

## SCHOOL DISTRICT WELLNESS PROGRAM

The Quabbin Regional School District School Committee recognizes the relationship between well-being and student achievement and the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate nutrition and physical education, as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary approach in both academic and extra-curricular settings.

### Wellness Committee

The school district will establish a wellness committee that consists, to the extent feasible, of at least (1): parent/guardian, student, school nurse, school food service representative, school committee member, school administrator, and community members from the district's towns. If available, a credentialed nutrition professional will be a member of the wellness committee.

The School Committee will designate a Wellness Program Coordinator. Only employees of the district who are members of the wellness committee may serve as the Wellness Program Coordinator.

The Wellness Program Coordinator will convene the district wellness committee at least quarterly. The Wellness Program Coordinator, in consultation with the wellness committee, will develop and implement this policy in adherence to Massachusetts regulations 105.CMR.215 and will ensure each school's compliance with the wellness policy.

### Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

The district will develop a plan to implement, manage, and coordinate the execution of the wellness policy. The plan will specify goals and objective and will delineate roles, responsibilities, actions, and timelines. An annual action plan will foster the generation of an annual progress report. The wellness policy and progress reports will be posted on the district's website.

### *Documentation and Evaluation*

The district will retain all necessary records to document compliance with the requirements of the wellness policy at the Office of the Superintendent and on a webpage dedicated to the district's wellness program. Documentation maintained will include, but will not be limited to:

- a) The written wellness policy;
- b) Documentation demonstrating that the policy has been made available to the public;
- c) Documentation of efforts to review and update the wellness policy, minutes of meetings and methods used to make stakeholders aware of their ability to participate in the wellness committee;
- d) Documentation to demonstrate compliance with the annual public notification requirements;
- e) The most recent assessment on the implementation of the wellness policy.

*Annual Notification of Policy*

The district will actively inform families and the public each year of basic information about the wellness policy, including its content and any updates to the policy. The district will make this information available via the district's website and/or district communications. The district will provide as much information as possible about the school nutrition environment. Annually, the district will publicize the name(s) and contact information of the Wellness Program Coordinator and the wellness committee, as well as information on how the public can get involved with the wellness committee.

*Triennial Progress Assessments*

At least once every three years, the wellness committee will evaluate the district's compliance with the wellness policy and will include:

- a) The extent to which schools within the Quabbin Regional School District are in compliance with the wellness policy;
- b) A description of the progress made in attaining the goals and objectives of the wellness policy.

The Wellness Program Coordinator will be responsible for managing the triennial assessment. The Wellness Program Coordinator, in collaboration with the wellness committee and individual schools, will monitor schools' compliance with the wellness policy. The district will actively notify the public of the availability of the triennial progress report.

*Revisions and Policy Updates*

The wellness policy will be assessed and updated as necessary. The Wellness Program Coordinator, in collaboration with the wellness committee, will modify the wellness policy based on triennial assessments and as district priorities change, community needs change, wellness goals are met, new health science emerges, new information and technology emerge, and/or new Federal or state standards are issued.

*Community Involvement, Outreach and Communications*

The district will actively notify the public about the content of any updates to the wellness policy annually, at a minimum. The district will inform the public about the availability of the annual and triennial reports.

Food & Nutritional Services

Quabbin Regional School District is committed to serving healthy meals to children and to meeting the nutritional needs of school children within their calorie requirements.

All schools within the district participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and Fresh Fruit & Vegetable Program (FFVP), if applicable.

Quabbin Regional School District and the Food & Nutritional Services department will:

- a) Promote healthy food and beverage choices;
- b) Offer a school lunch program with menus that meet or excel current nutrition requirements established by U.S. Department of Agriculture and the Massachusetts Department of Elementary and Secondary Education, Food and Nutrition Programs
  - i. Menus will be created by a registered nutrition professional
  - ii. Menus will be posted on the district's website monthly and will include nutritional analysis from a USDA approved software;
- c) Make reasonable accommodations for students with known food allergies or food intolerances when a special dietary request form is completed by a recognized medical authority and submitted yearly to the Food & Nutritional Services Director;
- d) Make every effort to eliminate any social stigma attached to, and prevent the overt identification of students, who are eligible for free and reduced-price school meals;
- e) Encourage all school-based organizations to offer non-food items and/or healthful foods for fundraising programs;
- f) Establish food safety as a key component in all school food operations and ensure that the food service operating license is current for each school location;
- g) Encourage the consumption of nutrient dense foods such as whole grains, fresh fruit, vegetable and dairy product;
- h) Share information about the nutritional content of meals with parents and students, such information may be available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials;
- i) Ensure that all food and beverages made available at school including in the cafeteria, school stores, and in vending machines, from midnight the night before until 30 minutes after the end of the school day, shall be in compliance with USDA Smart Snacks in School standards;
- j) Offer nutritious snack foods and beverages to students, in compliance with USDA nutrition standards for snack foods and beverages sold or made available to children at school during the school day;
- k) Ensure all grade levels (PreK-12) will be allowed to purchase USDA Smart Snacks during meal service times;
- l) Establish a well-supervised cafeteria environment offering a positive dining experience that is conducive to socializing among students;
- m) Promote the use of non-food rewards for student accomplishment and healthy snacks for classroom celebrations;

### *Water Availability*

To promote hydration, free and safe drinking water will be available to all students throughout the school day. Drinking water will be made available to students during mealtimes without the need to ask permission. Cups will be made available, free of cost, to transport drinking water from fountains to cafeteria tables. Students will be allowed to bring and carry approved water bottles with water throughout the day.

### *Staff Qualifications and Professional Development*

Food & Nutritional Services staff will meet or exceed annual continuing education/training requirements as outlined in the USDA Professional Standards for All School Nutrition Program Employees. The Food & Nutritional Services Department will provide ample training opportunities throughout the school year. These trainings may include on-site training and off-site trainings, including webinars.

### *Commitment to Nutrition Education*

The district will:

- a) Provide students with the knowledge and skills necessary to promote and protect their health through wellness and nutrition education emphasizing the caloric balance between food intake and energy expenditure;
- b) Work collaboratively, in coordination with the Food & Nutritional Services Department, to plan theme-based menus that are coordinated with school/district celebratory days;
- c) Encourage all staff to attend wellness and nutrition education training.

### Celebrations & Rewards

- a) The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- b) Parents may not bring in food or beverages for the classroom.
- c) Food & beverages will not be used as a reward.

### Fundraising

Foods and beverage that do not meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers, but must be distributed at the end of the school day.

### Physical Activity During The School Day

The district is committed to creating an environment that supports and provides opportunities for children, adolescents, staff, and the community to engage in physical activity on a daily basis. The district offers a wide range of opportunities for movement, such as:

- a) Classroom physical activity breaks
- b) Physical education
- c) Health education
- d) Recess for elementary students
- e) Strength & conditioning fitness center
- f) Before/after school programming

To the extent possible, the district will ensure that safe and well-maintained grounds, facilities, and equipment are made available to students, staff, families, and the community.

Social/Emotional Health

To promote strong social and emotional health of students, the district shall provide age-appropriate:

- a) Standards-based instruction on the nature of alcohol, tobacco, and other narcotics and their effects on the body;
- b) Help for students to develop an awareness of the consequences of the use and abuse of alcohol and drugs on themselves, their families, and their community;
- c) Guidance to work continuously to improve school climate and promote connectedness among students and staff to help reduce the risks of suicide, violence, bullying, and substance abuse;
- d) Help for students to understand the warning signs of depression and self-destructive behaviors, to know the risk factors and warning signs of suicide, and to be aware of the school resources that are available to aid and support themselves and others;
- e) Expectations for all staff and students to behave respectfully and kindly to one another so that students develop the level of trust necessary to feel comfortable approaching an adult when confronted with problems.

The district shall provide opportunities for ongoing professional development and training for all administrators, teachers and staff. Training will focus on the importance of the strong impact of emotional health and wellness on student success.

SOURCE: MASC

ADOPTED: April 20, 2006

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 1996, 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

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Revision #2 November 17, 2016  
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