

SCHOOL DISTRICT WELLNESS PROGRAM

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.

WELLNESS COMMITTEE

The District will convene a representative district wellness committee that meets at least four times per year. The timing of the meetings for each year will follow the school terms and will be set at the first meeting so as to not interfere with other scheduled meetings or events. During meetings the committee will establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents; students; representatives of the school nutrition program (e.g., food service director); physical education teachers; health education teachers; school health professionals, and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), School Committee members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the wellness committee will include representatives from each school building and reflect the diversity of the Cohasset Public Schools community.

Each school within the District will establish a School Wellness Committee contact person who will disseminate wellness information to the school as deemed appropriate. The contact person may also convene a school wellness group to review school-level issues, as needed.

The Assistant Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy. The Director of Food Services and other members as needed will help ensure compliance with federal regulations.

The District will actively inform families and the public each year of basic information about the wellness policy, including its content, any updates to the policy and implementation status. During assessment years, this information will also be included. The District will make this information available via the district website and/or district-wide communications.

NUTRITION EDUCATION GUIDELINES AND GOALS

The Cohasset Public School District will provide nutrition education instruction aligned with standards established by the USDA's National School Lunch Program, the School Breakfast Program and the Massachusetts Health Education Frameworks. The nutrition education that is provided is developmentally appropriate. The building principals and assistant principals, in consultation with the Cohasset Health and Wellness Committee, will be in charge of implementation and evaluation of this policy.

- Cohasset students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

- Nutrition education is provided in Cohasset classrooms as well as in the school cafeteria and throughout our school buildings by promoting healthy food and beverage choices.
- Cohasset students receive consistent nutrition messages from all aspects of the school environment.
- Health education curriculum standards and guidelines address both nutrition and physical education.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. All foods and beverages sold or served to students, including reimbursable school meals and those available outside of the school meals program, must meet program requirements and nutrition standards.

All competitive foods and beverages sold to students outside of the school meal programs during the school day (defined as midnight before to 30 minutes after school ends) must meet the USDA Smart Snacks in School nutrition standards and the MA 105 CMR 225.000: Nutrition Standards For Competitive Foods And Beverages In Public Schools, whichever is stricter.

The Cohasset Public Schools will comply with the district guidelines as outlined in this policy:

- Foods and beverages sold a la carte on school campuses during lunch periods.
- Foods and beverages sold in vending machines, snack bars, school stores and concession stands on school campuses.
- Foods and beverages sold as part of school-sponsored fundraising activities.
- Refreshments served at parties, celebrations, and meetings during the school day.

The Cohasset Public Schools will make decisions on these guidelines based on nutritional goals, not on profit making.

No food and beverage marketing or advertising is allowed.

GUIDELINE FOR FOOD AND BEVERAGES

1. National School Lunch and Breakfast Program
 - Meet, at a minimum, nutrition requirements established by federal, state, and local statutes and regulations.
2. A la carte sales in the food service program
 - Meet, at a minimum, nutrition requirements established by federal, state, and local statutes and regulations.
 - Offer a variety of fruits and vegetables.
 - Offer low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA).
 - Ensure that half of the served grains are whole grain.
3. Foods and beverages sold in vending machines and concession stands
 - Offer for sale at any location on the school site where foods are sold, healthy and nutritious choices.
 - Only milk, water and fruit juices may be sold on school grounds.
 - Vending and non-vending sales of candy will not be permitted on school grounds.
4. Foods and beverages sold as part of school-sponsored fundraising activities
 - All fundraising projects are required to follow the Wellness Policy.

- All fundraising projects for sales and consumption within, prior to, and after the instructional day will follow the District's Guidelines when determining the items to be sold.
5. Refreshments served at parties, celebrations, and meetings during the school day
 - Cohasset Public Schools should limit celebrations that involve food during the school day.
 - Each party where food is served should comply with the standards articulated in the Guidelines for Food and Beverages listed above.
 6. Food as a reward
 - Cohasset Public Schools prohibits the use of candy as a reward.
 - Cohasset Public Schools discourages the use of food as a reward. If food is offered as a reward or incentive, approval must be obtained at least 24 hours in advance from the school Principal or designee responsible for ensuring the goals of the Wellness Policy,

OTHER SCHOOL-BASED ACTIVITIES

- The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.
- Water fountains or water filling stations are available in all cafeterias.
 - Free water will be available in the cafeteria during mealtimes.
- All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
- All foods and beverages served and sold between midnight and 30 minutes after the end of the school day, including before/after-care program on school grounds, clubs, and after school programming will adhere to the nutritional guidelines.
- The district encourages all food provided and served at school functions after the school day (30 minutes after the end of the school day) to follow the standards stated above.

PHYSICAL ACTIVITY GUIDELINES AND GOALS

The Cohasset Public School District will provide opportunities for physical activity that are aligned with standards established by NASPE (National Association of School Physical Education) and the Massachusetts Health Education Frameworks. The physical education that is provided is developmentally appropriate. The building principals and assistant principals, in consultation with the Health and Wellness Advisory Council, will be in charge of implementation and evaluation of this policy.

The primary goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' participation in physical activity, and to teach students the short-term and long-term benefits of a physically active and healthful lifestyle.

- At the elementary school level, Cohasset students are given opportunities for physical activity through weekly physical education classes, daily recess, and through the integration of physical activity into the academic curriculum where appropriate. At the middle-high school levels, students are provided varied opportunities for physical education instruction as the schedule permits. All students at the Middle-High School will be scheduled for instructional units in health education and/or physical education each school year.

- Cohasset 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.
- The Cohasset schools encourage parents and guardians to support their children's participation in physical activity.
- The Cohasset schools provide opportunities that enable staff to participate in enjoyable, lifelong physical activity.

EVALUATION

It is recommended that the school use an assessment tool to complete a school-level assessment every three years. The results of the assessment will be used to create an action plan each year. The wellness policy will note the year the most recent assessment was completed. The wellness committee will update or modify the wellness policy based on the results of the assessment tool used and/or as District priorities change; community needs change; wellness goals are met; and new Federal or state guidance or standards are issued. The wellness committee will prioritize actions each year based on the triennial assessment.

SOURCE: MASC

REVISED: March 2, 2022

LEGAL REFERENCES UPDATED: September 2019

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

M.G.L. [111:223](#)

105 CMR 201

CROSS REFS.: [EFC](#), Free and Reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities