

MONOMOY REGIONAL SCHOOL DISTRICT WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

I. Introduction

The School Committee recognizes the relationship between student well being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence-based.

II. District Wellness Committee (DWC)

The school district will establish a wellness committee by seeking volunteers that represent all school levels and each school building which meets at least four times a year and consists of at least one (1): parent, student, nurse, school food service representative, school committee member, school administrator, a teacher and guidance team member (not from same building), member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. Members will be appointed from each category; if no one volunteers then appointment will be made by the Superintendent.

The School Committee designates the Director of Student Services to oversee the policy implementation. Each school will designate a wellness policy coordinator. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will lead the implementation and evaluation of this policy.

The wellness committee will form an advisory committee (must include at least a student and parent) to meet with the director of food services at least every other month to review the process for menu planning and discuss ways to strengthen the nutrition/food services program.

III. Nutrition

Nutrition Goals

The Monomoy Regional School District recognizes that an intake of healthy, nutritious food is essential for students to succeed academically. It is the policy of the Monomoy Regional School District that all foods and beverages made available on campus during the school day (Breakfast and lunch) are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

School Meals

The district will create procedures that address all foods available to students at each grade level throughout the school day in the following areas:

- Guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density, and moderating portion size proper portion size for associated age groups of each individual food or beverage sold within the school environment.
- Separate guidelines for foods and beverages in the following categories will be outlined:
 - Foods and beverages included in a la carte sales in the food service program;
 - Foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
 - Foods and beverages sold as part of school-sponsored fundraising activities;
 - Refreshments served at parties and celebrations;
 - Meetings during the school day;
 - Guidelines will be based on nutrition goals, not profit motives

IV. Physical Activity Opportunities and Physical Education

The District will develop goals and include them in its policy with the following areas for consideration

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools work with the community to create ways for students to walk, bike, rollerblade, or skateboard safely to and from school.
- Schools 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.
- Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.

The following are examples of goals to be considered:

- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.
- Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

V. Evaluation

Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually.

REFERENCE:

MASC policy ADF

LEGAL REFS.:

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108 265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 1769h The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 1789

CROSS REFS.:

EFC, Free and Reduced Cost Food Services

IHAMA, Teaching About Alcohol, Tobacco and Drugs

KI, Public Solicitations/Advertising in District Facilities

Adopted: June 17, 2017

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