

**Stoughton Public Schools  
Stoughton, Massachusetts**

**WELLNESS POLICY**

**June 2006**

It is the policy of the Stoughton Public School District to promote actions that create a healthy and safe environment for all students, faculty, staff and citizens. It is our goal to promote and protect our students' physical, emotional, and social well-being through a coordinated school health and wellness program. This includes providing a healthy environment, school nurse services, nutritious school meals, health and physical education, and opportunities for physical activity. It is the intent of this policy to enable students to become independent and self-directed learners by taking initiative to meet their own health, physical, and nutritional needs as developmentally appropriate.

All students in grades PreK-12 should have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages sold or served at school will meet the nutritional recommendations of the *U. S. Dietary Guidelines for Americans*. Our Food Service Department will provide clean, safe settings and adequate time for students to eat. Our goal is to provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

Furthermore, it is our expectation that specific actions and decisions will take into account the health needs and well-being of all children without discrimination or isolation of any child. It is the district's belief that education, along with open and informative communication, is vital for the creation of an environment with reduced risks for all students and their families. In order to assist children in assuming more individual responsibility for healthy decisions and maintaining their safety as they grow, it is the policy of the School Committee that the guidelines reflect student development as children advance from the primary grades through secondary school.

The Stoughton Public Schools Health Advisory / Wellness Committee will meet quarterly to review, monitor, evaluate, and update these goals on an ongoing basis. The Committee consists of school personnel and community volunteers.

I. Nutrition and Wellness

The Stoughton Public School District aims to teach, encourage, and support healthy eating by students. Our goal is to provide nutrition education at all levels throughout our district. We attempt to accomplish our goal by using the following strategies:

- Offer healthy meals and snacks that promote good health and provide students with the appropriate daily nutrition that is consistent with the Dietary Guidelines for Americans;
- Provide instruction for students in nutrition that teaches the skills they need to develop healthy eating habits;
- Encourage healthy snacks and foods in vending machines, school stores, and other venues under the control of the school department;

- Encourage “food-free” celebrations, rewards, and fundraisers in schools throughout the district;
- Offer a comprehensive, standards-based health curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health at all levels;
- Collaborate with classroom teachers and specialists to maintain a focus on teaching our students a healthy way of living and decision making;
- Offer a wide ranging, broad-based program that includes enjoyable, developmentally appropriate and culturally relevant participatory activities taught by either certified health educators, classroom teachers, or school nurses;
- Promote healthy eating decisions such as: fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Offer a secondary curriculum that emphasizes (among other topics) caloric balance between food intake and energy expenditure (physical activity/exercise), eating disorders, and long-term lifestyle decisions which will impact students’ health;
- Provide professional development for health educators and other school personnel in how to teach our students about healthy lifestyles that will stay with them once they leave the Stoughton Public Schools.
- *Please see specific goals for nutrition for the 2006-2007 school year (attached).*

## II. Physical Education and Activity

### A. *Integrating Physical Activity into the Classroom Setting*

Stoughton Public Schools offers Physical Education at all levels. Recess and activity time is offered as well in grades K-8. These offerings are in place to attempt to reach the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace the culture in place in the district that emphasizes regular physical activity as a personal behavior.

- Our health and physical education curricula were designed to complement each other, as well as reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on activities which do not promote healthy living, such as watching television or playing video games.
- Activity time is an opportunity for physical activity, which is incorporated into other subject areas in grades 6-8. Teachers at our middle school levels utilize activity time to emphasize the correlation between exercise focus, and success in classroom.
- Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes as appropriate.

### B. *PreK-12 Physical Education Program*

It is a goal of the Stoughton Public Schools that all students in grades K-12 including students with disabilities, special health care needs and in alternative education settings will receive regularly scheduled physical education. A certified physical education teacher will teach all physical education classes.

The K-12 physical education curriculum was developed during the 2003-2004 and 2004-2005 school years by the entire Stoughton Public Schools Physical Education Department. The curriculum design was put in place so that the curriculum could be updated and/or changed annually to best fit the needs of the students.

Currently, students in grades K-5 are receiving 50 minutes of organized physical education per week. Students in grades 6-8 are in physical education 150 minutes per week. Physical education is required for all 9<sup>th</sup> graders at Stoughton High School; however, it is offered to students in all grades. Physical education students at SHS are in class 150-200 minutes per week (depending on long block and rotating schedule). Participation on an interscholastic athletic team does not excuse students from physical education.

At all levels, systems are put into place that allow for maximum participation in physical education class. Students will spend well over fifty percent of physical education class time participating in moderate to vigorous physical activity. Also, at all levels, proper warm-up/stretching/cool down time is implemented to ensure healthy and safe exercise.

#### *C. Daily Recess*

All elementary school students at our five elementary schools have 15-20 minutes of supervised recess daily. Whenever possible, all of the students' recess time is spent outdoors.

#### *D. Physical Activity Opportunities*

Stoughton Public Schools takes pride in offering a wide range of extracurricular physical activity programs, such as co-curricular physical activity clubs or intramural programs. The O'Donnell Middle School offers open gym after school for students. Stoughton High School offers multiple interscholastic sports programs for both male and female students. At minimum one non-cut interscholastic athletic team is offered during each of the three athletic seasons. Any student who meets MIAA standards may participate in an after school physical activity program. Dance clubs and intramural programs are also offered.

#### *E. Physical Activity and Punishment*

Using physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess, physical education) as punishment for our students is discouraged by the Stoughton Public Schools administration.

#### *F. Use of School Facilities Outside of School Hours*

School spaces and facilities should be available to students, staff and community members before, during and after the school day, on weekends and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

III. Staff Education and Wellness

The Stoughton Public School District values the health and well-being of every staff member and will plan and implement activities and policies that support efforts by the staff to maintain a healthy lifestyle. The district will make every effort to promote a multifaceted plan to inform and educate staff, and to encourage staff health and wellness. The plan will encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. Communication

As a means of distributing wellness information to staff, students, and parents, a Health Services website will be created and maintained as part of the Stoughton Public Schools website.

**Stoughton Public Schools  
Food Services Department  
Nutrition Goals for 2006-2007**

The Food Services Department will work towards meeting the following goals before the end of the FY 2007 school year:

1. The elimination of all carbonated beverages to students through the food services department.
2. The Stoughton Public School will strive to offer only those snack items that are on the Department of Education's "A" list. Foods on this list are:
  - Chips, crackers, popcorn and similarly packaged items weighing not more than 1.25 oz.
  - Cookies, cereal bars and similarly packaged items weighing not more than 2oz.
  - Bakery items: i.e., muffins and pastries and similarly packaged items weighing not more than 3 oz.
  - Dairy: *yogurt*: not more than 8 oz.; *milk*: not more than 16 oz.; *ice cream*: not more than 3 oz.; *cheese*: not more than 2 oz.
  - Fresh fruits and vegetables: We will strive to meet USDA portions of ½ cup servings. However, we will work towards serving no more than 12 oz. daily.
3. All fried foods will be eliminated from the food court before the start of the FY 07 school year.
4. All snack items sold in our cafeterias will be BAKED goods only and have ZERO TRANS FATS. Items that do not meet these standards will be phased out and will no longer be offered during the school day.
5. All fruits, snacks and frozen deserts will fit into the nutritional guidelines for a fruit or vegetable exchange as a full exchange or at least half of an exchange. Items that do not meet these standards will not be offered during the school day.
6. The Stoughton Public School District will expand its daily menus to offer a greater selection of *non-meat* entrees, fresh fruits and vegetables. All entrée items and other protein sources will be no larger than the maximum requirement for age / grade groups under the USDA meal patterns.

All foods will be required to have a nutritional breakdown on the package. If it is not on the package, the nutritional information must be made available for all customers to view. The Stoughton Public Schools will create binders and have them at each cafeteria manager's office. The information in the package will be updated as needed from this point on.

These goals will continue to evolve, as new standards are implemented and nutritional guidelines change.