

Implementation Guidelines

1. District Health Advisory Council

The school district has established a Health Advisory Council to review and as necessary, recommend revisions to the school administration and school committee for the district wellness policy. This council will serve as resource to school sites for implementing the policy. The Health Advisory Council will consist of a group of individuals representing the school and community, including parents, students, and representatives of the school food authority, members of the school committee, school administrators, teachers, health professionals, and members of the public.

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

Meals served through the National School Lunch Program and Breakfast Program will meet the standards set through federal and state guidelines. School will share information with parents and students about the nutritional value of foods upon request.

Schools will, to the extent possible, operate the School Breakfast Program so that students can take advantage of the program. They will publicize its availability to parents.

Schools will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-priced meals.

Schools will provide students with appropriate lunch times in which they can eat that do not conflict with school activities.

Schools will provide students with hand washing or sanitizing opportunities before eating meals or snacks.

Schools will take reasonable steps to accommodate tooth-brushing regimens of students with special oral health needs.

Qualified nutritional professionals will administer school meal programs. The school district will provide professional development opportunities for all nutrition professionals in schools.

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

3. Foods and Beverages Sold Individually

These are foods that are sold outside of reimbursable school meals, such as through vending machines, cafeteria a-la-carte (snack) lines, fundraisers, school stores, etc.

All schools will follow the Action For Healthy Kids Guidelines. These are available in detail on the website: www.actionforhealthykids.org.

All schools will follow guidelines consistent with the state regulations.

4. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition education is offered at Elementary, Middle School, and High School levels as part of the Massachusetts Health Education Frameworks implementation.

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

Opportunities for physical activity may be incorporated into other subject lessons.

The district will encourage parents' efforts to provide a healthy diet and physical activity for their children.

School-based marketing will be consistent with nutrition education and health promotion that is outlined in the state guidelines.

5. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regularly scheduled physical education classes. A certified physical education/wellness teacher will teach all physical education. Student involvement in interscholastic sports at the high school level may be substituted for meeting the physical education requirement for academic reasons only with the approval of the principal. Students in grades K-8 will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Games, which promote health and community building, will be stressed.

Physical Activity Opportunities Before and After School. The middle and high school will make every effort to offer extracurricular physical activity programs and intramural/interscholastic sports programs where appropriate. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. The district will make facilities available for community groups to rent to offer physical activity opportunities for students.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or unreasonably withhold opportunities for physical activity (e.g., recess, physical education) as punishment or as a corrective action.

Safe Routes to School. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district may explore the availability of federal "safe routes to school" funds, administered by the state department of

transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

6. Other School-Based Activities that Promote Student Wellness

The district will provide health and wellness education at the elementary, middle, and high school levels. The curriculum for this instruction will align with the Massachusetts Comprehensive Health Framework. An outline of the framework standards is as follows:

- Growth and Development
- Physical Activity and Fitness
- Nutrition
- Reproduction/Sexuality
- Mental Health
- Family Life
- Interpersonal Relationships
- Disease Prevention and Control
- Safety and Injury Prevention
- Tobacco, Alcohol, and Other Substance Use/Abuse
- Violence Prevention
- Consumer Health and Resource Management
- Ecological Health
- Community and Public Health

In addition to the implementation of the Massachusetts Curriculum Frameworks, the district implementing the following programs:

- Second Step, a violence prevention program in grades K-8.
- Victims, Aggressors, Bystanders, a bullying prevention program in Grades 8 and 9.
- Choose to Refuse, a drug prevention program in Grades 9 and 10.
- Operation Lifesaver, a train safety program in Grades K-8.
- Students Against Drunk Drivers, at the High School level.

7. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with the established district-wide wellness policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established wellness policy, based on input from schools within the district. That report will be provided to the school committee and also distributed to the Health Advisory Council, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, each school level (elementary, middle, and high school) will conduct a baseline assessment (Health School Index) of the school's existing nutrition and physical activity environments and policies. The results of those school level assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.