

Weymouth Public Schools Health and Wellness Implementation Plan (Reference Weymouth Public Schools Wellness Program Policy ADF)

Mission Statement

The Weymouth School District promotes safe and healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district allows for collaboration with community resources by establishing a knowledge base and acceptable standards of conduct necessary to make successful life choices and positive habits for the betterment of students and the community.

Goals

Setting Physical Activity Goals:

The goal for a school's physical activity component is to ensure that every student develops the knowledge and skills for specific physical activities, maintains physical fitness, regularly participates in physical activity, and understands the short and long term benefits of a physically active and healthy lifestyle.

Objectives:

- ⌘ Increase in Physical Education classes for all students
- ⌘ Encourage the implementation of an individualized activity and fitness plan for all students
- ⌘ Increase participation in before and after school activities that focus on physical fitness
- ⌘ Identify and promote community resources for physical activity

Implementation

- ⌘ All Middle and High School students will participate in two school structured physical education classes in a six day cycle and the equivalent of one additional class through participation in a school or community program.
- ⌘ All primary students will be encouraged to engage with parents/families in physical fitness activities in addition to their school structured physical education classes
- ⌘ Encourage all students to consult with their P.E. teachers and parents to establish personal fitness plans and goals for each year.
- ⌘ Encourage students to keep a yearly fitness journal
- ⌘ Offer intramural and extracurricular physical activity programs that meet the needs of the diverse school population
- ⌘ Work with appropriate resources in the community to establish an online community bulletin board to identify fitness activities and programs available in Weymouth and surrounding communities.
- ⌘ Encourage collaboration with community organizations to promote annual health fairs.

Assessment

- ⌘ Review Physical Education course offerings as part of the Curriculum Review Cycle
- ⌘ Review the participation in before and after school activities annually
- ⌘ Review students' use of Community Resources annually

Setting Nutrition Education Goals:

The goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being” (ADA 1996), is to influence healthy eating behaviors of the school community.

Nutrition Education and Promotion

Weymouth Public School District aims to teach, encourage, and support healthy eating

Objectives

- ⌘ Develop strategies for the entire school community to receive consistent information to promote healthy food choices
- ⌘ Provide the school community with nutrition education curriculum and engage in nutrition promotion
- ⌘ Provide knowledge and skills necessary to promote and protect student health

Implementation

- ⌘ Provide a comprehensive learning environment for developing and practicing lifelong healthy eating behaviors
- ⌘ Nutrition education should be well integrated within a comprehensive school health program which uses a sequential, standards-based curriculum in Physical Education, Health, and Family and Consumer Sciences
- ⌘ Develop curriculum connections with school meal programs, other school foods, and nutrition-related community services
- ⌘ Provide professional training or ongoing professional development for teaching nutrition
- ⌘ Nutrition education will involve media literacy, sharing information with families and the broader community to positively impact the health of students and the community

Assessment

- ⌘ Annual audit of nutritional information provided to the school community
- ⌘ Annual audit of professional development offerings

Establishing Nutrition Standards for All foods Available on School Campus during the School Day:

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. The goal of establishing nutrition standards is to ensure the availability of healthy food choices sold or served in the schools.

Objectives

- ⌘ Continue to follow the USDA guidelines for breakfast and lunch programs provided by Food Services
- ⌘ Investigate the feasibility of expanding the school breakfast program
- ⌘ Provide healthy snack and a la carte alternatives
- ⌘ Ensure that all foods sold meet minimal nutritional standards
- ⌘ Encourage staff and parents to follow the District's nutrition standards

Implementation

⌘ **School Meals.**

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
 - be served in clean and pleasant settings;
 - meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - offer a variety of fruits and vegetables;
 - serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives.
 - Ensure that half of the served grains are whole grain.
- ⌘ **Breakfast.** Investigate the feasibility of expanding the school breakfast program. All children will be encouraged to have breakfast in order to meet their nutritional needs to enhance their ability to learn.
 - ⌘ **Free and Reduced-priced Meals.** Schools will make every effort to eliminate any stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals regardless of income. The school district will promote the availability of school meals to all students.
 - ⌘ **Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
 - ⌘ **Foods and Beverages Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.), during school hours will meet the nutrition standards established by the U.S.D.A. The W.H.S. Culinary Arts Program will be exempt from following the District's policy as necessary for program certification. **The Health and Safety Committee recognizes the importance of exposing students who are invested in this program to all aspects of Culinary Arts. The committee recommends that students be educated about the importance of making good food selections, and suggests putting calorie and nutrition information cards next to items for sale in the bakery.**
 - **Fundraising Activities.** To the extent possible, schools will encourage fundraising activities that promote physical activity. Fund raising events that support student health by using non-food items or activities will also be encouraged. In the event that a particular school chooses to have a fund-raising activity that involves food, the following criteria need to be met:
 1. No school based marketing of the food fund-raiser will be allowed during the school day unless it meets the attached nutrition standards.

2. All marketing materials for fund-raisers (i.e., flyers, order forms, etc...) will be distributed in homeroom or at the close of the school day.
 3. All non-compliant food products sold for fundraisers must be distributed at the end of the school day
 4. School activities that occur after regular school hours will conform to the following criteria:
 - A. Activities that involve only students will meet, whenever possible, the attached nutrition standards. Examples of these types of activities include school dances and movie nights.
 - B. Activities that are open to the public are exempt from this policy. Examples of these types of activities include athletic functions, band competitions, and open houses.
 5. Food sold for fundraising purposes during the school day shall be approved by the superintendent or designated authority to ensure compliance with the attached nutritional standards.
- **Snacks.** Snacks served during the school day or in before and after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water and low-fat milk as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, before and after-school program personnel, and parents.
 - **Celebrations.** Suggestions for celebrations include limiting the number of parties in one month, and encouraging parents to make healthy choices such as apple sauce or fruit skewers rather than cupcakes and candy to recognize children's birthdays. It is also suggested that, in lieu of classroom parties, each school consider hosting a monthly birthday breakfast, at which all children who have birthdays in that month would be recognized.
 - **Lunches/Snacks brought from home** should be based on healthy food pyramid guidelines. Parents will be encouraged to send foods that are healthy and nutritious.

Assessment:

- ⌘ Annual audit of all foods available on school campus during the school day

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness:

The goal of other school based activities is to create an environment that provides consistent wellness messages, is conducive to healthy lifestyle choices, and supports social, mental and emotional wellbeing in order to promote academic success.

Objectives

- ⌘ Provide prevention education and enforcement of school rules, regulations, and policies pursuant to tobacco, alcohol, drugs, harassment, safety, and other health topics
- ⌘ Provide healthy meal environment and enable students to have adequate meal time
- ⌘ Consider local wellness policy goals in planning all school-based activities
- ⌘ Discourage the denial of scheduled physical activity
- ⌘ Discourage the use of food as a reward or punishment

Implementation

- ⌘ Strengthen K-12 education programs related to the health ramifications around the use of tobacco, alcohol, and other drugs.
- ⌘ Expand the health curriculum to increase the number of course offerings in health and wellness.
- ⌘ Work with staff, students and the community in conjunction with local law enforcement to maintain a school environment that is free of tobacco, alcohol, and other drugs.
- ⌘ Provide staff training in appropriate safety and crisis procedures.
- ⌘ Provide a safe environment where staff and students feel supported around issues of harassment, personal rights, and personal safety.
- ⌘ Provide age appropriate programs and assemblies to raise awareness of cultural and individual differences within the school environment to promote positive interpersonal relations.
- ⌘ Encourage students and staff to balance work and recreation and help raise awareness of stressors which may interfere with healthy development.
- ⌘ Assess the current food serving system and streamline as necessary to ensure adequate meal time for all students.
- ⌘ Ensure the cleanliness of the dining environment and provide adequate space for all students to dine comfortably.
- ⌘ Disseminate relevant information to school faculty and staff regarding the Wellness Policy.
- ⌘ Disseminate relevant information to the community regarding the Wellness Policy through Parent Council and other community stakeholders.
- ⌘ Provide relevant Wellness Policy information to all student organizations for consideration in planning all activities.
- ⌘ School personnel will not use physical activity or withhold regularly scheduled opportunities for physical activity as punishment.
- ⌘ School personnel will make every effort not to use food or beverages as rewards for academic achievement or positive behavior.
- ⌘ School personnel will make every effort not to withhold food or beverages as punishment for lack of academic performance or inappropriate behavior.

Assessment:

- ⌘ Review educational programs and policies annually

Measurement and Evaluation:

The goal for measurement and evaluation is to ensure compliance with the established Wellness Policy. A Wellness Team will be established which will be responsible for monitoring, evaluating and revising the Wellness Policy for the Weymouth School District. The Wellness Team will meet to review policy compliance, assess progress and determine areas in need of revision.

Addendum: United States Department of Agriculture (U. S. D. A.) Dietary Standards

Red = changes