

## **ADF - Stoughton Public Schools WELLNESS POLICY**

It is the policy of the Stoughton Public Schools to promote actions that create a healthy and safe environment for all students, faculty, staff and citizens. It is our goal to develop and protect our students' physical, emotional, and social well-being through a coordinated school health and wellness program based on the premise that improved health optimizes student performance potential. 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 and staff to become independent and self-directed learners by taking the 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* and *MGL 105CMR225.000, Nutrition Standards for Competitive Foods and Beverages in Public Schools*.

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 and open and informative communication are 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.

### **I. Nutrition and Wellness**

Our goal is to teach, encourage, and support healthy eating by students and staff by using the following strategies and guidelines:

- Offer healthy meals that promote good health and provide students with the appropriate daily nutrition that is consistent with the *U.S.*

*Dietary Guidelines for Americans*

- Provide information for students that teaches the skills they need to develop healthy eating habits
- Ensure that healthy snacks and all competitive foods under the control of the school department are consistent with the standards set by the Commonwealth of Massachusetts. These standards shall apply to competitive foods and beverages sold or provided on school grounds 30 minutes before the beginning of the school day until 30 minutes after the end of the school day.

We would encourage individual school organizations to follow the guidelines and recommendations as set forth in this policy at all times.

- Competitive foods are defined as foods and beverages provided in:
  1. School cafeterias offered as a la carte items
  2. School buildings, including classrooms and hallways
  3. School stores
  4. School snack bars
  5. Vending machines
  6. Concession stands
  7. Booster sales
  8. Fundraising activities
  9. School-sponsored or school-related events
  10. Any other location on school property
- The Stoughton Public Schools shall, in accordance with applicable guidelines:

1. Make readily available plain, potable water to all students during the day at no cost to the students
2. Offer for sale, fresh fruit and non-fried vegetables at any location where food is sold. This does not include non-refrigerated vending machines and vending machines dispensing only beverages
3. Prohibit the use of Fryolators in the preparation of food at any time in any school building

- The Food Service Director will serve on the Wellness Committee and outreach to community resources.

### **THE SCHOOL BREAKFAST AND LUNCH PROGRAMS**

- The school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs
- Nutritional information will be made available to students for non-prepackaged competitive foods and beverages sold in the cafeteria
- Recess will be scheduled before lunch at the elementary level whenever possible.
- Students will have access to hand washing or hand sanitizing before meals.
- Adequate time to eat meals will be provided.

### **FOOD IN THE SCHOOLS AND CLASSROOMS**

- The use of all food items as part of a student incentive or reward program is not allowed.
- Distribution of food items (that do not meet the nutritional guidelines) for consumption in the classrooms is not allowed
- Parents/Guardians are encouraged to send healthy snacks for students Pre-K through grade 5.

- Snack is not allowed at the Middle and High School unless medically necessary.
- There will be no sharing of food at any time of the school day.
- Classroom parties for holidays and other special occasions will not include food items.
- Birthdays may be acknowledged with non-food items (i.e pencils, stickers, erasers, classroom book)
- Students at the secondary level are not allowed to bring in food or drink other than water to the classroom for consumption.
- All food related, fundraising projects for sale and consumption by students are not allowed during the school day.
- Booster organizations, PTO's and school councils operating concessions at school functions after the instructional day must offer, for sale, at least 2 healthy food choices to include fresh fruit and non fried vegetables.

## **II. Physical Education and Activity**

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

Stoughton Public Schools offers Physical Education at all levels. Recess and/or 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 embrace the culture in place in the district that emphasizes regular physical activity as a personal behavior.

Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes as appropriate.

### *B. Pre-K-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 physical education classes.

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. At all levels, proper warm-up/stretching/cool down time is implemented to ensure healthy and safe exercise.

#### *C. Daily Recess*

All elementary students in our five elementary schools will have 15-20 minutes of supervised recess daily. Whenever possible, all of the students' recess time will be spent outside. Physical Education teachers will be encouraged to review recess activities with all students at least twice each year.

#### *D. Physical Activity Opportunities*

Stoughton Public Schools will offer a wide range of extracurricular physical activity programs.

#### *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 to our students is discouraged by the Stoughton Public Schools administration.

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

School spaces and facilities availability is based on the Facility Use Policy.

### III. Staff Education and Wellness

The Stoughton Public School District 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 families, a Health Services website is available on the Stoughton Public School Website ([www, stoughtonschools. org](http://www.stoughtonschools.org)) and will be reviewed and updated as needed.

#### Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually.