

## WELLNESS POLICY: PROCEDURAL GUIDELINES

### General Policy Statement

It is the policy of the Douglas Public School District to promote actions that create a healthy and safe environment for all students, faculty, staff and citizens. The school district is committed to taking the necessary precautions that will enable all users of our schools to learn, teach, and visit in our schools.

It is our goal to promote the student's physical, emotional, and social well being through a coordinated school health program. This includes providing a healthy environment, school nurse services, nutritious school meals, health 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 and nutritional needs as developmentally appropriate.

Furthermore, it is our expectation that specific actions will take into account the health needs and well being of all children without discrimination or isolation of any child. It is the School Committee'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.

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program.

### Wellness Committee:

The committee shall include at a minimum representatives from a wide range of school health and health-related disciplines, including school nurses, counseling department, school nutrition and physical activity staff, community agencies serving youth, parents, students, and the school committee.

(a) Appointees to the maximum extent possible shall reflect the cultural, linguistic and ethnic composition of the community.

(b) To the extent feasible, appointees shall include representatives of local boards of health, school physicians and local health care providers, such as hospitals and primary care providers

### Committee Functions:

On an annual basis, the committee shall provide a report to the superintendent and School Committee regarding goals and objectives for the coming year and including:

An action plan;

- Recommendations regarding monitoring and evaluation of progress toward goals and objectives;
- Recommendations regarding developing community support for school wellness initiatives and coordinating school and community initiatives on physical activity and nutrition;
- An assessment of the accomplishments of the previous year and identification of work still needed in order to accomplish the previous year's goals and objectives; and
- A review of members and membership participation in the previous year, and as appropriate, a request to the superintendent for replacements.
- In setting goals and objectives, the committee shall consider:
  - Suggestions and recommendations from students, parents, teachers, school nurses, school administrators, nutrition and physical education staff and other interested parties;
  - Input from all schools potentially affected by the goals or objective to the maximum extent feasible;
  - General public health data; and
  - Information about current school and school district programs and practices that might have a bearing on student health.

#### Nutrition Promotion

- Students will be provided with healthy, nutritious, diverse meals, served in a sanitary dining environment and will include adequate time and space to eat school meals.
- Staff will be encouraged and promote healthy behaviors.
- Marketing on school property will encourage and promote healthy behaviors.

#### Nutrition Education

- Age-appropriate nutrition education will be provided to students from pre-K to Grade 12.
- Nutrition education will be aligned to the core curricula (i.e. math, science, language arts)
- Key activities at each grade level will be identified to highlight specific, targeted standards
- Appropriate professional development will be provided to staff.
- Additional opportunities for promoting health and wellness which are outside the curriculum will be supported.
- Nutrition education will be offered in the school cafeteria as well as in the classroom, with coordination between the nutrition services staff and other school personnel, including teachers.

#### Physical Activity/Education

- A quality physical education program will be provided for all students to learn about and participate in physical activity.

- Wellness education will be integrated into the curriculum. This will include opportunities for every student to understand the short and long term benefits of a physically active and healthy lifestyle.
- Students will be provided opportunities to develop the knowledge, skills and attitudes necessary to engage in physical activities and to participate in physical fitness classes.
- The denial of recess for disciplinary reasons will be strongly discouraged.
- Physical education will be aligned with the standards established by the Dept. of Elementary and Secondary Education.

### Emotional Well-Being

- The district will provide a comfortable, secure atmosphere for our students PreK-Grade 12 to develop a healthy mind, body, and spirit.
- The district will provide an atmosphere and resources that encourage students to seek assistance for emotional challenges that are impacting their health and well-being or the health and well-being of a friend or family member.
- Faculty, Staff, Guidance counselors, Adjustment counselors, Nurses will provide comprehensive services to promote emotional and social well-being in our schools.

### Other School-Based Activities to Promote Student Wellness

- Bake sales may be held outside of school hours for the purpose of raising funds for student clubs, teams, activities and other school-related needs. Organizers will be encouraged to recognize the importance of good nutrition and to offer healthy alternatives alongside the more traditional baked goods and/or non-food items.
- Concession stands may be operated outside of school hours at events open to the general public. Recognizing that extra-curricular activities also present an opportunity for educating our students, organizers will be encouraged to promote healthy food choices.
- Fundraisers holding merchandise sales outside the school day will be encouraged to offer items that promote wellness for students, families and the community, including non-food items.
- The Food Service Director will be available to provide information and recommendations regarding nutrition and healthy food choices.

### Guidelines for Other Food offered in School

- All foods sold or provided at student-only, school-sponsored activities will ensure a balance between optimal nutrition and student acceptance. Foods such as candy and soda, which are of minimal nutritional value (as defined by the USDA) may not be served at student-only, school-sponsored activities.

- Use of food in the classroom for infrequent celebrations or to supplement the curriculum is allowed. However, teachers are advised to ensure healthy food options are provided to students, to be aware of the health needs of their students including allergies, and to consult with the School Nurse on student allergies and get approval from the Principal prior to the event.
- Principals may develop specific written procedures for the use of food in their schools. However, those procedures must not conflict with this policy.
- Healthy food choices are encouraged at staff events.

#### Nutrition Guidelines for Reimbursable Meals and Competitive Foods

- Reimbursable meals are those served under the auspices of the National School Lunch Program. Those meals will adhere to USDA national guidelines.
- Competitive Foods are those foods served in addition to the National School Lunch Program and shall not include foods sold or provided as part of the School Breakfast Program, the School Lunch Program.
- Competitive Foods are defined as "foods and beverages sold or provided in:
  - School cafeterias offered as a la carte items
  - Vending Machines
  - School stores and snack bars
- Competitive foods must meet Department of Public Health (DPH) Standards.
- The DPH standards apply to competitive foods and beverages sold or provided to students beginning at midnight prior to the start of the school day until 30 minutes after the school day ends.
- Foods and beverages sold in vending machines must comply with DPH standards at all times.