

# BROCKTON PUBLIC SCHOOLS SCHOOL COMMITTEE POLICY

---

ADF

## ADF: WELLNESS

---

In accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004, and Public Law 108.25 Section 204 and the Hunger Free Kids Act of 2010 the Brockton Public Schools is committed to providing its students and staff with the highest quality information, curriculum and supports available to promote lifelong health and wellness. Studies show that quality wellness programs result in children and adults who are more successful, well-rounded and less likely to develop long-term medical conditions. Therefore, the Brockton Public Schools will utilize best practices and data to ensure that all members of the school community have the tools they need to make healthy choices that affect nutrition, physical fitness, social and emotional health and wellness.

### **Wellness Steering Committee**

In accordance with the Massachusetts Legislatures “An Act Relative to School Nutrition” (M. G. L. c 111,s 222), the Brockton Public Schools has established a School Wellness Steering Committee which consists of students, parents, members of the district Wellness Team and a School Committee member. The Wellness Steering Committee meets quarterly to set wellness goals and objectives for the school year and provides informational updates to parents, School Committee and the community at large. The Committee will review district-wide wellness policies, research and develop new policies and recommend activities that promote student wellness. The Committee will present its recommendations and finding to the School Committee at a public meeting once per year.

Committee reports, as well as minutes of the meetings, including the names of attendees, shall be maintained and provided to the Department of Public Health or the Department of Elementary and Secondary education upon request.

**Out-of-School Programming:** The District Wellness Steering Committee will regularly assess efforts in all out of school time programming to ensure the needs of the whole child are being met. A focus will be placed on social, emotional and physical development as well as overall wellness.

# BROCKTON PUBLIC SCHOOLS

## SCHOOL COMMITTEE POLICY

---

ADF

**Nutrition Services:** The district shall provide students with nutritional meals that meet the USDA school meal standards including breakfast, lunch and snacks. Nutrition Services shall support healthy food options for classroom activities including classroom celebrations and eliminate the sale of regular and diet soft and sports drinks on school campus to promote health and wellness. All snack foods from vending machines and a la carte items shall meet the current regulation and nutrition standards for competitive foods and beverages in public schools. Nutrition services will strive to provide adequate space and time allotted for students to eat meals in a clean and comfortable environment, as per the recommendations of the Massachusetts Department of Public Health.

**Health Education:** The district shall provide a comprehensive health education program for K-12 students implemented by certified health teachers. This curriculum will be aligned to the National Health Standards and aligned to the Massachusetts School Health Curriculum Frameworks. This program will provide students the opportunity to understand and practice concepts and skills related to health promotion and disease prevention.

**Family, School and Community Partnership:** The district shall develop and support the engagement of students, families and staff in community health enhancing activities, events at schools, and throughout the community. In accordance with the intentions of this Wellness Policy, all fundraising and school celebrations in the district that incorporate food, shall be healthy and nutritious and adhere to John Stalker A-list guidelines.

**Physical Education:** Physical Education will be an essential element of each school's instructional program. The district program will be based on the NASPE standards, aligned to the Massachusetts School Health Curriculum Frameworks and provide the opportunity for all students to develop the skills, knowledge and attitudes that are necessary for lifetime participation in healthy activities. The Physical Education program will be designed to stress personal physical fitness and encourage healthy, active lifestyles. All students will participate in physical education in accordance with current state laws, regulations and district policies. Co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs, will be made available to all students.

**Physical Activity:** In addition to required physical education, students at the elementary level will have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess periods for elementary school students for at least 20 minutes, featuring time for unstructured but supervised active play. School policies and practices support that physical activity is not used for or withheld as punishment for students.

# BROCKTON PUBLIC SCHOOLS SCHOOL COMMITTEE POLICY

---

ADF

**Employee Wellness:** Recognizing that employees perform their best when they are healthy and that optimal employee performance is necessary for Brockton Public Schools to be a leader in its field, the employee wellness program aims to improve employee health and well-being. District employees will be encouraged to model healthy behaviors and take advantage of the educational and physical activity programs offered to its staff.

**Nursing Services:** The School Health Services Department will provide a comprehensive scope of services that maximizes the educational experience, while providing a safe, caring and healthy environment for both students and staff in accordance with Department of Public Health regulations. The Health Service program will provide services that are in adherence with district policies, state and federal laws and regulations. The district will assist in ensuring linkages of uninsured children to insurance providers. The district shall collaborate with health care providers to provide resources to promote health and wellness for students, staff and community. Resources will include, but are not limited to primary care providers, mental/ behavioral health services, dental services and prevention programs.

**Guidance Services:** The district shall provide clinicians in each school to identify and support the social and emotional needs of students and staff. Students shall be assisted and supported in developing the skills to express thoughts and feelings in a responsible manner. Students will be taught in a climate that promotes healthy, productive social and emotional well-being for all.

Page 3 of 3      Approved March 16, 2021