

## **Wellness Policy**

### **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive:

Whereas, good health fosters student attendance and education:

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity:

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood:

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes:

Whereas, School districts around the country are facing significant fiscal and scheduling constraints:

And whereas, community participation is essential to the development and implementation of successful school wellness policies:

**Therefore it is the policy of the North Attleborough School District that:**

### **General Policy Statement**

The North Attleboro School District is committed to provide school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

The North Attleboro Public Schools recognize the important relationship between wellness and academic success, not only for students, but the entire school community. This policy is intended to outline the districts on-going commitment in support of wellness in the areas of nutrition, physical activity and other school-based activities that promote health and wellness. Responding to the Child Nutrition and WIC Reauthorization Act of 2004, (Section 204 of Public Law 108-265-June 30, 2004) and the recommendations by the Massachusetts Departments of Education and Public Health our efforts are focused using the following beliefs

A. Consistent with current federal and state nutrition regulations, the North Attleboro public schools will continue to increase the availability and sale of nutritious selections and discourage the sale and consumption of beverages and foods of low nutritional value during regular school hours.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning;
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs

B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. This will include the K-12 physical education curriculum, activities such as recess, movement, extracurricular activities and sports teams/clubs, which will be strongly encouraged. Community partnerships that assist the district to support an active, healthy community of learners will be encouraged.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. The North Attleboro Community Youth Coalition (NACYC) will continue to utilize linkages between health education and school meal programs and with related community services

C. Communication with parents/guardians, staff and students is essential. Our youth coalition will continue to seek opportunities to educate the school community on trends and information related to health and wellness. We encourage community partnerships that assist the NACYC in this effort.

E. Opportunities for staff in-service education to share best practices, which incorporate activity and wellness across the curriculum, will be offered.

Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community

F. The North Attleboro School Committee will review and approve the wellness policy for implementation and monitoring.

**To achieve these goals:** The North Attleboro Community Youth Coalition will work within the North Attleboro School district existing school health council to implement, monitor, review and as necessary revise school nutrition and physical activity policies. The council also will serve as a resource to school sites implementing those policies.

## **Nutrition**

**Nutrition education and food selections offered in the North Attleboro Public Schools aim to teach, encourage and support life-long healthy nutritional behaviors.**

### **1.0 Nutritional Quality of Foods and Beverages Sold and Served on Campus**

- 1.1 North Attleboro Schools will support current National School Lunch Program regulations, which require schools to meet the dietary Guidelines for Americans. These guidelines recommend that no more than 30 percent of an individual's calories come from fat and less than 10 per cent come from saturated fat. Regulations also establish a standard for school meals to provide one-third of the Recommended Daily Allowances of Protein, Vitamin A, Vitamin C, iron, calcium and calories.
- 1.2 The school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs. Menu planning shall continue to use the nutrient based weighted averages.
- 1.3 A La Carte offerings to students shall be nutritious and meet federal recommended guidelines. The Stalker A List will be used as the primary reference. All a la carte offerings from this list shall be selected with input from students, parents and staff.
- 1.4 Foods and beverages sold for/at fundraisers shall support healthy choices and provide age appropriate selections for elementary, middle and high school students. Schools will encourage fundraising activities that promote physical activity. A list of alternatives will be available.
- 1.5 Dining areas shall be attractive and have enough space for seating all students
- 1.6 Students should be provided adequate time to eat meals.
- 1.7 Rewards/Celebrations. Schools will limit the number of foods of minimal nutritional value served at celebrations to no more than one food and beverage. Information regarding nutritional value will be available to parents and teachers. Teachers will be encouraged to use non-food items as rewards. In keeping with the curriculum frameworks, specific educational activities-including exposure to cultural foods will not be impacted by this policy. However a balance of healthy choices for cultural events will be encouraged.
- 1.8 Notwithstanding (1.7), Birthday celebrations shall be non-food events.
- 1.9 At a minimum, one Food Services staff member in each building will successfully complete the Serve Safe food handler's course.

## **2.0 Nutrition education**

2.1 The health education department will implement nutrition education based on the Massachusetts curriculum frameworks for Health & Physical Education (1999) into its K-12 Curriculum.

2.2 Health Educators and other staff responsible for nutrition education will be adequately prepared to teach nutrition education and will participate in regular professional development.

## **3.0 Physical Fitness**

**Physical fitness in the North Attleboro Public Schools is a valued component of academic achievement. Physical education and physical activity are supported at all levels to the extent possible (e.g. staff, facilities) as described below:**

3.1 Physical Education: All physical education is taught by a certified physical education teacher.

3.2 All students in grades K-12 including students with disabilities, special health care needs and alternative educational settings will participate in physical education according to grade level.

3.3 The physical education curriculum is consistent with the Massachusetts state frameworks.

3.4 All elementary school students will have a total of 30 minutes (on average) minutes of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. When weather or mandatory tests requires students to be indoors, periodic breaks to allow for stretching, movement will be encouraged.

3.5 A range of physical activities are offered to meet the needs, interests and abilities of middle and high school students including students with disabilities and students with special health care needs. The district will assess and if necessary and to the extent possible make needed improvement to after school programs at the elementary students.

3.6 No form of physical exercise shall be used as a punishment. (This guideline does not apply to extracurricular sports teams.)

3.7 The school district, working with the local public works, public safety will assess an identify area that are safe routes to school. To the extent possible, improvements will be made to make it easier to walk or bike to school.

3.8 Information regarding activities held at the various schools by the schools, recreation department, the YMCA, will be communicated to families to encourage participation by all members of the community.

**4.0 The North Attleboro Public Schools provide programs that support physical, social and emotional health and well being of students and staff to build a healthy school environment by:**

4.1 Providing a supportive environment that includes nursing, guidance and/or counseling services that encourages students, families and staff to seek assistance as needed to linkage to school or community resources.

4.2 Providing students with skills via a variety of educational and extracurricular opportunities to express thoughts and feelings in a responsible manner and to give and receive support from others.

4.3 Encouraging students and staff to balance work and recreation, and helping them become aware of stressors, which may interfere with healthy development. Resources shall be available in the nurse's, guidance and counseling offices and through formal programs such as the Employee Assistance Program.

4.4 Collaborating with state, community and other health resources such as Sturdy Hospital, No. Attleboro Board of Health, MA DPH, to promote health and wellness for students, families, staff the school community.

4.5 Identifying opportunities to improve the health and wellness of students, staff and families utilizing computerized health office data frequency and type of encounters, results of mandated screenings (vision, hearing, postural, height and weight measurement/Body Mass Index) surveys, and other community health information.

**5.0 North Attleboro Public Schools strive to provide a safe environment that supports academic success by:**

5.1 Providing school buildings and grounds, buses and equipment that meet required health and safety standards (including environmental air quality) keeping them inviting, clean, safe and in good repair. The Superintendent from the Town of North Attleboro will request sufficient funding to support the school environment annually.

5.2 Creating an environment where students, parents/guardians and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.