

## **BOURNE PUBLIC SCHOOLS**

### **WELLNESS POLICY**

#### **Policy:**

Students and school staff members will be provided with education and resources that promote health and wellness. By September 1<sup>st</sup>, 2006, a School Health Advisory Committee (SHAC) consisting of a cross-section of the school and community (i.e. administrators, school staff, parents, and students) will be established to oversee the comprehensive wellness policy.

#### **Rationale:**

The Bourne Public Schools recognizes the important relationship between wellness and academic success for the student as well as the entire school community. The district recognizes that poor nutrition and physical inactivity are major contributions to the obesity epidemic in children and adults. Education and support for students and staff will be provided in the areas of nutrition, physical education, physical activity and other school based activities that promote wellness.

#### **References:**

Section 204 of Public Law 108-265-June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004

Massachusetts Department of Education: Comprehensive Curriculum Health Frameworks

Massachusetts Department of Public Health: Wellness At Work Program

Massachusetts Department of Public Health: Bureau of Family and Community Health

National Association of Sports and Physical Education (NASPE)

**BOURNE PUBLIC SCHOOLS  
WELLNESS POLICY: PROCEDURAL GUIDELINE**

**Nutrition Education and Food/Beverage Selection**

Nutrition education and food selections offered in the Bourne Public Schools are designed to educate, encourage and support life-long healthy nutritional behaviors. All students will receive formal nutrition education as well as opportunities to apply learned concepts and skills when selecting school prepared meals and when purchasing other food and beverage items available for sale on school grounds.

1. By September 1<sup>st</sup>, 2011, a comprehensive sequential wellness curriculum aligned with the Massachusetts Department of Education Health Curriculum Frameworks will be implemented for all students k-12.
2. The school breakfast and lunch program will continue to follow current USDA regulations for Federal School Meal Programs.
3. Students will be provided with a clean, safe, enjoyable meal environment.
4. Students will be provided with access to school meals with minimum wait time and adequate time to eat school meals.
5. Drinking fountains will be available in all schools, so that students can get water at meals and throughout the day.
6. All school cafeterias shall include clearly visible signs that promote healthy choices for school meals.
7. Information regarding the nutritional value of all school meals will be available via the school website and on weekly postings in the cafeteria by September 1<sup>st</sup>, 2008.
8. Use of the computerized point of sale system (POS) will continue at the high school and middle school. This system will be implemented at the elementary school within the next three years.
9. The school district will offer staff opportunities for on-going professional training and development to promote nutrition and physical education.
10. By September 1<sup>st</sup>, 2011, all food items sold through the “A la carte” option will meet the current standards of the “John C. Stalker Institute of Food and Nutrition “A” List of Healthy School Snacks.”
11. Vending machines that operate during instructional school hours will provide healthy choice foods that meet USDA guidelines.

12. Vending machines that do not meet the USDA guidelines for healthy snacks will be set on timers that limit availability. Automatic timers will allow machines to be used only after regular school hours.
13. Food and beverages sold at special events and snack bars on school property shall include healthy options in accordance with the “Stalker “A” List of Healthy School Snacks.”
14. The Food Advisory Committee, consisting of a cross-section of the school and community (i.e. administrators, school staff, parents, and students) will continue to monitor and evaluate nutrition and food beverage selections.

### **Physical Education**

The Bourne Public Schools recognizes that quality physical education is a valued component of academic achievement. All students shall be provided with the opportunity to receive comprehensive physical education to promote lifelong fitness. Children who become competent in a wide variety of motor skills are more apt to participate in a physically active lifestyle.

1. By September 1<sup>st</sup>, 2011, the Bourne Public Schools will move towards providing opportunities for all students in k-12 to participate in physical education classes.
2. By September 1<sup>st</sup>, 2011, a comprehensive sequential physical education curriculum aligned with the Massachusetts Department of Education Health Curriculum Frameworks and adhering to the national standards as prescribed by the National Association of Sports and Physical Education (NASPE) will be implemented for all students k-12.
3. Participation on school athletic teams or in recess will not be a substitution for physical education.

### **School Based Activities to Promote Wellness**

The Bourne Public Schools recognizes that students can enhance their overall health and wellness by learning to incorporate physical activity as a lifelong habit. Physical activity shall be encouraged and supported throughout the school district.

1. By September 1<sup>st</sup>, 2011, the district will move towards increasing opportunities for all students to participate in extracurricular fitness related activities.

2. By September 1<sup>st</sup>, 2011, the district will move towards increasing opportunities for all elementary schools to participate in daily outdoor recess, weather permitting.
3. The school district will identify and promote opportunities for the use of fitness facilities for students and staff after instructional hours.
4. Classroom teachers at all levels will be encouraged to incorporate physical activity into their daily schedule.
5. School staff will seek alternatives to denying student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
6. The school district will schedule lunch time as near the middle of the school day as possible.
7. School staff will be encouraged to seek alternatives to using food as an incentive/reward or exercise as a punishment in schools.
8. Classroom teachers will be encouraged to follow recommendations of the Food Advisory Committee about healthy party snacks.
9. The school district will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
10. The school district will promote a supportive learning environment that includes nursing, guidance, and/or counseling services that provide students, families and staff with linkages to appropriate school and community health resources.
11. The school nurses will identify opportunities to improve the health and wellness of students, staff and families through the use of computerized health office data.
12. By September 1<sup>st</sup>, 2011, health and physical education staff will include school wide health and fitness assessments to promote a healthy lifestyle.
13. The school district will work with students, staff, community members and local law enforcement agencies to maintain a school environment that is free of tobacco, alcohol and other drugs.
14. The School Health Advisory Committee (SHAC) will conduct an annual evaluation of the Wellness Policy and Procedures. The SHAC will present a summary report to the Bourne School Committee.

**References:**

Massachusetts Department of Education Child Nutrition Programs  
Massachusetts Comprehensive Curriculum Health Frameworks  
John C. Stalker Institute of Food and Nutrition (JSI)  
USDA Child Nutrition Programs  
USDA Guidelines for Health Snacks  
USDA Local Wellness Policy  
National Association of Sports and Physical Education (NASPE)

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