



Masconomet Regional School District
Serving Boxford, Middleton & Topsfield

Policy of the School Committee

ADF

WELLNESS PROGRAM

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

The District will establish a Wellness Committee that will be comprised of faculty, administration, school nurse(s), food service representative, school committee member, parent(s), student (s), and other members of the community, as appropriate. The Director of Guidance, Health Instruction, and Health Services will serve as the Wellness Program Coordinator, in partnership with the Middle and High School Health Coordinators and the Assistant Principal in charge of physical education, under the direction of the Superintendent. The Wellness Program Coordinator, in consultation with the Wellness Committee and under the direction of the Superintendent, will be in charge of implementation and evaluation of this policy.

It is the policy of the School Committee that foods and beverages made available on campus during the school day are consistent with the 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 will establish procedures to address what foods are to be made available to students throughout the day in the following areas:

- Guidelines for maximizing nutritional value by reducing fat and added sugars, increasing nutrition density, and moderating portion size;
- Guidelines for foods in the following categories: vending machines, snack bars, school store, concessions stands, fundraising activities, and parties/celebrations/meetings during the school day.

The District will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program at the middle and high school levels. The 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 and under the direction of the Superintendent, will develop procedures that address nutrition education and physical education.

With regard to nutrition education, the District will provide instruction that teaches skills to enable students to adopt and maintain healthy eating behaviors. Nutrition educators will collaborate with food service staff to strengthen and extend instruction. Nutrition education will be integrated not only into health education but also core curricula to the degree possible.

With regard to physical education, the District will provide opportunities for physical activity during the school day through physical education classes and the integration of physical activity into the academic curriculum where appropriate. Students will be given

opportunities for physical activity through a range of after-school programs including interscholastic athletics and physical activity clubs.

The District will provide a wellness program for faculty and staff that encourages healthy eating behaviors and physical activity so that they may serve as role models to students of enjoyable, lifelong healthy eating and physical activity. The District also will provide training for health and PE teachers, as well as other faculty and staff, as appropriate. In partnership with the School Health Advisory Council, the Tri-Town School Union, the Umbrella Organizations group, and the Tri-Town Council, programs for parents and guardians on health and wellness will be offered so that they may support the healthy eating habits and physical activity of their children.

The Wellness Program Coordinator, in consultation with the Wellness Committee and under the direction of the Superintendent, will develop procedures, as the need arises, for other school-based activities to promote wellness.

The Wellness Committee will assess educational curricula and materials pertaining to wellness for accuracy, completeness, balance, and consistency with the State and District's educational goals and standards. The Wellness Program Coordinator shall be responsible for implementation and evaluation of the District's wellness policy and is charged with the operational responsibility for ensuring that schools meet the goals of the wellness policy. The Wellness Program Coordinator will report annually to the School Committee.

The School Health Advisory Council (SHAC) is Masconomet's Wellness Committee.

LEGAL REFS: The Child Nutrition and WIC Reauthorization Act of 2004,
 Section 204, P.L. 108-265
 The Richard B. Russell National School Lunch Act,
 42 U.S.C. 1751-1769h
 The Child Nutrition Act of 1966, 42 U.S.C. 1771-1789

CROSS REFS: IHAMA, Teaching About Drugs, Alcohol, and Tobacco

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