

DRAFT

Westwood Public Schools Wellness Policy

SCHOOL DISTRICT WELLNESS PROGRAM

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 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.

Wellness Committee

The school district will establish a wellness committee that consists of at least one (1): parent/guardian, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Nutrition Guidelines

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with 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 create procedures that address all foods available to students throughout the school day in the following areas:

- Guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment;
- Separate guidelines for foods and beverages in the following categories:

1. Foods and beverages included in a la carte sales in the food service program on school campuses;
 2. Foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
 3. Foods and beverages sold as part of school-sponsored fundraising activities; and
 4. Refreshments served at parties, celebrations, and meetings during the school day; and
 5. Specify that its guidelines will be based on nutrition goals, not profit motives.
-

Nutrition and Physical 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 in all grades. The school district will provide physical education training aligned with the standards established by the Dept. of Elementary and Secondary Education. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

Nutrition Education

~~The following list contains examples of goals your school district may want to consider for inclusion in its policy. Each school district must determine its own goals and include them in its policy.~~

- ~~Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.~~
- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- Division health education curriculum standards and guidelines address both nutrition and physical education.

- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
 - Schools link nutrition education activities with the coordinated school health program.
 - Staff who provide nutrition education have appropriate training.
 - The level of student participation in the school breakfast and school lunch programs is appropriate.
-

Physical Education Activities

~~The following list contains examples of goals your school district may want to consider for inclusion in its policy. Each school district must determine its own goals and include them in its policy.~~

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
 - Students are 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 work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
 - Schools 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.
 - Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
-

Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.

~~The following list contains examples of goals your school district may want to consider for inclusion in its policy. Each school district must determine its own goals and include them in its policy.~~

- 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.
 - Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.
 - Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.
-

Mental Health

- Students receive education about mental health, including developing habits to support mental health (sleep, social-emotional learning, physical fitness, etc.), and substance abuse and prevention
 - Mental Health supports, including parent and family resources, staffing (eg, Adjustment Counselors, social workers), special events (speaker series, fairs, etc.) and programming are available in schools to all students
 - Students and families are connected with clinical mental health supports when needed
 - The district will use screening and assessment tools to monitor student climate and mental health data and use these assessments to inform instruction and programmatic decisions
-

Digital Wellness

- Students receive education about digital wellness, including responsible use of technology, developing habits to support a healthy balance of device usage versus in-person engagement, and ensuring online safety
 - The district will monitor student climate data and use that data to inform decisions around approved device usage and other digital wellness measures
-

Social Emotional Learning

- Schools will create/maintain structures to support the delivery of social-emotional learning
- All students will experience explicit teaching in SEL skills and competencies
- SEL supports, including parent and family resources, special events (speaker series, fairs, etc.) and programming are available in schools to all students

Evaluation

The wellness 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. Additionally, Wellness program coordinators continually use local and national data to identify health and wellness concerns that impact students, and to make local decisions about how best to mitigate negative impacts on student learning and well-being.

Wellness program coordinators will report to the School Committee annually.