

ADF School District Wellness Policy

SCHOOL DISTRICT WELLNESS POLICY

The 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 wellness, 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, when possible.

School Wellness Advisory Committee

The school district will establish a School Wellness Advisory Committee. The School Wellness Advisory Committee serves to recommend, review and help implement school district policies addressing wellness education, school nutrition, nutrition education, physical activity and related issues that affect student health and wellness. Committee members are appointed by the Superintendent of Schools. The School Wellness Advisory Committee will consist of at least: one (1) each: parent, student, nurse/health services, school food service representative, School Committee member, school administrator, member of the public, community youth agency member, physical and health education staff, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the School Wellness Advisory Committee. The school committee will designate the Wellness Program Coordinator(s). Only employees of the district who are members of the School Wellness Advisory Committee may serve as Wellness Program Coordinator(s). Wellness Program Coordinator(s), in consultation with the School Wellness Advisory Committee, will be in charge of implementation and evaluation of this policy to include: assessment, plan development, progress monitoring and an annual report.

Wellness Education

The school district will provide health and wellness education aligned with the standards established by the Massachusetts Department of Education. The School Wellness Advisory Committee will develop procedures that address wellness education in the schools. Topics such as bullying prevention, healthy relationships, substance abuse prevention, violence prevention, human sexuality, epidemic precautions, concussion/head injuries; youth risk behaviors, stress management and emotional health, universal precautions, medical emergency plans, food allergies, suicide prevention, distracted, impaired or drowsy driving, sleep hygiene, and responsible decision making fall under the auspices of the School Wellness Policy.

Nutrition Standards

It is the policy of the school district that all foods and beverages sold and made available on school grounds during the school day are consistent with the School Lunch Program and Massachusetts Regulation 105 CMR 225.000: Nutrition Standards for Competitive Foods and Beverages in Public Schools 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 adhere to federal and state guidelines and procedures that address all foods available to students throughout the school day in the following manner:

- Guidelines for maximizing nutritional value, increasing nutrition density and moderating portion size of each individual food or beverage sold within the vendschool environment will be followed.
 - Competitive foods a la carte and beverages provided in school cafeterias, school buildings and grounds including classrooms and hallways, school stores, school snack bars and vending machines will meet state requirements.
 - Refreshments served at parties, celebrations, and meetings during the school day will meet state requirements.
 - Guidelines for the provision of food will be based on nutrition goals, not profit motives.
 - Water will be available to all students without charge (e.g. working water fountains).
 - Fresh fruit and non-fried vegetables must be for sale at any location where food is sold, except non-refrigerated vending machines and vending machines offering only beverages.
 - The use of fryolaters in the preparation of competitive foods a la carte is prohibited.
 - By August 1, 2013, nutrition information must be made available to students for non-prepackaged competitive foods a la carte and beverages served in the cafeteria.
 - The guidelines established by the Department of Public Health (Massachusetts Competitive Foods and Beverage Nutrition Standards), and the Secretary of Agriculture (National School Lunch Program) will be available to school staff and parents.
- The district is in compliance with all federal and state nutrition standards for all food served in schools.

Guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014.

- All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines. Vending machines must meet the standards at all times.
- All foods and beverages sold must meet nutrition standards for fat, sugar, and calories. Only water, milk, and 100% juice may be sold.
- No competitive foods or beverages may be sold during the school day.
- All fundraisers held during the school day must meet Smart Snacks requirements. There are no exemptions. Food and beverages served to students in before/aftercare, will meet Smart Snacks standards. The complete Smart Snack standards can be found here: [INSERT LINK TO SMART SNACK STANDARDS](#)
- Schools will not use food or beverages as rewards for academic, classroom, or sports performances.

School Meals

- District has implemented plans to protect student privacy. All students, regardless of the type of payment they make for school meals, or a la carte, are given a code to enter at the cash register.
- Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
- Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
- The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.
- Students will have at least 20 minutes to eat lunch.
- All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

- School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

Nutrition Education

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. The District will integrate nutrition education so that it is a part of not only health education classes, but also classroom instruction in subjects such as math, science, and language arts. The Wellness Program Coordinators, in consultation with the School Wellness Advisory Committee, will develop procedures that address nutrition education.

Nutrition Education and Promotion

- Students will receive developmentally appropriate nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Schools will link nutrition education activities with the coordinated school health program and promotion of healthy nutritional choices.
- Staff who provide nutrition education will have appropriate training.
- Education programs will include enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens

Physical Education Activities

- With the release of the new PE and Health state frameworks being released and approved spring of 2024. The Wellness department will look to fill in the gaps of where they do not meet standards in 24/25 curriculum work.
- Wayland Public Schools will provide physical education that fosters lifelong habits of physical activity in all Wellness classes grades K-12.

- The Wayland Elementary PE classes will meet once a week for 30 minutes in kindergarten and 45 minutes in grades 1-5 all year long.
- The Middle school Wellness classes will meet three times on a six day cycle for a total of 52 minutes the entire year. At Wayland high school freshmen will meet four times on an 8 day cycle for a total of 56 minutes all year long. Sophomores will meet three times an eight day cycle for 56 minutes for an entire year. Both Juniors and seniors will meet twice a semester on an eight day cycle for 56 minutes.
- Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education in the state of Massachusetts.
- The school district shall provide all physical education teachers with annual professional development opportunities at least twice a year that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- Wayland Schools may not allow students to be exempt for required physical education class time or credit. The only exception is when a student has a note from a doctor stating they can not be physically active.
- Wayland Schools shall provide at least 20 minutes of active daily recess to all elementary school students. • All schools are required to schedule 20 minutes of recess daily for every class in the school master schedule.
- All schools will develop joint-use agreements with community partners with our recreation department in order to provide expanded physical activity opportunities for all students and community members
- Each school shall partner with local youth officer (Shane Bowles) and community-based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Safe Routes to School Program)
- Students will be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools will 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.

Other School-Based Activities

The Wellness Program Coordinators, in consultation with the School Wellness Advisory Committee, are charged with developing procedures addressing other school-based activities to promote wellness, including:

- 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 non-stigmatizing manner.
- Student activities should not be scheduled during mealtimes unless students may eat during these activities
- Students will receive education in decision-making skills and encouragement to use these skills to make choices to practice habits or healthy eating, participation in physical activity and prevention of risky behaviors.

Evaluation

The School Wellness Advisory Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness Program Coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness Program Coordinators will report to the School Committee annually.

Adopted: by The Wayland School Committee April 20, 2006; Adopted as revised July 30, 2012, April 27, 2015, February 13, 2018. Adopted as revised January 28, 2019

Cross Refs: [EFC, Free and Reduced-Cost Food Services](#)

[IHAMA, Teaching About Alcohol, Tobacco and Drugs](#)

[JICFB, Bullying Prevention](#)

[JJIF, Head Injury and Concussions In Extracurricular Athletic Activities Policy](#)

[JLDBG, Teen Dating Violence](#)

[KHA, Public Solicitations/Advertising in District Facilities](#)

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

Standards for School Wellness Advisory Committees, 105 CMR 215.000

Nutrition Standards for Competitive Foods and Beverages in Public Schools,
2012,

105 CMR 225.000

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