

**POLICY RELATING TO PUPIL SERVICES****NUTRITION AND WELLNESS POLICY**

The Wachusett Regional School District encourages all members of the school community to create an environment that supports lifelong healthy habits, positive nutritional choices, and increased physical activity, and reduces the availability of minimally nutritious foods to students through school meals, programs, and vending machines.

All students shall have access to healthy food choices during school and at school functions including classroom projects, curricular-based food experiences, celebrations and fund-raising activities. The District reduces student access to foods of minimal nutritional value during the school day. All foods offered by the District's food service department, including "a la carte" items, will follow USDA regulations and meet Massachusetts standards. Fresh fruits, fresh vegetables, and whole grains will be provided for lunches within the proportions established by the USDA. Every effort will be made to ensure sufficient amounts of food are available each day through all lunch periods.

The District provides for an age-appropriate, interdisciplinary, sequential health education program based upon state standards and benchmarks that provide the knowledge and skills necessary to make healthy lifestyle choices. There will be opportunity for students to receive nutrition information and education through classroom activities, bulletins, postings, web sites, guest speakers, and District-sponsored presentations. The District may provide nutrition information to the community through newspaper articles, parent workshops, newsletters, and student handbooks. The District and its schools will involve students, families, and community members to plan, implement, and improve health-based programs and events within each school and throughout the District.

Vending machines shall provide a choice of snacks that follow USDA regulations and meet Massachusetts standards. Vending machines shall provide a choice of beverages. Beverage vending machines located in areas where students meals are served or eaten shall include no carbonated beverages. Student access to vending machines during the school day shall be limited.

Fundraising activities will include state and USDA approved foods and beverages. Approval of non-approved foods and beverages for fundraising will be at the discretion of building principals.

Physical activity for students shall be provided through physical education classes, recess, and classroom movement activities that are in compliance with state frameworks. The District strongly encourages all students to participate in extra-curricular activities, interscholastic athletics, or other programs that facilitate physical fitness, such as bicycling or walking to school, safety and infrastructure considerations permitting.

First Reading: 04/12/06  
Second Reading: 04/24/06