

## Wellness Policy Assessment

Wellness Policy Goal	Requirement	Status
Goals for Nutrition Promotion & Education	<p><b>Add:</b></p> <ul style="list-style-type: none"> <li>• Nutrition education will be offered in the school cafeteria as well as the classroom. We believe that synergy between food service, academic and vocational staff allows students to gain a valuable nutrition education.</li> <li>• Food items with superior nutritional value will be priced accordingly to increase student consumption when compared to empty calorie food items.</li> <li>• The Food Service Department takes part in nutrition outreach by nutritional signage, exhibits and teaching students positive dietary choices within the cafeteria lines through selecting reimbursable meals.</li> </ul>	Section is proposed to be added to the Wellness Policy in the next revision of the student handbook.
Goals for Physical Activity	<p><b>Current:</b> “Providing more opportunities for students to engage in physical activity during and after the school day in accordance with the Massachusetts Curriculum Frameworks and the National Standards for Physical Education”.</p> <p><b>Add?</b></p>	In compliance but additional goals should be considered
Goals for other school-based activities to support student wellness (ex. Bullying, Tobacco etc.)	<p><b>Current:</b> “Supporting and promoting proper dietary habits contributing to student wellness and academic performance by assuring that nutritional foods are available during all school sponsored activities.”</p> <p><b>Add?</b></p>	Policies regarding Bullying and Tobacco are seen in the Student Handbook; however, inclusion in Wellness Policy will be reviewed

<p>Update nutrition guidelines for reimbursable meals AND competitive foods</p>	<p><b>Add:</b>  <u>Reimbursable Meals</u></p> <p>All meals sold to students are reimbursable meeting the requirements set forth by the Healthy, Hunger-Free Kids Act of 2010. All meals comply with the nutrition standards in the Dietary Guidelines for Americans.</p> <p>Menu and product selection will be done with input from students, faculty, parents/guardians whenever possible.</p> <p><u>Competitive Foods</u></p> <p>All competitive foods are in compliance to the Massachusetts Standards for Competitive Food and Beverage as well as the USDA’s Smart Snacks in School regulations. Competitive foods are any items sold or provided as a la carte items in school cafeterias, classrooms and hallways, school stores, school snack bars, vending machines, fundraising activities and school-sponsored or school-related events and all other locations within Minuteman High School.</p> <p>These standards do not apply to foods or beverages provided or sold as part of the federally reimbursable school meal program. These standards are in effect 30 minutes before the start of the school day until 30 minutes after the end of the school day. All vending products must comply with these standards at all times. Minuteman will provide fresh fruits and non-fried vegetables where ever food is sold. Additionally, all nutritional information is made available to students, staff and parents/guardians of both competitive and non-competitive foods.</p>	<p>Section is proposed to be added to the Wellness Policy in the next revision of the student handbook.</p>
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<p>Make water available to all students during the day, free of charge</p>	<p><b>Add:</b> Water will be available to all students during the day, free of charge through use of water fountains.</p>	<p>Section is proposed to be added to the Wellness Policy in the next revision of the student handbook.</p>
<p>Offer fresh fruits and non-fried vegetables at any location where food is sold, except in non-refrigerated vending machines and vending machines offering only beverages, prohibiting the use of fryolators for competitive foods</p>	<p>See addition under ‘competitive foods’ section.</p>	<p>Section is proposed to be added to the Wellness Policy in the next revision of the student handbook.</p>
<p>Make nutritional information available to students for non-prepackaged competitive foods and beverages served in the cafeteria by August 1, 2013</p>	<p>See addition under ‘competitive foods’ section.</p>	<p>Section is proposed to be added to the Wellness Policy in the next revision of the student handbook.</p>
<p>Form a School Wellness Advisory Committee (SWAC), consisting of: school nurses, physical education/physical activity staff, school nutrition staff, parents, students, representatives of the School Committee and of other youth-serving agencies. The Healthy Hunger-Free Kids Act also stipulates that the group addressing school wellness policies include administrators and members of the public. The School Wellness Advisory Committee is required to:</p> <ul style="list-style-type: none"> <li>• Be appointed by the superintendent</li> <li>• Meet at least 4 times per year and keep minutes</li> <li>• <u>Conduct an annual needs assessment</u> that includes student health data and a review of current school programs</li> <li>• Develop and implement an annual action plan with measurable goals and objectives</li> <li>• Monitor progress on the action plan</li> </ul>	<p><b>Add:</b></p>	<p>Policy is reviewed periodically with school administrators and stakeholders.</p>

<ul style="list-style-type: none"> <li>• Submit an annual report to the district superintendent and school committee</li> </ul>		
<p>Inform and update the public about the content of the policy and how it will be implemented. Information should be made available to parents, students, and others in the community. Examples include:</p> <ul style="list-style-type: none"> <li>• Parent nights, newsletters, email, school website, social media, press releases, success stories</li> <li>• Ask for feedback: comment boxes, surveys, focus groups</li> </ul>	<p><b>Add:</b></p>	<p>Assessment will be posted to District website under the Food Services Account</p>
<p>Include a plan to measure school compliance with the written policy</p>	<p><b>Add:</b></p>	<p>Under review</p>