

POLICY RELATING TO PUPIL SERVICES

NUTRITION AND WELLNESS POLICY

The Wachusett Regional School District (WRSD) 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 a research-based, developmentally appropriate, sequential program that is inclusive of nutrition, physical fitness, and social emotional well-being. This will be implemented through a multidisciplinary approach.

The District will maintain a Wellness Committee that consists of at least one stakeholder from each of the following groups: parent, nurse, school food service representative, School Committee member, and school administrator.

The superintendent's administrative designee shall serve as the Wellness Program Coordinator for the District. The Wellness Program Coordinator, in consultation with the Wellness Committee, will oversee the implementation and continued review of the policy. The Wellness Committee will meet at a minimum four (4) times per year. The Wellness Program Coordinator's contact information shall be listed on the Wachusett Regional School District's website.

Nutritional Guidelines

All foods and beverages made available during the school day will be consistent with School Lunch Program nutrition guidelines and any other federal and state guidelines.

- I. The school breakfast and lunch programs will follow the United States Department of Agriculture (USDA) requirements for Federal School Meal Programs.
- II. All children who participate in subsidized food programs shall be able to obtain food in a non-stigmatizing manner.
- III. All foods made available during breakfast and lunch will adhere to food safety and security guidelines.
- IV. Nutritional and ingredient information will be made available upon request for all foods offered through the School Lunch Program. Age appropriate daily requirements and portion size information are available for all programs.
- V. Foods and beverages sold or provided at school, including starting 30 minutes prior to the start of school and 30 minutes after school, shall comply with the Massachusetts Law and the National School Lunch regulations for competitive foods and beverages. A la carte offerings available to students will comply with the Commonwealth of Massachusetts Department of Nutritional Standards for Competitive Food and Beverages in school Guidance for Implementing Massachusetts School Nutrition Standards. This includes, but is not limited to, food and beverages sold in the cafeteria, vending machines, snack bars, school stores, and concession stands.

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NUTRITION AND WELLNESS POLICY (continued)

- VI. Appropriate accommodations will be made available to students with documented food allergies and medical concerns. Parents shall provide the school nurse with the required documentation. Refer to WRSDC Policy 6619 *Policy Relating to Pupil Services Life Threatening Allergies* for more details.
- VII. Schools are encouraged to have fundraising activities that promote health and wellness.
- VIII. Teachers should avoid the use of food items as rewards. Refer to WRSDC Policy 6619 *Policy Relating to Pupil Services Life Threatening Allergies* for more details.

Nutrition and Physical Education

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program. A wellness curriculum shall include physical education, health and social-emotional learning aligned with the standards established by the Department of Elementary and Secondary Education. The Wellness Program Coordinator of the District, in consultation with the Wellness Committee, will develop procedures that address the wellness curriculum. The District's goal is to provide students with education in making choices to practice healthy habits, healthy eating, participation in physical activity, and prevention of risky behaviors.

Evaluation

The Wellness Program Coordinator will be responsible for devising a plan for implementation and evaluation of the District wellness plan. The Superintendent is charged with operational responsibility for ensuring that schools meet the goals of the District wellness policy and report to the School Committee annually regarding updates on programs.

Legal reference: 105 CMR 215.00: Standards for School Wellness Committees
MGL C. 111 §223 Nutritional Standards for Sale or Provision of Foods or Beverages in Public Schools

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