



**Pembroke Public Schools**  
**School Committee Policy Manual**

**SECTION A**

**Foundations and Basic Commitments**

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**POLICY ADF: HEALTH AND WELLNESS POLICY**

The Pembroke School District will:

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The school environment, not just the classroom, shall be aligned with healthy lifestyle goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available to students on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging. No soda or candy is to be sold on school grounds to students during the instructional day.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. The primary goal of physical education is for all students to develop the skills and knowledge necessary to not only participate in specific physical activities, but to understand the short and long-term benefits of a physically active and healthy lifestyle. Physical activity should be included in a school's education program. Physical activity should include regular instructional physical education, in accordance with the Massachusetts Health Curriculum Framework and the National Standards for Physical Education (NASPE), and district requirements as well as co-curricular activities, and recess. All physical education classes will be taught by certified Physical Education Teachers.

D. Maintain a district-wide Wellness Advisory Council to:

- develop guidance to explicate this policy
- evaluate policy progress
- serve as a resource to school sites, and
- revise policy as necessary

**Student Nutrition**

**The School Breakfast/Lunch Programs:**

- The full meal school lunch program will continue to follow the USDA Requirements for Federal School Meals Programs.
- Plans for a school breakfast program, which will follow the USDA Requirements for Federal School Meals Programs, will be explored for feasibility.
- The School Food Service Program provider will follow the District's Nutrition Standards when determining the items in a la carte and "competitive foods" sales.
- The Food Service Director will work closely with the Nutrition & Wellness Advisory Council.

**Fundraising:**

- All fundraisers involving food will be limited to before and after the instructional day. Fundraisers with more than 10 items for sale are encouraged to include at least *one* item that meets the District's Nutrition Standards.



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- The Federal Food Code prohibits the sale of foods which are not prepared under the supervision of a trained food preparation specialist. Therefore, for health and safety reasons, homemade foods are prohibited for sale in fundraisers by school sponsored groups.

### **Teacher-to-Student Incentive:**

- Employees will not use foods or beverages as direct rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment;
- Employees are encouraged to use physical activities (e.g., extra recess, physical education time, etc...) as direct rewards for academic performance or good behavior.

### **Sharing of Food and Beverages**

Pembroke Public Schools will discourage the sharing or trading of foods or beverages between students.

Foods will not be used to celebrate birthdays and/or holidays in any school. This policy does not affect (personal) snacks brought in from home by Pre-K-12 students.

### **Student Nutrition Education:**

The Pembroke School District has an integrated curriculum approach to nutrition in Kindergarten through 12<sup>th</sup> grade. Instructional staff will be encouraged to integrate nutritional themes into lessons when appropriate. The health benefits of good nutrition should be emphasized.

### **Parent Nutrition Education:**

- Nutrition education will be made available to parents beginning at the elementary level. The goal will be to continue to educate parents throughout middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles.

### **Staff Nutrition & Physical Activity Education:**

Healthy lifestyle opportunities may be made available to all school staff at the elementary, middle and high school levels. These opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

### **DISTRICT NUTRITION STANDARDS**

Nutrition Standards Intent/Rationale:

The Pembroke School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food and beverages to students on school grounds during the instructional day. The policy will be implemented in consistency with the Federal National Guidelines. [http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm)

### **Food:**

Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.



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**Beverages:**

ONLY Milk, Water, 100% fruit juices, and sports drinks may be sold to students on school grounds throughout the instructional day.

**Candy:**

Vending and non-vending sales of candy to students will not be permitted on school grounds during the instructional day.

Recoded: 4.36 Policy

**Adoption: 5/27/14**

1<sup>st</sup> Reading: 4/29/14

2<sup>nd</sup> Reading: 5/27/14

Draft Revision: 3/18/2014

Revised: 12/4/12

**ADOPTED: 5/11/2004**



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### POLICY AFA: APPROVAL OF A PRIVATE SCHOOL

Massachusetts General Laws, Chapter 76: Section 1 states that:

*“The School Committees shall approve a private school when satisfied that the instruction in all the studies required by law equals in thoroughness and efficiency, and in the progress made therein, that in the public schools in the same town; but shall not withhold such approval on account of religious teaching, and, in order to protect children from the hazards of traffic and promote their safety, cities and towns may appropriate money for conveying pupils to and from any schools approved under this section.”*

When a private school that is proposed to open within the borders of the Town of Pembroke, the School Committee will approve or not approve the private school based on documentation provided by the applicant, including but not limited to categories listed below. School Committee approval solely indicated that it is satisfied that the instruction in all the studies required by law equals in thoroughness and efficiency, and in progress made therein, that of the public schools in the Town of Pembroke. Upon approval, the proposed school will need to comply with all other requirements of statute and regulations prior to opening. The Committee will consider the review of the documentation and recommendations by at least two (2) personnel designated by the Superintendent, whom may include, but not limited to, the School Business Manager, Director of Student Services, and Assistant Superintendent of Curriculum & Instruction prior to voting on the approval request.

#### **1. Population to be served**

- Admissions criteria; documentation of school’s enrollment

#### **2. Physical Plant/Safety**

- A. The school shows evidence of current
  - Elevator Inspection
  - Fire Inspection
  - Certificate of Occupancy
  - Compliance with lead paint poisoning (for children under 6 years old)
  - Compliance with other applicable federal and state health and safety standards (e.g. PCB, asbestos inspections, handicap accessibility)
- B. The site, plant and equipment adequately support the program and are operated to ensure safety and health of the students.

#### **3. Curriculum**

- A. The curriculum offered is “equivalent” to that offered in the local school system generally and, specifically the Massachusetts Curriculum Frameworks and Common Core State Standards, in terms of the following instructional areas.
  - Mathematics
  - Science and Technology
  - History and Social Studies
  - English/Language Arts
  - Foreign Language
  - The Arts
  - Physical Education & Health



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### **4. Educational Materials**

Textbooks and/or individual instructional materials (including computer and other technology) are adequate.

### **5. School Staff**

Assessment of “thoroughness and efficiency” of instruction based on:

- Teacher qualifications
- Adequate student/teacher ratio
- Regular evaluation of staff
- CORI background checks

### **6. Administration**

School possesses clearly defined table of organization that facilitates its objectives.

### **7. Records**

- A. An adequate system of student records (e.g., attendance, health, discipline, progress reports) is fairly maintained
- B. The student records are kept in compliance with state statutes and regulations as applicable.

### **8. Student Services**

The Special Education services provided for all students are balanced and comprehensive (e.g., recreation programs, health care procedures, guidance and counseling programs, discipline policy).

### **9. Financial Support**

- A. Evidence of financial solvency is provided and indicates that the school can adequately sustain the educational program.
- B. Documentation of the school’s legal status; if the school is incorporated, copies of the articles of incorporation and certification of tax exempt status, if any.

### **10. Student Learning Time**

Length of school year and hours of instruction in each subject equal that of the public school.

### **11. Student Performance Assessment**

Methods for periodic evaluation of students’ skills, competencies and knowledge are clearly defined.

1<sup>ST</sup> Reading: June 7, 2016

2<sup>nd</sup> Reading: July 12, 2016

**ADOPTED: July 12, 2016**