

School Wellness Wellness Procedures

Student Nutrition, Health Education, Physical Education & Activity

Mission Statement

The Westfield Public School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment in which children can learn and participate in positive dietary and lifestyle practices. Improved health optimizes student performance potential and ensures that all children will have the opportunity to perform at maximum capacity.

Goals

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. Support and promote proper dietary habits contributing to students' health status and academic performance.
3. Provide opportunities for students to engage in physical activity.

Student Nutrition

The Commonwealth of Massachusetts Department of Public Health (MADPH) Nutrition Standards for Competitive Foods and Beverages in Public Schools, 105 CMR 225.000, defines competitive foods as foods and beverages provided in:

- School Cafeterias i.e. a la carte items
- School buildings including classrooms and hallways
- School snack bars
- School stores
- Vending machines
- Booster sales
- Fundraising activities
- School-sponsored or school related events
- Any other location on school property

The regulations apply to competitive foods and beverages sold or provided to students up to 30 minutes after the regular school day with the exception that student-accessible vending machines must comply at all times.

School Breakfast & Lunch Programs

The School Food Service Program provider will follow the MADPH Nutrition Standards for Competitive Foods and Beverages in Public Schools, 105 CMR 225.00, when determining items for a la carte and competitive food sales. The Director of Food Services, or designee, will participate on the District Wellness Committee. When available, the School Food Service will participate in “Farm to School” programs and use local sources for produce to increase the offering and consumption of fresh fruits and vegetables.

Plain, potable water will be made available to students throughout the day free of charge. Milk must be 1% or fat-free and flavored milk must contain no more than 22 grams of total sugar per 8oz. serving. Juice must be 100% fruit or vegetable juice with no added sugar. All foods shall be trans-fat free. No food shall be prepared with the use of fryolators. Fresh fruit and non-fried vegetables shall be offered for sale at any location where food is sold, except in non-refrigerated vending machines or beverage-only vending machines.

Cafeteria Environment

Convenient access to hand washing or hand-sanitizing facilities before meals will be made available.

Fundraising

Schools are strongly encouraged to employ fundraisers that do not include food. Fundraisers cannot take place during scheduled school lunch periods.

Food as an Incentive

Since providing food based on performance or behavior connects food to mood and reward themselves by eating even when they are not hungry, teachers should use non-food incentives for students unless otherwise specified in an Individual Education Plan (IEP) or 504 plan.

Classroom Parties & Group Snack

Classroom and school parties and celebrations should emphasize fun activity and socialization rather than food. Any food provided as an extension of an educational environment shall be approved by the building principal and/or verified by the school nurse regarding allergies and/or parent/guardian. Per the District’s Implementation of Life Threatening Allergy Policy:

“The use of food for curriculum and instructional or special luncheons during the school day will be restricted upon approval by the principal. The use of food as a reward in any classroom will be eliminated, unless otherwise specified in an Individual Education Plan (IEP) or 504 plan. All schools will require that any parties and celebrations during the school day be food-free.”

Only 100% juice, milk or water may be served or sold at school and school-related events taking place during school hours. Any group snack provided during school should meet or exceed the MADPH Nutrition Standards for Competitive Food and Beverages in Public Schools, 105 CMR 225.00. This includes snacks provided by any school staff, the School Food Service Program provider, and any outside agency.

Health Education

Student Nutrition Education

The District has a comprehensive curriculum approach to nutrition in PreK-12 grade following the Massachusetts Comprehensive Health Curriculum Framework. The health benefits of good nutrition should be emphasized.

K-4

To the extent possible, all K-4 students will receive an average of 40 minutes per week of health education taught by a certified health teacher and following the Framework which includes, but is not limited to, nutrition.

Intermediate School (5/6) and Middle School (7/8)

To the extent possible, all 5/6 and 7/8 students will receive a minimum of $\frac{1}{4}$ health education per year which will include nutrition and taught by a certified health teacher following the Framework.

High School

All high school students will pass 0.5 credit of health education following the Framework which will include nutrition in order to graduate.

Physical Education & Physical Activity

Children and adolescents age 6-17 should engage in at least 60 minutes of physical activity each day. Regular physical activity helps improve overall health and fitness, maintain a healthy weight, and reduce the risk for many chronic diseases. Regular physical activity and physical fitness have a significant effect on students' ability to focus in school and academic achievement. The District shall provide physical activity and physical education opportunities, aligned with the Framework.

K-4

To the extent possible, all K-4 students will receive an average of 40 minutes per week of physical education taught by a certified physical education teacher, following the Framework.

Intermediate School (5/6) and Middle School (7/8)

To the extent possible, all 5/6 and 7/8 students will receive physical education taught by a certified physical education teacher following the Framework for a minimum of $\frac{1}{3}$ of a school year.

High School

In order to graduate, all high school students will pass 2 credits of physical education taught by a certified physical education teacher, following the Framework. Student involvement in other activities involving physical activity e.g. interscholastic sports may be substituted for meeting the physical education graduation requirement through the school's current selection process.

Standards & Requirements

All physical education classes will be aligned with the Framework. Schools are encouraged to provide movement activities to students during the school day.

Other Wellness Activities

Schools are encouraged to offer before and after school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.

Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.

Schools should encourage parents/guardians and community members to institute programs that support physical activity such as a "walk to school" program.

Schools should encourage after-school child care programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities.

All elementary school students are encouraged to have at least 15 minutes per day of supervised recess. The schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

District Physical Activity Goal

The District shall provide physical activity and physical education opportunities, aligned with the Massachusetts State Frameworks for Physical Education that provides students with the knowledge and skills to lead a physically active lifestyle.

Implementation Strategies:

1. Physical education classes and physical activity opportunities will be required for all students as outlined above.
2. Schools will be encouraged to offer daily before/after school activities in addition to the regularly scheduled physical education and activity time during the school day.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide

students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

- a. Expose children to a wide variety of physical activities
 - b. Teach physical skills to help maintain a lifetime of health and fitness
 - c. Encourage self-monitoring to children so they can see how active they are and set their own goals
 - d. Individualize intensity of activities
 - e. Focus feedback on the process of doing your best rather than on product
 - f. Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment at an early age to prepare them for future assessments.
 5. Encourage fitness and activity logging in elementary school while encouraging students to interpret their personal attainments and compare them to national physical activity recommendations.
 6. Beginning in middle school and through high school, teachers are encouraged to administer a health-related fitness assessment with students and use the results as a baseline in understanding their own level of fitness.
 7. Physical education classes shall be sequential with content to include movement, personal fitness, and personal and social responsibility. Students are encouraged to demonstrate competency through application of knowledge, skills, and practice.

Governance & Evaluation

Establish and maintain a district-wide Wellness/Health Advisory Committee with the purposes of:

- Developing guidance to implement this policy
- Monitoring the implementation of this policy
- Evaluating policy progress
- Serving as a resource to school sites
- Revising policy as necessary
- Meeting at least 4 times annually with Committee membership including, but not limited to:
 - District Food Service Director
 - Principal
 - School Nurse
 - Central Office Administrator
 - Athletic Director
 - Parent/Guardian
 - Student

Responsibilities of the Wellness/Health Advisory Committee may include but not be limited to the oversight of the following:

- Monitoring of District nutrition and physical activity standards including time requirements

- Integration of nutrition and physical activity in the overall curriculum
- Monitoring that staff professional development includes nutrition and physical activity issues
- Monitoring that students receive nutrition education and engage in physical activity
- Periodic review of contracts with vendors to ensure that they follow the Wellness Policy for provision of healthy foods
- Consistent healthful choices among all school venues that involve the sale of food
- Preparing an Annual Report to be submitted to the Superintendent and School Committee by June 15th of each year.

Updated: September 2019