

# Wellness Policy for Auburn Public Schools

Wellness Guidelines in Support of Federal Law PL 108. 265 & PL 111. 296 Section 204

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program designed to promote healthy behaviors and decision-making, and encourage lifelong behaviors of balanced nutrition, exercise, and emotional and physical well-being. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Therefore, the school district will provide nutrition programs that meet USDA and MA nutrition

## Our Goal

Increase student and school. community awareness of the importance of healthy food choices and participation in daily physical activity, enabling students to make informed decisions with regard to their health and well-being.

## Our Mission

Committed to providing a healthful school environment where students have access to high-quality foods, nutrition, health and physical education and activity that promotes lifelong wellness.

## Wellness Committee

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in Federal Child Nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

The Auburn Public School System has established a district-wide wellness team to develop, implement and promote a wellness policy through school and community involvement. It will consist of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, teacher, 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. The Superintendent will offer consultation and provide input on implementation and evaluation of the policy to ensure compliance; will assess for integration in the district curriculum and alignment with core frameworks; and will ensure that the policy supports the district strategic plan. The Wellness Committee will meet at least quarterly to review initiatives & policy updates, and make recommendations to the School Committee for review and adoption of policy revisions. The Committee will plan for implementation and evaluation of this policy annually.

standards. Nutrition education will be provided in all schools. Physical education and physical activities will be promoted to support lifelong health benefits from movement. And, school

health education and nursing programs will enhance the overall health and well being of all students in Auburn Public Schools. All school-based activities will observe criteria contained within this policy and activities will be consistent with Auburn Public School System's Wellness Policy.

## 1. Nutrition Standards & Nutrition Programs

- All food and beverage sales on all school campuses must comply with current USDA Nutrition Standards and will utilize the most current nutrition standards for K-12. School meals follow the USDA regulations and reinforce guidelines that met lower fat, more whole grains, fruits and vegetables, and meet standards for nutrient analysis and menu plans.
- School meals should be a healthy and happy experience, with adequate time of at least 30 minutes for lunch time including at least 20 minutes of time seated to eat their lunch. This allows children to consume a nutritious lunch in a relaxed atmosphere. Schools will consider scheduling recess before lunch, to enhance nutrition intakes.
- Only food purchased from the school cafeteria or lunch from home is permitted in school cafeterias. All food and beverages sold outside the school meals programs shall contain nutrition label information to inform consumers of potential allergen exposure. Specific guidance related to this section of the policy will be made available at each school.
- Opportunities will be integrated to increase Farm to School initiatives, and **Smarter Lunchroom** techniques to increase student access to locally grown foods, and increase student awareness of healthy foods offered each day.
- Promotion of school based gardens is a priority to increase student knowledge of growing nutritious foods.
- All food and beverages sold outside the school nutrition program should contain nutrition and ingredient information.
- Progressive efforts to improve student health will also recommend the addition of healthier options in school vending machines and school stores are required.
- All elementary schools will consider a schedule of recess before lunch. All schools will eliminate the sale of carbonated beverages per USDA Smart Snacks and MA Competitive Foods in Schools legislation. Any food offered at school must also comply with the SMART SNACKS Competitive Foods and MA Competitive Foods Bill of 2012.
- All food sold or made available to students must meet federal and state regulations. School staff will not utilize food and/or beverages as a reward or punishment for students, unless a specific provision is included in a student I.E.P.
- Organizations are encouraged to offer non-food for fundraisers.
- School cafeterias must be maintained in a healthful manner, with adequate ventilation, lighting and seating.
- Classroom celebrations should include a variety of healthy choices and will be limited per the approval of each school Principal.

## II. Nutrition Education

- Integration into Curriculum will be implemented through introduction of nutrition topics into subject areas such as Math, Science, English Language arts, Fine arts, Social studies, physical education, to educate and foster knowledge needed for lifelong health.
- Nutrition education is provided in cafeterias, and district websites, and comprehensively through school nursing departments. The goal is to foster healthy weight, fitness, and the prevention of chronic diseases.
- Collaboration between the school nutrition program and academic programs with encourage activities and utilize resources in each school to promote healthy eating programs.
- All food and beverages made available on school grounds during the school day will be consistent with current USDA nutrition standards and MA Competitive food law. Emphasis will

be to promote and provide high quality, nutrient dense foods. They will adhere to all food safety, local board of health and food security guidelines.

- Professional development will be provided to school nutrition staff to enhance their basic knowledge of nutrition combined with the skills training to promote healthy food preparation and guidance to share with students in order to promote healthy eating habits. Staff will provide activities and programs in each school to promote nutrition education.
- Nutrition education will also include community involvement and parent/custodial resources will be made available in an effort to reinforce messages that students are provided in school regarding healthy eating. Nutrition education will involve sharing information with the community and encourage activities that develop consistent messaging both at home and at school.

### III. Physical Education

- Physical education programs will develop physically literate students who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity. Certified physical education teachers will teach all physical education classes.
- All Physical education will be provided in accordance with the MA Health Curriculum Frameworks and the National Standards for Physical Education (NASPE).
- All students in K – 12 including students with disabilities, special health-care needs, and alternative educational programs will participate in physical education classes.
- Specific learning goals and objectives will be guided by implementing a sequential, developmentally appropriate curriculum to implement and evaluate knowledge, motor skills and self-management.
- Physical education classes will be offered in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge of what they learn.
- Students will be provided a safe, physical and socially beneficial physical education programs that will support and sustain life-long interest in physical activity.
- Physical Education department will communicate the benefits, and programs available at school to parents/ guardians and the community.
- Public Awareness campaigns will be developed to highlight the relationship between good nutrition, physical activity and the capacity of students to develop and learn.

### IV. Physical Activity

- Auburn schools will encourage staff to include physical activities throughout the school day such as stretching and simple classroom exercises. Recess will be offered when weather permits and children will not be kept out of activities for discipline or to make up school assignments.
- Walk to School programs will be promoted to staff, students, and families to promote a positive life choice to increase physical activity through walking or riding bicycles rather than utilizing other forms of transportation.
- The school environment will offer opportunities to further increase their physical activity such as intramural sports, after school activities, walking clubs, fun runs, field days, etc.

### VI. School Health Education

- A comprehensive program of health education will be designed to promote healthful living.
- Health classes will be offered to reinforce nutrition, a healthy lifestyle and educate students about the importance of all facets of lifestyle that impact overall health to promote healthy living and to discourage health-risk behaviors.

- Health education will be an integral part of a coordinated school-based health program. It will be consistent with the MA Health Curriculum Frameworks and National Health Education Standards. District health education curriculum standards and procedures will address both nutritional and physical education and will be delivered as part of a comprehensive school health education curriculum.
- Curriculum integration will include nutrition education, administered as a separate course as well as integrated into other subject areas.

#### V. Nursing Services

- School nursing programs are intended to complement and support student achievement while promoting and improving student's overall health.
- School health and nursing programs are based upon a partnership between faculty staff, school administration, external health care providers, parents and the community.
- Communication with students and families through newsletter articles, bulletin board/poster displays assist the outreach to improve overall access to individualized student health care.
- Recommendations and outreach for student physical exams and immunizations are enforced according to the MA DPH guidelines. Annual screenings are completed each year and information is shared with parents for appropriate follow-up care. Sun safety and dental care recommendations are provided.
- Food allergen training and information is managed to support student health whether through the use of epi-pens, CPR or Choke Prevention trainings are scheduled district wide annually. Guidance on emergency care for all students and staff is provided.
- Health insurance, WIC and SNAP Benefits programs are promoted to improve student health and food security.
- Community health education and emotional health guidance is provided to coordinate appropriate health services.

#### VI. Other Implementation and Evaluation

- Promotion of access to USDA income eligible breakfast, lunch and any future USDA programs is an important part of student wellness. Ongoing outreach to increase participation in reduced and free priced meals is a priority at the school and district level, and within the community.
- The Wellness Committee, in consultation with the Director of Curriculum and/or Superintendent, 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. The Wellness Committee shall ensure dissemination of the Wellness Policy and shall review all school practices against the policy to ensure that such practices are consistent with the policy's provisions. The Wellness Committee will meet quarterly to review district health data indicators, such as aggregate district health statistics, to assess wellness initiatives that are needed to improve the overall health of students, and to make future programming recommendations and policy revision recommendations. Wellness Committee representatives will report to the School Committee annually in February.

#### Resources and References

~105 CMR: MA Department of Public Health. 105CMR 225.00 Nutrition Standards for Competitive Foods & Beverages in Public Schools

~“Healthy, Hunger-Free Kids Act\ of 2010”, Public Law 111-296, sec. 204 and the Richard B Russell National School Lunch Act, sec. 9A.

~Summary of Healthy Hunger Free Kids Act: Accessed online 5-12-15:

[http://www.fns.usda.gov/sites/default/files/PL111296\\_Summary.pdf](http://www.fns.usda.gov/sites/default/files/PL111296_Summary.pdf)

~Nutrition Standards for School Meals: Accessed online 5-12-15: <http://www.fns.usda.gov/school-meals/nutrition-standards-schoolmeals>

MA Health and Human Services School Physical Activity Resources: Accessed online 5-12-15:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/school/resources/>

~National Standards for Physical Education: Accessed online 5-12-15: [http://www.skillastics.com/wp-](http://www.skillastics.com/wp-content/uploads/NationalStandards-for-K-12-Physical-Education.pdf)

[content/uploads/NationalStandards-for-K-12-Physical-Education.pdf](http://www.skillastics.com/wp-content/uploads/NationalStandards-for-K-12-Physical-Education.pdf)

~~Physical Education, Chapter 71, Section 3.Massachusetts Department of Public Health.

~ Massachusetts Department of Public Health 105 CMR 200.000 Physical Examination of School Children.

~USDA Team Nutrition Policy – Accessed online 5-12-15: <http://www.fns.usda.gov/tn/local-school-wellness-policy>

~ Local School Wellness Policy Implementation under the Healthy, Hunger Free Kids Act of 2010: Summary of the Proposed Rule

<http://www.fns.usda.gov/sites/default/files/LWPproprulesummary.pdf>

~The Massachusetts Department of Elementary and Secondary Education, Comprehensive Health Curriculum Framework, 1999.

~Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages

Massachusetts General Law (MGL) School Nutrition Law, Chapter 111 Section 223.Massachusetts General Law (MGL) Public Schools

~Massachusetts Department of Public Health, Massachusetts Department of Elementary and Secondary Education,

John C Stalker Institute, Harvard School of Public Health, and

Boston Public Health Commission, 2012. Healthy Students, Healthy Schools: Revised.

School Committee Review: \_\_\_\_\_

Date: \_\_\_\_\_

School Committee Approval: \_\_\_\_\_

Date: \_\_\_\_\_

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