

DISTRICT WELLNESS POLICY

The Mendon Upton Regional School district is committed to providing a school environment that promotes and protects children's health, wellbeing and learning potential by supporting and teaching the importance of healthy eating, physical activity and social/emotional well being.

I. WELLNESS TEAM:

The Superintendent of Schools shall create a Wellness Team to implement, monitor, review and evaluate school nutrition and physical activity programs and practices and to make periodic recommendations to the School Committee on revisions to the Wellness Policy, or to policies that pertain to other important school health issues. The Wellness Team will develop a set of policy guidelines, oversee implementation of fitness and nutrition programs and periodically evaluate and revise the guidelines as needed. The Wellness Team shall also serve as a resource to individual schools within the system for implementing wellness programming. The Wellness Team shall consist of individuals from both the school system and the community. It shall include, but not be limited to, individuals from the following groups:

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| √ Parents of School Aged Children | √ Teachers |
| √ Students | √ School Health Professionals |
| √ Nutrition and School Food Service Professionals | √ Physical Activity and Education Providers |
| √ Members of the School Committee | √ Interested Members of the Public |
| √ School Administrators | |

II. NUTRITION STANDARDS:

The Child Nutrition Program shall comply with all federal, state and local requirements and is accessible to all students. Food Safety and Security Guidelines (HACCP) shall be adhered to for all foods served in schools.

It is suggested that "A List" from the John Stalker Institute is used as a guideline for all a la carte, snack, vending machines and school stores. Information about the John Stalker "A List" can be found on the following website: johnstalkerinstitute.org.

A. Celebrations

The use of non-food celebrations/recognitions for birthdays is encouraged. Schools should limit celebrations that involve food during the school year. The schools will distribute options for celebrations.

B. Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

III. INTEGRATED WELLNESS PROGRAMING:

The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity, emotional and physical well-being.

The District will support and promote proper dietary habits that contribute positively to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

The District will provide opportunities for students to engage in physical activity from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the Massachusetts Health Curriculum Framework and the National Standards for Physical Education (NASPE), as well as co-curricular activities, and recess.

The District will ensure that all students have access to the nurse's office for the assessment, monitoring, intervention, and evaluation of acute or chronic health issues and for health promotion.

The District will ensure all students will have access to the guidance counselors for assessment, monitoring, intervention, and evaluation of behavioral and psychosocial issues or concerns.

Responsibilities of the Wellness Team may include, but not be limited to:

- Implementation of district nutrition and physical activity standards
- Integration of nutrition education and physical activity in the overall curriculum
- Integration of nutrition and physical activity issues into professional development programming
- Pursuance of contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of minimal nutritional value
- Consistent healthful choices among all school venues that involve the sale of food

The Wellness Team will be responsible for preparing a report annually on any updates in wellness programming.

First Reading: October 20, 2014

Approval: November 3, 2014