

# WELLNESS POLICY

**Category:**

**File: ADF**

## **PURPOSE AND GOALS**

The Farmington River Regional School District School Department recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

The School Department has a responsibility to create a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The School Department recognizes that this Wellness policy is only one portion of our commitment to provide a safe, healthy environment to our students and staff. Other components of this commitment may be found in our policies, programs, curricula and activities dealing with the following issues:

\_\_\_ a safe, clean and psychologically healthful school environment.

\_\_\_ a sequential curriculum in health and physical education.

\_\_\_ a coordinated school nursing services program that includes the implementation of state mandated student screening and monitoring.

\_\_\_ a comprehensive guidance service program.

## **1. NUTRITIONAL GUIDELINES**

**1.1. School Meals Program** - The school meals program will operate in accordance with the National School Lunch Program standards and applicable Massachusetts and local laws and regulations. Schools will offer varied and nutritious food choices that are consistent with the current U. S. Dietary Guidelines. Menus will be planned with consideration from students, family members, and other school personnel and should consider students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals. All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium. Parents and caregivers are encouraged to support a healthy school environment by providing breakfast and a variety of nutritious foods if meals or snacks are sent from the home.

**1.2 Eating as a Positive Experience** - The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled as near the middle of the school day as possible. Recess for elementary grades will be scheduled before lunch when feasible so that students will come to lunch less distracted and ready to eat. School snack periods when possible should not be scheduled within one and one-half hours of

lunch periods. Adequate serving space will be provided, and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time. Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area. The dining area will be clean, orderly, and inviting.

**1.3 Food Safety** - All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety. In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

## **2. NUTRITION EDUCATION**

**2.1 Classroom** - Nutrition education instructional activities will stress the appealing aspects of healthy eating, be participatory, developmentally appropriate, and engage families as partners in their children's education. Nutrition education will be designed to help students learn:

**Nutrition knowledge:** including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.

**Nutrition related skills:** including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and

**Assessment of personal eating habits:** setting goals for healthy eating, and planning to achieve those goals. Nutrition and physical activities lessons will be designed for integration into the curriculum and health education program. Lessons will be based upon the most recent Dietary Guidelines for Americans, the USDA My Plate food guidance system, and guidelines from the American Dietetic Association.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

**2.2 Cafeteria** - Attractive and current nutrition education materials will be prominently displayed in dining areas. Nutrition education will be offered in the school dining room as well as in the classroom and other venues, with coordination between the foodservice staff and other educators. School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal. Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items.

## **3. PHYSICAL ACTIVITY**

**3.1 All DESE safety guidelines regarding COVID-19** are being followed and social distancing is being practiced. All equipment being handled is being sanitized after student use.

**3.2 All DESE safety guidelines regarding COVID-19** are being followed and social distancing is being practiced. Equipment use is being limited and any in use is being sanitized both before and after each class. Hands are being sanitized before entering the gym and again when leaving and frequently throughout class.

Masks are required to be worn when PE is inside; if PE is outside, masks can be removed if 10 ft. away from other students.

**3.3 All DESE safety guidelines and suggestions regarding COVID-19** are being followed to continue to ensure safety of all students and staff members.

**3.4 Physical Activity during the School Day** - Schools will promote an environment supportive of physical activity. Students will be given opportunities for physical activity such as daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum.

**3.5 Physical Activity Outside Regular School Hours** - Students will be given opportunities for physical activity through a range of programs including intramurals, interscholastic athletics, and physical activity clubs. All DESE safety guidelines and suggestions regarding COVID-19 are being followed to continue to ensure safety of all students and staff.

**3.6 Physical Education Classes** - Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education will include the instruction of wellness, individual, and cooperative activities to encourage life-long physical activity. Time allotted for physical activity will be consistent with research, current national and state standards, and local curriculum standards.

**3.7 Creating a Positive Environment for Physical Activity** - All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined. Information will be provided to families to help them incorporate physical activity into their children's lives.

#### **4 OTHER SCHOOL ACTIVITIES - Any food offered under 4.1 or 4.2 should conform to the criteria set forth in Section 1.2.**

**4.1 Fundraising Activities** - The district will encourage non-food items to be sold as part of school-sponsored fundraising activities.

**4.2 Healthy Classroom Parties and Celebrations** - The district recognizes that classroom parties and celebrations are part of our cultural experiences. When food is offered, school staff and parents are encouraged to include healthy food offerings. When food is offered during the school day, it shall replace a regular snack time so as not to add additional calories to a student's daily intake.

**4.3 Alternatives to Food Rewards** - Teachers and school staff will not use food or candy as individual reward or punishment, unless authorized by a student's IEP or with the permission of the building Principal.

#### **5. ROLE OF DISTRICT STAFF**

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations and workshops. District and food service staff are encouraged to model healthy eating behaviors.

## **6. FRRSD WELLNESS COMMITTEE**

The District will establish a Wellness Committee comprised of the superintendent (or designee), the School Nurse, the Health and Physical education Teacher, the Assistant to the supt., the Food Service Director, a parent, a community representative, and any other interested volunteer.

The Wellness Committee will meet at least twice a year to review the Wellness Policy and make any necessary additions/changes to the Policy.

The Wellness Committee will plan and implement one activity for staff and one activity for students to promote a healthy lifestyle. These activities can be in conjunction with other professional development plans and student programs. These activities will be funded by the school district.

The Wellness Committee will report to the School Committee annually on the following information:

- District menus and meal counts for the month/year
- All physical education and physical activity programs and opportunities for the given year and recommendations for additions/changes/replacements of equipment.
- All health education programs and related activities and recommendations for changes/additions/curriculum and standards revisions from the DESE.

## **7. POLICY REVIEW AND MONITORING**

The school principal, working with the local school councils and School Nurse Leader, are responsible for ensuring that local school programs are consistent with this Wellness Policy. Together with the Superintendent and Director of School Lunch Services, they will ensure that district educational and budgetary goals are designed to optimize the health and well-being of students and fulfill the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265). The School Committee will review this policy one year after adoption and again as needed.

Revised by the Farmington River Regional School Committee – December 7, 2020

## **Addendum to Farmington River Regional School's Wellness Policy School Year 2020-2021 New Requirements for Safety Due to Covid-19**

### **Nutritional Guidelines**

**1.4 School Meals Program During COVID19:** The school has a policy in place for the school year that allows students to return to school safely by following all the Covid-19 guidelines. The cafeteria has been set up so each student is six feet away from each other and we can safely bring in 25 students each day for breakfast and lunch in the cafeteria. Every student will enter the cafe one direction and exit to the left to not cross paths with the next group entering cafe. Each student will wear a mask into the cafe and sanitize their hands. They will stand on stickers on the floor marking 6 feet from each other. They will enter the kitchen one at a time, retrieve their tray and exit kitchen to their seat. We continue to offer healthy, high quality meals, incorporating fresh fruits and vegetables.

**1.5 Universal Free Meals:** Each student will qualify for a free breakfast and lunch until June 11,2021.

**1.6 ALL MEALS FOLLOW USDA GUIDELINES**