

WELLNESS POLICY – GENERAL GUIDELINES

Overview/Preamble

The Dennis Yarmouth Regional School District promotes healthy school programs, by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. Central to this policy statement is the belief that success will be achieved from the combined efforts of students, teachers, administrators, staff, and parents.

The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health of children by facilitating learning, promotion of good nutrition and physical activity. Improved health optimizes student performance.

District Wellness Committee

The school district will create Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee will also serve as a resource to school sites for implementing those policies. The school wellness committee will consist of a group of individuals who volunteer to represent the school and community. Membership could include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The committee will assist the Superintendent (or designee) in the annual evaluation of the wellness activities within the district.

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.

School meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children.
- be served in clean and pleasant settings.
- meets or exceeds nutrition requirements established by local, state, and federal statutes and regulations.
- offer a variety of fruits and vegetables and all grains offered will be whole grain
- all students with any dietary specifications will be accommodated during all school meals.

Food and beverages sold in vending machines, snack bars, school stores, concession stands, and at school-sponsored fundraising activities or offered at school sponsored celebrations should include items that meet the federal, state, and local guidelines.

Nutrition Education Goals

The primary goal of nutrition education is to encourage students to make wise food choices and to promote positive nutrition related behaviors.

Health education will be included in all school curriculums and will be consistent with the standards set forth by the Massachusetts Comprehensive Health Curriculum Frameworks, including essential topics on healthy eating. Health and PE teachers will hold appropriate Massachusetts certification.

Physical Education/Activity Goals

Physical education and activity goals are intended to provide opportunities for students to develop the knowledge and skills necessary for specific physical activities. Students will regularly participate in these actions and understand the short and long-term benefits of a physically active and healthy lifestyle. Physical education will follow a sequential curriculum consist with the Massachusetts and NASPE standards and include health-related physical fitness.

- Elementary schools will strive to provide a minimum 150 minutes of physical education and/or physical activity per week. Middle and High schools will strive to provide 100 minutes.
- P.E. programs will promote community physical activities.
- All playgrounds and physical activity facilities will meet safety standards.
- Each school will prohibit substitution for physical education and recess time.
- All students will be active at least 50% of the physical education class time.
- Physical education activities will be designed to be enjoyable.
- Professional development opportunities related to wellness will be identified and offered.
- The district will address special health care needs, i.e., Adaptive P.E.
- Teachers will follow physical education safety practices.

- All elementary school students will receive supervised recess daily.
- Teachers and other school and community personnel will not use physical activity or withholding opportunities for physical activity as punishment.

Nutrition Education and Promotion

The Dennis Yarmouth Regional School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that is part of not only health education classes, but also classroom. These efforts may include enjoyable, developmentally appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

This educational focus will:

- promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- link school meal programs, other school foods, and nutrition-related community services
- teach media literacy with an emphasis on consumer food marketing, labeling and nutrition.
- include professional development for teachers and other staff.

Evaluation

The Superintendent (or designee) will oversee the compliance of the district's Wellness Policy. The District Health Council will assist in developing, monitoring, and evaluating the implementation plan. The Food Service Director will ensure compliance with the nutrition and food service areas and report them to the Superintendent each year.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 2004, P.L. 108-265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751-1769h

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. 1751 §§ 111-296