

ADF - WELLNESS 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 while still providing healthy choices. This correlates with our district mission "to foster a culture of excellence within every student, in every classroom, every day." 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 Health and Wellness Committee 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 on school grounds up to 30-minutes before the beginning of the school day until 30-minutes after the end of the school day.
- 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 Policy Procedural Directive is approved for implementation and monitoring by the Middleborough School Committee.

Wellness Policy Procedural Directive Guidelines

Health and Wellness Committee

The Health and Wellness Committee will serve as a resource to the school community in the implementation of school nutrition, physical activity, and wellness policies and procedures. The Committee 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:

- Adhere to the revised Nutrition Standards for Competitive Foods and Beverages in Public School regulations (105 CMR 225.000) effective August 1, 2012.
- 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.
- Provide the Middleborough School Committee a compiled body mass index (BMI) report showing by grade the number of students screened and the percentage of students in each category. BMI measurements are compiled annually for grades 1, 4, 7, and 10 and comparison charts will be presented annually in March to measure the effectiveness of this directive.

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 through P.E. classes, recess opportunities for elementary school students, extra-curricular activities at the secondary level, 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 concepts such as target heart rate, aerobic activity, injury prevention, emotional health and growth, and tobacco cessation and drug/alcohol prevention.
- Encourage all students to consult with their 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 current 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 MIAA to continue the 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 refrain from using food as rewards to students. A list of alternatives will be provided to all staff and its use encouraged.
- There will be no sharing of food at any time of the school day.
- Classroom parties for holidays and other special occasions will not include food items. Special events involving food items that align with curriculum standards may be allowed with prior approval from the principal in consultation with the Food Service Director and the School Nurse/School Nurse Leader. Parental notification may be required prior to these events at the principal's discretion. All foods provided during the school day must be in compliance with the Nutrition Standards for Competitive Foods and Beverages in Public Schools regulations (105 CMR 225.000).
- Schools will not use food or beverages as rewards for good behavior or academic achievement unless it is part of a student's Individual Educational Plan or directed by a Medical Professional.
- Courses offered at the High School level involving food will comply with DESE standards. The principal and school nurse will be consulted to provide a safe learning environment for students with life-threatening allergies or medical concerns.
- Prohibit the sale of low nutritional food items on school grounds up to 30-minutes before the beginning of the school day until 30-minutes after the end of the school day. This exemption shall not apply to competitive foods sold through vending machines, which shall comply with these standards at all times.
- Encourage parents/guardians to send lunches/snacks from home that are based on healthy food guidelines. This information will be available on the school website or in paper form if requested by a parent/guardian.
- Snacks for State required and/or Standardized testing may be provided by Middleborough Public Schools at the discretion of the building principal in collaboration with the Food Service Director.
- For the purpose of this Directive, "low nutritional food" is defined as any food not found on the current A-list developed by the John C. Stalker Institute at Framingham State University.

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.

Middleborough Public Schools will:

- Encourage fundraisers that promote physical activity.
- Enable the Health and Wellness Committee to research and make available a list of alternative fundraising activities while encouraging fundraisers that minimize the focus on food items.
- Allow the promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- 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 upon request.
- 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 revised Wellness Policy Procedural Directive will commence on July 1, 2015 upon approval of this directive by the Middleborough School Committee.

Middleborough Public Schools will:

- Establish membership on the Health and Wellness Committee and set meeting dates two to four times annually.
- Enable the Health and Wellness Committee to convene on a regular schedule to develop, implement, and evaluate the activities and goals set forth in the Middleborough Public Schools Wellness Policy.
- Enable the Health and Wellness Committee to offer revisions to the policy to the School District Administration and School Committee as needed.

- Will convey clearly and consistently to all concerned (with the support of the Health and Wellness Committee 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 is monitored at the building level by the Principal and at the district level by the Superintendent of Schools and the Health and Wellness Committee.
- Report annually in March to the Middleborough School Committee the effectiveness of this directive as previously outlined.

Policy Review and Revision:

Review and revision of this policy shall occur by the Health and Wellness Committee and the Middleborough School Committee.

References

- Nutrition Regulations 105 CMR 225.000
- Section 204 of Public Law – June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004
- A-list - John C. Stalker Institute at Framingham State University

Revised and Update - April 25, 2019