills taught in the classroom.
4. Nutrition education will include instruction related to awareness of media literacy as it relates to food advertising and its effects on health.
5. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
6. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
7. Students will be encouraged to start each day with a healthy breakfast.

## II. Physical Activity Goals

**The primary goal of physical activity is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.**

1. Physical activity will be integrated across curricula and throughout the school day.
2. Time allotted for physical activity will be consistent with research, national and state standards. Children should have several opportunities for physical activity throughout the day.
3. Provide a daily recess period, grades K-8. Recess should only be withdrawn as a consequence of student behavior that jeopardizes safety, and only after all other means of addressing the issue have been exhausted. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

4. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, not limited by athletic ability.
5. Information will be provided to families to help them incorporate physical activity into their children's lives.
6. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
7. Schools encourage families and community members to institute programs that support physical activity.

### III. Nutrition Guidelines for All Foods on Campus

**Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.**

1. All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
  - a. Vending machines
  - b. A la carte
  - c. Beverage contracts
  - d. Fundraisers
  - e. Concession stands
  - f. Student stores
  - g. School parties/celebrations
2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a wide variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
3. Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
4. Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
5. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
6. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
7. Classroom snacks feature healthy choices.
8. Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.

9. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
10. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

#### **IV. Eating Environment**

1. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
2. Lunch periods are scheduled as near the middle of the school day as possible. Elementary schools should consider scheduling recess before lunch.
3. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
4. Dining areas are attractive and have enough space for seating all students.
5. Drinking water is available for students at meals.
6. Food is not used as a punishment. Food rewards should be limited.

#### **V. Child Nutrition Operations**

1. The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
2. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and foodservice programs).
4. Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
5. All food service personnel shall have adequate pre-service training in food service operations.

## **VI. Other School Based Activities**

**Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.**

1. After-school programs will encourage physical activity and healthy habit formation.
2. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
3. Support for the health of all students is demonstrated by hosting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
4. Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activities in the school environment.

## **VII. Monitoring and Evaluation**

### **Monitoring**

1. The superintendent or designee will ensure compliance with the Nauset Public Schools' Wellness Policy. In each school, the principal or designee will ensure compliance with the Nauset Wellness Policy and will report on the school's compliance to the school district superintendent or designee.
2. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent, designee, or school principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
3. The superintendent or designee will develop a summary report every three years on district-wide compliance with the Nauset Wellness Policy based on input from the schools within the district. That report will be provided to the school committees, parent/teacher organizations, school principals, and school health services personnel/council in the district.

### **Policy Review**

1. Every three years each school in the district will conduct an assessment of the implementation of the standards in the Nauset Wellness Policy. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Approved at 1<sup>st</sup> Reading – June 8, 2006