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WEYMOUTH PUBLIC SCHOOLS WELLNESS PROGRAM

The Weymouth School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee The school district has established a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. The school committee has designated the Assistant Superintendent as wellness program coordinator. The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

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.

Nutrition Guidelines Nutrition education, which is 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), will influence healthy eating within the school community.

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district has created procedures that address all foods available to students throughout the school day in the following areas: ☐ guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment; ☐ separate guidelines for foods and beverages in the following categories: 1. foods and beverages included in a la carte sales in the food service program on school campuses; 2. foods and beverages sold in vending machines, snack bars, school stores, and concession stands; 3. foods and beverages sold as part of school-sponsored

fundraising activities; and 4. refreshments served at parties, celebrations, and meetings during the school day; and 5. specify that its guidelines will be based on nutrition goals, not profit motives.

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Nutrition and Physical Education 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.

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The school district will provide physical education training aligned with the standards established by the Department of Education. The wellness program coordinator, in consultation with the wellness committee, has developed procedures that address nutrition and physical education.

Nutrition Education

☑ Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. ☑ Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers. ☑ Students receive consistent nutrition messages from all aspects of the school program. ☑ Health education curriculum standards and guidelines address both nutrition and physical education. ☑ Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). ☑ Schools link nutrition education activities with the coordinated school health program. ☑ Staff who provide nutrition education have appropriate training. ☑ The level of student participation in the school breakfast and school lunch programs is appropriate.

Physical Education Activities The Physical activity component will 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.

☐ Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. ☐ Students are given opportunities for physical activity through a range of before- and/or afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. ☐ Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school. ☐ Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

☐ Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

Other School-Based Activities The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness. Other school based activities will 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.

☐ An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. ☐ All children who participate in subsidized food programs are able to obtain food in a nonstigmatizing manner. ☐ Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate. ☐ Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

Evaluation Measurement and evaluation will 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.