

# **Fall River Public Schools**

## **Wellness Policy**



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**Dr. Matthew H. Malone**  
**Superintendent**

# FALL RIVER SCHOOL WELLNESS POLICY

The Fall River School District promotes healthy schools and students by supporting comprehensive wellness initiatives as part of the total learning environment. Schools contribute to the basic health status of children through the support and promotion of good nutrition and physical activity based on documented evidence that shows improved health optimizes student academic performance.

**District Goals** which will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors for students and staff.

1. To provide a safe, healthy school environment.
2. To support and promote proper dietary habits and healthy food choices.
3. To provide and support opportunities for physical activity
4. To establish and maintain a District Wellness Advisory Council

## **A. Nutrition Education**

- Nutrition education shall be integrated into various areas of classroom learning activities.
- Nutrition education shall be an integral part of food service programs and activities.
- Nutrition education shall be shared with families and the broader community to positively impact students and the overall health of the community.
- Student health services staff shall recognize conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems, and initiate appropriate intervention and/or referral strategies.

## **B. Nutrition Standards for Foods Items**

- All foods made available during the school day shall comply with current USDA Dietary Guidelines.
- All food items provided for classroom or school celebrations shall be arranged through the District's food service department.
- Food items shall not be used as incentives or rewards for individual student behavior or accomplishment.
- School staff shall neither accept nor provide home-baked goods for distribution to students.

- Food items shall not be used as classroom project materials.
- Foods and beverages sold or provided at beyond-the-school-day school sponsored events (i.e. school dances) shall include healthy choices that comply with USDA Dietary Guidelines. (Refer to John C. Stalker Institute Food and Nutrition A-List.)
- Any food item to be sold as a school fundraiser by staff or school support group shall meet USDA Dietary Guidelines or be offered along with either a second food item that does meet those Guidelines, or a non-food item.

### **C. School Meal Program**

- The District shall contract with a food service provider that is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- The District shall maintain a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program, and ensure that all eligible children receive free or reduced-price meals.
- Students shall be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
- Lunch periods shall be scheduled as near to the middle of the school day as possible.
- Students shall be encouraged to start each day with a healthy breakfast.
- School staff shall promote participation in all available nutrition programs (e.g. school lunch, school breakfast, after-school snack, and summer food service programs).

### **D. Physical Activity**

- The District's Physical Education Department Head shall ensure that all physical activity goals are continually being met.
- Physical education courses shall create an environment where students learn, practice and are assessed on developmentally-appropriate motor skills, social skills and knowledge.
- All physical education instructors shall be state-certified in physical education.
- Physical education classes shall have a student/teacher ratio that is in compliance with the District's current teacher contract.
- The time allotted for physical education shall be consistent with research, national and state standards.

- \*Elementary schools shall provide at least one daily recess period.
- Physical education classes shall not be withheld from students for classroom misbehavior or for such remedial work as interventions, tutoring, instrument lessons or academic make-up work.
- \*Recess shall not be withheld from students for classroom misbehavior or for such remedial work as interventions, tutoring, instrument lessons or academic make-up work, except in the case of misbehavior that occurs during recess.
- Physical education courses shall include individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment shall be available for all students to participate in physical education classes.
- Schools shall provide a physical environment that is safe and meets the needs of all students.
- Information shall be provided to families to help them incorporate physical activity into their children's lives.
- Schools shall provide physical activity programs for students outside of the normal school day.
- Schools shall encourage families and community members to help institute programs that support physical activity.

\* Refer also to the District's Student Handbook for more information regarding recess.

#### **E. School-Based Activities**

- After-school programs shall encourage physical activity and healthy habit formation.
- Wellness Policy Standards shall be followed when planning all school-based activities such as school events, field trips, dances, and assemblies.
- The District and individual schools shall endorse opportunities to work with families, students and community organizations to provide nutrition education, physical activity and other options for promoting student wellness.

#### **F. Wellness and Staff**

- Positive nutritional and physical environments shall be promoted.
- Wellness opportunities shall be provided for all staff.

- Staff shall serve as positive role models for students.
- Staff shall support the health and fitness of students.

**G. Wellness Advisory Council**

- A District Wellness Advisory Council shall be established to create a Wellness Policy, evaluate progress and make revisions.
- The Council shall meet at a minimum of two times annually with membership including, but not limited to:
  - Superintendent or designee
  - District Health and Physical Education Director
  - District Food Service Director
  - Registered dietitian
  - Local health practitioner
  - District Nursing Supervisor
  - Parent representative
  - Student representative
  - School Committee member
  - Community partners
- The Council shall serve as a resource to schools.

**H. Policy Compliance/Review**

- The Superintendent or designee, in collaboration with school-based administration shall ensure compliance with established district-wide nutrition and physical activity policies.
- Each school principal shall review the Wellness Policy with their staff at the beginning of each school year to ensure awareness and compliance.
- Food service staff shall ensure compliance with nutrition policies within food service areas.
- The superintendent or designee, in collaboration with school-based administration, shall complete an Annual Report on Wellness Policy compliance by June of each year, to be share with the Wellness Advisory Council for review and assessment.