

SCHOOL DISTRICT WELLNESS PROGRAM
(as amended and adopted by School Committee 8/23/12; amended 8/31/17)

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the Walpole Public Schools will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The Walpole Public Schools shall establish a Wellness Committee that consists of at least one (1): parent, student, nurse, school nutrition representative, School Committee member, school administrator, teacher, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the Wellness Committee. Only employees of the district who are members of the Wellness Committee may serve as wellness program coordinators. The Assistant Superintendent, in consultation with the Wellness Committee, will be in charge of implementation and evaluation of this policy.

Nutrition Guidelines

It is the policy of the Walpole Public Schools that school meals offered under the National School Lunch and School Breakfast Programs are consistent with the Healthy, Hunger-Free Kids Act of 2010. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

In addition to the School Breakfast and School Lunch programs, competitive foods and beverages sold or provided to students during the school day must comply with the Massachusetts School Nutrition Standards for Competitive Foods and Beverage Act (52:125) signed into law in Massachusetts on July 30, 2010 and the Smart Snacks in School nutrition standards 7 CFR 210.31(c)(3)(iii). School day is defined as the midnight before through 30 minutes after the end of the school day. Foods and beverages offered to students in vending machines must comply with the standards at all times.

The Walpole Public Schools' Wellness Committee will incorporate procedures that address all foods available to students throughout the extended school day in the following areas:

- guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage offered within the school environment based on the "Act Relative to School Nutrition" (July 2010);
- including foods and beverages in the following categories:
 - 1. foods and beverages included in a la carte sales in the school nutrition program on school campuses;

- 2. foods and beverages offered in vending machines, snack bars, school stores, and concession stands;
- 3. foods and beverages offered as part of school-sponsored fundraising activities; and
- 4. refreshments served at celebrations and meetings during the extended school day (30 minutes before and 30 minutes following the regular school day); and
- 5. any other foods or beverages included in extended school day activities.
- 6. encourage the sale of non-food items or activity drive events as part of the fundraising activities.
- 7. Prohibit the use of food items as a reward

Nutrition and Physical Education

The school district will provide nutrition education aligned with standards established by the USDA’s National School Lunch and School Breakfast Program. The school district will provide physical education training aligned with the standards established by the Department of Elementary and Secondary Education. The wellness program coordinators, in consultation with the Wellness Committee, will develop procedures that address nutrition and physical education and other school based activities that promote wellness.

Nutrition Education Goals

- Students participate in nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Parents and community members will receive nutrition information to support students’ healthy behaviors.
- Nutrition information is offered in the school cafeteria and on the School Nutrition web site as well as in the classroom, with coordination between the school nutrition staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- Parents will be informed about the policy and the procedures.
- District health education curriculum standards and procedures address both nutrition and physical education.
- Nutrition awareness is integrated into the health education or core curricula (e.g., math, science, language arts), as appropriate.
- Staff who provide nutrition education have nutrition training.

Physical Education Goals

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- PE programs will be taught by certified physical education teachers.

- Students are also given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals and interscholastic athletics, working toward the goal of sixty (60) minutes of physical activity per day.

Additional opportunities for physical activity are encouraged, whether within the school system, or through private or public facilities and/or organizations.

- Schools work with the community to create ways for students to walk or bike safely to and from school.
- Schools, in collaboration with the community, 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 events.
- Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
- Schools will limit exclusion of physical activity as a form of disciplinary action.

Other School-Based Goals

- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, compostable and non-disposable tableware have been considered and implemented where appropriate.
- Physical activities and/or nutrition services or programs designed to benefit staff and students' health have been considered and, to the extent practical, implemented.

Evaluation

The Wellness Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the federal, state and district's educational goals and standards. The Superintendent/designee shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and is charged with operational responsibility for ensuring that schools work toward achieving the goals of the district wellness policy.