

First Reading: November 20, 2013  
Second Reading: December 18, 2013  
Third Reading: January 15, 2014

File: ADF

## **Health and Wellness Policy**

The Athol-Royalston Regional School District (ARRSD) is committed to providing a school environment that enhances learning and the development of lifelong wellness practices by promoting healthy eating, physical activity and supporting school health services and maintenance of healthy and safe facilities. The school district recognizes that good health fosters consistent attendance, increased attentiveness, and higher academic achievement. The school district believes schools have a responsibility to provide a safe and healthy learning environment for all students, and to help students develop the skills, knowledge, and attitude necessary to adopt and maintain a healthy lifestyle. We recognize that positive wellness practices extend beyond the school to family and community.

### **Health and Wellness Advisory Committee**

The ARRSD shall establish a Health and Wellness Advisory Committee, whose members may include school administrators, school nurses, food service director, food service staff, physical education teachers, health education teachers, parents of students in the district, and students.

The Health and Wellness Advisory Committee shall ensure the implementation and evaluation of this policy, as well as informing the school community of content and implementation.

The Health and Wellness Advisory Committee must:

- Put in place a plan to measure implementation of the Health and Wellness Policy
- Assess the implementation of the policy, including the extent to which schools are in compliance with the policy
- Measure the extent to which the policy compares to model policy.
- Describe the progress made in attaining goals

The district will delegate one or more school officials to ensure that each school complies with the Health and Wellness Policy.

### **Nutrition Promotion and Education**

The ARRSD shall promote sequential, interdisciplinary nutrition education, coordination, and cooperation across the school district to foster lifelong habits of healthy eating in each grade from Pre-K-12, based on the Massachusetts Curriculum Frameworks. Nutrition promotion that teaches the skills needed to adopt and maintain healthy eating behaviors will be available in consistent and healthy eating messages in the classroom and throughout the entire school from teachers, nurses, administrators, and food service staff.

Physical Education

ARRSD will provide physical education aligned to the standards established by The Massachusetts Department of Elementary and Secondary Education. The program will provide a variety of developmentally appropriate activities that are reflective of the state standards, benchmarks, and appropriate assessment. The physical education program's key components include:

- Structured K-12 physical education curriculum
- Physical education class frequency and duration shall meet all state mandated requirements
- Recess shall take place daily for grades K-4 and be approximately 20 minutes in length
- Extracurricular activities such as sports/clubs shall be encouraged
- Information and participation in before and after school and community programs shall be encouraged

### **School Breakfast and Lunch Programs**

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; accommodating religious, ethnic, and cultural diversity of the entire student body, taking into consideration specific food allergies, medical issues and food intolerances. A clean, safe and pleasant setting will be maintained, with adequate time for students to eat.

To the maximum extent possible, all schools in the ARRSD will participate and meet nutritional requirements established by local, state, and federal statutes and programs.

School personnel will make every effort to ensure that all students receive adequate nutrition during the school day. Schools should share information about nutritional content of meals with parents and students. This information could be accessed through the district website, school cafeteria memo boards, placards, and/or other points of purchase.

The ARRSD will promote farm to school connections and the purchase of locally grown fruits and vegetables as a priority whenever possible. Cafeterias will strive to model environmentally sound practices in order to educate students and staff about recycling waste, composting, and recycling.

### **Competitive Foods**

All competitive foods and beverages sold or provided in the ARRSD will be consistent with the standards set by the Commonwealth of Massachusetts.

Competitive foods and beverages are those provided in:

- School cafeteria a la carte items (sold separately from school meals)
- School stores, snack bars, vending machines and concession stands
- School booster sales, fund-raising activities and other school sponsored or school related events

- School buildings and any other location on school property, including classrooms and
- Hallways

The standards apply to items sold or provided from 30 minutes before the beginning of the school day until 30 minutes after the end of the school day. We encourage individual school organizations to follow the guidelines and recommendations set forth by this policy.

### **Food in the School/Classroom**

Teachers will be encouraged to request healthy alternatives for classroom parties.

Distribution of food items that meet the nutritional guidelines for consumption in the classroom is encouraged.

Students are discouraged from sharing food or beverages with one another during meal or snack time, given concerns about contagious diseases, allergies and other restrictions or some students' diets.

The school district will make available an approved list of ideas for acceptable fundraising activities. Schools will encourage fundraising that promotes physical activity.

### **School Health Services**

ARRSD shall provide school health services and qualified health care providers who will appraise, protect, and support the physical, social, and emotional well being of students, staff and families, to help build a healthy school environment.

### **School Health Environment**

ARRSD will provide safe, healthy, well-maintained surroundings that are tobacco, alcohol, and drug free and which foster a culture of caring, respect, and responsibility.

### **Goals:**

1. Promote sequential, interdisciplinary nutrition education to foster lifelong habits of healthy eating in each grade Pre-K-12.
2. Promote and allow access to a variety of affordable, nutritious, appealing, and fresh foods that meet the health and nutritional needs of students as outlined by local, state and federal Guidelines.
3. Encourage all food and beverages, made available during the regular school day on all school campuses, meet or exceed nutritional guidelines put forth by local, state and federal agencies.
4. Promote coordination and cooperation between all school and community entities that teach, provide, or encourage lifelong physical activity for students.
5. Provide opportunities, encouragement and support for all Pre-K-12 students to be physically

active on a regular basis, in order that each child may achieve and maintain a health-enhancing level of physical fitness consistent with the standards of the National Association for Sports and Physical Education (NASPE) and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

6. Encourage students, teachers, food services professionals, health professionals, parents, and other community members to develop, support, implement, and monitor school-based activities to promote wellness.