

## **MIDDLEBOROUGH PUBLIC SCHOOLS**

As mandated by Section 204 of Public Law-June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004 and following recommendations by the Massachusetts Departments of Education and Public Health, the Middleborough Public School District has established the following policy.

### **General Policy Statement:**

The Middleborough Public Schools are committed to providing a school environment that promotes and protects children's health, well being, and ability to learn by supporting nutrition and physical activity education that promotes lifelong wellness. This correlates with our district mission "to prepare all students to excel in life". We also believe that a staff that engages in a healthy lifestyle supports our objective of a healthy school community.

The district believes that we will achieve success in this endeavor through the combined efforts of the school community, parents and the community at large.

- Communication with parents/guardians, staff, students and the community regarding policy goals and guidelines is essential to the success of our policy.
- The district will establish a School Health Advisory Council which will meet regularly to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.
- Physical activity education and goals for the school community will encourage activities that support an active, healthy community of learners. These activities will consist of both structured (K-12 Physical Education/curriculum frameworks) and co-curricular (recess, intramurals, sports teams, after school) activities.
- As the types of food and beverages made available to students influence lifelong eating habits, the district will continue to increase the availability of and sale of nutritious selections and discourage the sale and consumption of beverages and foods of low nutritional value during regular school hours.
- Nutrition education will aim to teach, encourage and support life-long healthy nutritional behaviors. Opportunities for staff in-service education to share best practices, which incorporate nutrition, physical activity and wellness across the curriculum, will be pursued.

The following Wellness Procedural Guideline is approved for implementation and monitoring by the Middleborough School Committee.

### **Policy Review and Revision:**

Review and revision of this policy shall occur by the School Health Advisory Council and the Superintendent of Schools or designee, as needed but no less than every two years.

## Wellness Policy Procedural Guidelines

### School Health Advisory Council

The School Health Advisory Council will serve as a resource to the school community in the implementation of school nutrition, physical activity and wellness policies and procedures. The council will consist of a group of individuals from the schools and community that is representative of school staff, educators, students, parents, health professionals and community members. They will plan to organize and subsequently meet regularly during the academic school year.

### Setting Nutrition Education Goals:

**The primary goal of nutrition education is to encourage students and staff to make lifelong healthy food choices.**

The Middleborough Public Schools will:

- Provide nutrition education for all students K-12 in accordance with the Massachusetts Health Curriculum Frameworks.
- Work to integrate physical activity and nutrition lessons into other subject areas.
- Work to develop collaboration among physical education/ health/consumer science teachers, health services staff and food service providers in developing on-going nutrition education and activities for students, staff and the community. These programs will address nutrition and physical activity as components of overall wellness.
- Send home nutrition information, post nutrition information and relevant web links on the school website, and promote healthy and acceptable food choices consistent with dietary guidelines and Action for Healthy Kids recommendations.
- Pursue professional development opportunities and events for all food service staff and teaching staff in the areas of physical education, nutrition and wellness.

### Setting Physical Activity Goals

**The primary goal of physical education is for all students to develop the skills and knowledge necessary to not only participate in specific physical activities, but to understand the short and long-term benefits of a physically active and healthy lifestyle.**

The Middleborough Public Schools will:

- Ensure that District policy for physical education is consistent with Massachusetts Curriculum Frameworks for Physical Education.
- Continue to provide students' opportunities for physical activity during the school day through P.E. classes, recess opportunities for elementary school students, and encourage incorporation of physical activity into the academic curriculum (short activity breaks between lessons/ classes when appropriate).
- Support curriculum/programs that include health-related physical fitness such as target heart rate, aerobic activity, injury prevention, and tobacco cessation and drug/alcohol prevention.

- Encourage all students to consult with their physical education teacher, parents/guardians, and primary care physician to establish individual personal fitness goals.
- Continue to provide students opportunities for additional physical activity through a range of before and after school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Ensure that all playgrounds/equipment/physical activity facilities meet safety standards and incorporate age appropriate physical fitness opportunities into new designs as equipment is replaced.
- Explore ways to further 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 activities.
- Allow the School Health Advisory Committee to explore development of activities for all staff that promote and encourage a healthy lifestyle.

### **Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

**Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. The goal of establishing nutrition standards is to ensure the availability of healthy food choices sold or served in the school setting.**

The Middleborough Public Schools will:

- Ensure that all **school meals** meet, as a minimum, the applicable requirements of federal and state standards and regulations (see attached regulations).
- Establish nutrient standards for all **foods** sold to students in our schools in accordance with federal and state guidelines.
- Encourage all children to have **breakfast** at home or participate in the school breakfast program in order to meet their nutritional needs and enhance their ability to learn. Creative ways to promote the importance of breakfast will be encouraged in each school (posters, contests, daily announcements, etc.).
- Encourage all staff to **model** healthy eating by offering healthier choices at school meetings and events, and to refrain from using food as rewards to students. A list of alternatives will be provided to all staff and its use encouraged.
- Ensure that the use of low nutritive foods as a teaching tool will not occur.
- Ensure that celebratory events (which include food) will meet acceptable guidelines for foods available during the school day as established by the District standards (a list of acceptable food items will be made available to all staff/parents/guardians). Classrooms will only schedule one food related celebratory event per month.
- Prohibit the sale of non-nutritional food items throughout the district during the school day.
- Encourage parents/guardians when sending **lunches/snacks** from home that they are based on healthy food pyramid guidelines through the dissemination of this information to parents/guardians. A healthy snack checklist will be sent home at the beginning of each school year.

### **Setting Goals For Other School-Based Activities Designed to Promote Student/Staff Wellness**

**The purpose of setting goals for other school based activities is to create an environment that provides consistent wellness messages, is conducive to healthy lifestyle choices, and supports social, mental and emotional well being in order to promote academic success.**

Middleboro Public Schools will:

- Encourage fundraisers that promote physical activity.
- Support children's health and school nutrition-education efforts by ensuring that school fundraising activities will not involve food.
- Enable the School Health Advisory Council to research and make available a list of acceptable fundraising activities.
- Allow the promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products while prohibiting the school-based marketing of brands that promote predominantly low-nutrition foods and beverages.
- Encourage parents, teachers, staff, administrators, students, and community members to serve as role models in practicing healthy nutrition and physical activity, both in school and at home.
- Develop and promote activities for school staff that encourage healthy eating, physical activity, and other elements of a healthy lifestyle.
- Encourage students and staff to balance work and recreation, and help them become aware of stressors that may interfere with healthy development and lifestyles. Resources will be available in the nurse's, guidance and counseling offices and through formal programs such as the Employee Assistance Program.
- Support an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- Work with staff, students, and the community in conjunction with local law enforcement agencies to maintain a school environment that is tobacco, alcohol and drug free.

### **Setting goals for Measurement and Evaluation**

**Implementation of the Wellness Policy Guidelines will commence upon approval of The Middleborough Public School District Wellness Policy by the Middleborough School Committee.**

Middleborough Public Schools will:

- Establish membership on the School Health Advisory Council, and set meeting dates for the 2006-2007 School Year immediately upon approval of the District's Wellness Policy.
- Enable the School Health Advisory Committee to convene on a regular schedule (to be decided upon) to develop, implement and evaluate the activities and goals set forth in the Middleborough Public Schools Wellness Policy.
- Enable the School Health Advisory Committee to offer revisions to the policy to the School District Administration and School Committee as needed but no less than every two years.
- Will convey clearly and consistently to all concerned (with the support of the School Health Advisory Council and The School Administration) that all activities involving food, nutrition, and/or physical activity must be consistent with the goals and guidelines set forth in this policy.
- Ensure that compliance with policy guidelines begins in September 2006 at the building level by the Principal and at the district level by the Superintendent of Schools and the School Health Advisory Council.