

School District Wellness Program

Policy Information

Series A - Foundations and Commitments

School District Wellness Program

Policy # ADF

FILE: ADF

School District Wellness Program

The Bourne Public Schools 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.

A. Wellness Committee

The school district will establish a wellness committee that consists of at least one (1) parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. The school committee designates: the Assistant Superintendent and building administrators from each school as wellness coordinators. Only employees for the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. The Wellness Committee will meet at least four times per year and will publish their meeting minutes on the Student Wellness Advisory Committee web page, available at www.bourneps.org/about-us/school-wellness-advisory-committee. Every three years the committee will review this policy, review model policies and applicable state and federal laws, assess progress, and determine areas in need of improvement. This review, in addition to the local wellness policy will be made public on the Student Wellness Advisory Committee web page. The committee will report to the School Committee annually on progress towards the policy goals and publish said report as well.

B. Nutrition Guidelines

The Bourne Public School District is committed to providing school environments that promote and protect student's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the School District that:

- All foods and beverages sold or provided on campus during the school day will meet or exceed the Smart Snack standards, and/or the Massachusetts Standards for Competitive Foods and Beverages in Public Schools (the A-list), whichever is stricter.
- The school day is defined as midnight the night before until 30 minutes after the school day ends.
- Competitive foods, including "A la carte offerings" to students, shall be nutritious and comply with all the regulations noted above.

Competitive foods are defined as foods and beverages sold or provided in:

- School cafeterias offered as a la carte items
- School buildings, including classrooms and hallways
- School stores
- Vending machines (must comply 24 hours/day)
- Booster sales
- Fundraising activities
- School-sponsored or school-related events
- Any other location on school property

C. School Meals

- Meals served through the district's food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified by USDA Meal Requirements (see link in footnotes).
- 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.
- Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

- Only food purchased from the school cafeteria or a lunch brought from home are permitted in the school cafeteria.
- No club or organization may sell or make available any food or beverage in a school cafeteria at meal time.
- No outside deliveries of food (takeout) for student consumption may enter the schools during school hours.
- The district will purchase local foods and source fresh fruits and vegetables from local farmers where practical, when available, and when prices fall within budgetary constraints.
- Free water will be available during the day and during meal times. Water service is tested by the Water Departments of the various school locations.

D. Free & Reduced Meals

The Bourne Public School District utilizes electronic identification and payment systems. As the Bourne Public Schools utilizes the Community Eligibility Provision, paper applications are no longer required to identify students eligible for free or reduced school meals. Updates to CEP will be made available via the district website. All students will be provided one free reimbursable breakfast and one free reimbursable lunch per day at no cost through the National School Lunch and Breakfast program.

E. Celebrations and Rewards

- All foods and beverages provided on campus during the school day will meet or exceed the Smart Snack standards, and/or the Massachusetts Standards for Competitive Foods and Beverages in Public Schools (the A-list), whichever is stricter.
- Celebrations: The district encourages alternatives to food such as stickers, pencils, or a favorite game. Additional ideas are available from the Alliance for a Healthier Generation and the USDA.
- Rewards and incentives: The use of food as a reward or incentive during the school day is discouraged, except as indicated in a student's Individualized Education Plan, 504 Plan, or Individualized Health Plan. The District can provide teachers and other relevant school staff a list of alternative ways to reward children.

F. Fundraising Activities

- Organizations are encouraged to offer non-food items for fundraisers such as dance parties, read-athons, walk-a-thons and jump rope competitions.
- If there are food based fundraisers during the school day they must follow Smart Snack standards. In Massachusetts, there are no allowable exemptions to the standards for fundraisers so all food-based fundraisers must meet these USDA standards.

G. Comprehensive Health and Physical Education Programming

Comprehensive health and physical education programming provides students with inclusive, well-rounded, and medically accurate education that is developmentally appropriate. These programs focus on physical education, health education, and the development of social and emotional competencies. The goal is to equip students with the knowledge and skills necessary to improve their health outcomes and well-being, both individually and within their communities.

1. Social and Emotional Learning (SEL) and Wellbeing

The district is committed to fostering a supportive learning environment where students and staff can develop the social and emotional skills necessary for lifelong well-being. Social and Emotional Learning (SEL) is essential for student success, promoting self-awareness, emotional regulation, positive relationships, and responsible decision-making. When students feel safe, supported, and valued, they are better able to engage in learning, build resilience, and maintain a healthy balance of mental, social, and physical well-being.

In addition to student well-being, the district prioritizes the emotional health of staff. Educators and school personnel play a critical role in creating a positive school climate, and their well-being directly impacts student outcomes. The district will provide resources and professional development opportunities to support staff mental health, stress management, and workplace wellness. By fostering a culture of emotional support for both students and staff, the district ensures a healthier, more engaged, and resilient school community.

2. Commitment to Student Well-Being

- Taught by licensed and certified Health and Physical Education teachers. Programs follow the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education.
- Maintains student-to-teacher ratios comparable to other curricular areas.
- Health education takes a skills-based approach, enabling students to apply their knowledge in real-life situations. By promoting student well-being, it encourages the development of social and emotional competencies, alongside effective stress management techniques.

- Physical Education will focus on motor skills, fitness, social skills, and wellness through individual and team activities and moderate-intensity exercises
3. Health Education
 - Follows a skills-based approach that includes: decision-making and problem-solving, goal-setting and self-management, interpersonal communication, analyzing influences, and accessing valid health information for oneself and others.
 4. Nutrition Education
 - Aligns with the USDA's National School Lunch and School Breakfast Programs.
 - Integrated into core subjects such as Health, Science, and Physical Education.
 - Promotes culturally responsive education and food literacy, respecting diverse backgrounds and dietary needs.
 - Delivered consistently across the school environment, including classrooms, cafeterias, and school events.
 5. Physical Education (P.E.)
 - Requirement: Mandatory for all students in grades K-12 per Massachusetts General Law (MGL Chapter 71, Section 3).
 - Bourne will meet or exceed recommendations from the state for physical education requirements
 - Exemptions and Substitutions
 - Students will not be exempt from P.E. unless medically necessary.
 - Substitutions for P.E. requirements (e.g., interscholastic or intramural sports) are not permitted.
 - Physical education will not be withheld as a form of punishment.

H. Physical Activities

- Students are given opportunities for physical activity during the school day through physical (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.

I. 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.

- 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, have been implemented.

Adoption Date: 4/20/2006; revised: 09/07/16; 6/4/2025

Policy References:

USDA Smart Snacks: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

MA/USDA Competitive Foods:

<https://www.mass.gov/doc/massachusetts-competitive-foods-and-beverages-at-a-glance-chart/download>

<https://www.mass.gov/doc/105-cmr-225-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools/download>

DPH Competitive Foods FAQ

https://mcusercontent.com/d8f37d1a90dacd97f207f0b4a/files/f93d4749-5ecd-3681-0841-10ae641217f5/MA_Competitive_Foods_Memo_September_2023.pdf

USDA Meal Requirements: <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>,

Information on Mandated Massachusetts State Guidelines can be found on the following websites:

<https://www.doe.mass.edu/cnp/> MA Health Curriculum Framework

<https://www.doe.mass.edu/frameworks/current.html>

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

A - Foundations and Commitments