

HOPKINTON SCHOOL COMMITTEE POLICY WELLNESS

Introduction

This policy complies with federal law, which requires all schools to develop a local wellness policy and establish a plan for measuring the implementation of the policy.

Children need access to healthful, safe foods and educational content and experiences that promote wellness in order to foster school attendance and educational success. Obesity rates, chronic diseases, allergies, and food intolerance challenge students' maximum academic performance. Participation in vigorous physical activity, quality physical education, nutrition education, and balanced food choices foster life long health habits leading to longer healthy lives.

The purpose of this policy is to:

A. Ensure that each student develops the tools and acquires knowledge necessary to make positive health decisions throughout life.

- The wellness curriculum will ensure that students develop and demonstrate health-related knowledge, attitudes and practices.
- Physical education and regular physical activity will contribute to the physical development of the individual through promotion and appreciation of physical fitness.

B. Ensure that food offered within a school day by the school district is safe and nutritious.

- Provide a variety of affordable, nutritious, and appealing foods through the food service program that meet the health and nutrition needs of the students, and information about the food content to parents.
- Develop clear, consistent guidelines for food offered during celebrations and educational activities. These guidelines will allow students with life-threatening food allergies or intolerances to safely participate, and will reflect what is taught in the wellness curriculum.

C. Respect individual family decisions regarding food choices for lunch.

1. Nutrition Education, Physical Activity, Physical Education and Wellness Promotion

A. Nutrition Education

- Nutrition curriculum will be taught at each grade level.
- Nutrition educators will collaborate, when possible, with the food service staff to strengthen and extend instruction.

B. Physical Activity

- Opportunities for physical activity will be incorporated daily at the elementary level.
- To promote physical activity, staff will limit the use of recess as a time for students to make up work or as a time to administer discipline.

C. Physical Education

- Physical Education will be taught as a required subject in grades one through twelve (1-12) for all students.
- Physical Education will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity will not be substituted for required physical education class.

The Physical Education curriculum will be aligned with the MA Health Curriculum Framework.

D. Wellness Promotion

- Students will receive nutrition education that teaches the skills that they need to adopt and maintain healthy eating behaviors.
- Students will receive instruction that contributes to physical development and an appreciation of physical fitness.
- A certified health teacher will teach Health Education.

2. School Meals

A. Reimbursable school meals must meet, at a minimum, the regulations of the Secretary of Agriculture.

B. Menus will be prepared and foods will be served to incorporate variety, appeal, taste and safety to ensure high quality meals.

C. School Food Services will publish nutritional data on meals on the school district website and at the point of sale in the Middle and High Schools.

D. Environment

- Food service areas are set to minimize the time that students wait in line.
- Dining areas are pleasant, clean and safe, providing enough space for all students to consume meals while comfortably seated.
- Each school will provide a separate, safe location for students with food allergies and intolerances to eat.

3. Other Food

All foods for sale or for distribution on the school campus during the school day will comply with *Massachusetts Ala Carte Food and Beverage Standards to Promote a Healthier School Environment* and this policy, the Superintendent or designee will regulate foods and beverages for sale on campus. Should the "Ala Carte" standards be replaced by a different set of standards that are recognized by the Massachusetts Department of Public Health, the Superintendent and staff will reference the replacement standards.

- Each school principal, with his/her staff, will annually review and distribute district administrative procedures and guidelines regarding snack food and beverages brought from home.

- B. Sales of food for immediate consumption will not occur during the school day, unless the school principal determines that the food complies with nutritional guidelines and is safe for students.
- C. Corporate sponsorship or partnerships, including vending machines, will comply with this policy.

4. Evaluation of the Wellness Policy

The district Wellness Committee will regularly review the policy and associated procedures and make recommendations to the Superintendent or designee for revision of policy and/or procedures. The Superintendent is the designated person charged with operational responsibility for ensuring that the schools implement this policy.

First Reading	November 19, 2009
Second Reading	December 3, 2009
Third Reading	December 17, 2009
Adopted	September 7, 2006,
Policy Amended	December 17, 2009
Legal References	Regulations of the Secretary of Agriculture The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265 The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 – 1789 Massachusetts a la Carte Food & Beverage Standards to Promote a Healthier School Environment
Policy Cross Reference	
Procedure Reference	JLA – R1 Guidelines for Snack Food and Beverages