

<i>Policy</i>	<i>Title</i> WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION	<i>Code</i> ADF
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HOLLISTON

Preamble

The goal of the Holliston Public School District’s Wellness Policy on Physical Activity and Nutrition is to enhance the students’ and school community’s awareness of the nutritional and physical activity components of wellness as a lifetime commitment.

I. School Wellness Council

The District will create a wellness council to draft, review, and as necessary, recommend revisions to the Wellness Policy on Physical Activity and Nutrition. The council will also serve as a resource to school sites. The council should consist of parents, students, representatives of the school lunch program, members of the School Committee, administrators, teachers, health care professionals, and members of the public.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

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 measured by utilizing a nutrient analysis program
- offer a variety of fruits and vegetables

Schools should consult students and parents in selecting foods sold through the school meal programs in order to identify new, healthy, appealing choices. This may be achieved through taste-tests, menu suggestions, wellness council meetings and surveys regarding the menu. In addition, the District should share nutritional information about school lunches with parents and students through menus, the District website or point-of-purchase materials.

Breakfast

Well nourished children perform better in the classroom. Through newsletter articles, take-home materials and the District website, schools will encourage parents to provide a healthy breakfast for their children. In addition, the District will explore the possibility of operating a school breakfast program.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma related to receiving free and reduced-price school meals and ensure the anonymity of eligible students.

Scheduling of Meals

Whenever possible, schools will:

- provide an adequate amount of time for students to eat within the parameters of the school schedule
- schedule recess at times during the school day that maximize wellness potential
- provide the opportunity for students to wash or sanitize hands before and after meals or snacks
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (i.e. orthodontia or high tooth decay risk)

Fundraising Activities

Fundraising activities cannot include the sale of food to students on school premises during the school day.

Snacks

Parents are responsible for providing snacks for their children (when applicable). If a staff member provides a snack for a child who does not have one that day, the snack should be on the John C. Stalker Institute of Food and Nutrition's "A-List". This is a list of snacks that fit within the parameters consistent with USDA dietary guidelines. Exceptions may be made for children with medical conditions and/or documented special needs.

Rewards

The Holliston School Committee discourages the use of foods or beverages as rewards.

Celebrations

The Holliston School Committee encourages the use of non-food activities (i.e. mystery reader, star of the day, etc.) and/or combining celebrations in order to limit the quantity of food coming into the classroom.

III. Nutrition Education and Physical Activity Promotion

The Holliston Public Schools will teach, encourage, and support healthy eating and physical activity. The District should provide age-appropriate nutrition education and promote physical activity that:

- is consistent with the Massachusetts Curriculum Frameworks
- encourages students to be active beyond physical education classes
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- encourages classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate
- includes training for teachers and other staff

Communication with Parents

The Holliston Public Schools will support parents' efforts to keep their children healthy by providing information on nutrition and providing opportunities for daily physical activity. The Wellness Council will serve as a resource to parents and may send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The District will make available the John C. Stalker Institute of Food and Nutrition's "A-List".

The District may provide information about physical education and other opportunities for school-based physical activities before, during, and after the school day. It will support parents' efforts to keep their children active by sharing information about physical education and gross motor activities.

Staff Wellness

The Holliston Public Schools highly values the health and well-being of every staff member. The District will support personal efforts made by staff to maintain a healthy lifestyle. The Wellness Council may serve as a resource to staff members who seek information on wellness.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12

All students in grades K-12 will receive physical education instruction in compliance with Department of Education Regulations.

Daily Recess

All elementary school students will have at least 20 minutes of supervised recess per day, whenever possible. When outdoors, schools should encourage physical activity through the provision of age appropriate playground equipment, open space and verbal cueing.

Physical Activity Opportunities Outside of the School Day

The Middle and High Schools will offer interscholastic sports programs when resources and interest permit. Whenever possible, programs will offer a range of activities that meet the needs, interests, and abilities of all students.

V. Monitoring and Policy Review

The Superintendent or designee will assess all education curricula and materials pertaining to wellness to ensure compliance with the State and District goals and standards. The Superintendent or designee shall be responsible for developing a plan which implements and evaluates this policy. A report will be presented to the School Committee annually.

First Reading:	October 5, 2006
Second Reading:	November 2, 2006
Third Reading:	November 16, 2006
Policy Adopted:	November 16, 2006
Policy Amended:	
Legal References:	
Policy Cross Reference:	
Procedure Reference:	