

## WELLNESS POLICY

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The Sutton Public School Committee believes that students who start each day as healthy individuals learn more and are better able to take advantage of their educational opportunities. The Committee also believes that healthy staff can more effectively perform their assigned duties and model appropriate health and nutrition decisions and behavior for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs. Thus, the Sutton Public School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Sutton Public School District that:

### I. Nutrition

Students' academic performance and quality of life are affected by the choice and availability of good foods in Sutton schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and readiness and ability to learn. Therefore:

1. Nutrition guidelines that require the use of food products high in fiber, low in added fats, especially trans fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be utilized for all foods offered by the district's food services department or contracted vendors.
2. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Fruit and Vegetable Snack Program).
3. The foods and beverages sold or served through these programs will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. Food in elementary schools should be sold as balanced meals. All foods and beverages sold individually during the normal school day, including those sold through a la carte lines and vending machines shall meet the standards of the Massachusetts Action for Healthy Kids (MAHK) initiative contained in the Massachusetts Ala Carte Food and Beverage Standards to Promote a Healthier School Environment. The Massachusetts Chapter of the American Academy of Pediatrics adopted these standards in 2005. Items shall be selected with input from students, parents and staff whenever possible.
4. Guidelines consistent with good healthy practices and based on accepted research shall be established for caffeine.
5. Vending Machines

- A. All beverage vending machines in secondary school public areas and all faculty staff areas at school and district sites shall include, as well as other drinks:

1. water
2. 100% fruit juice
3. non-carbonated drinks that meet the MAHK standards

- B. Vending machines, where accessible to students, shall not serve carbonated beverages (exclusive of seltzer water), sugar-added sports drinks, ice-tea, or soft drinks during normal school hours.

The beverage vending machines may also include other nutritional choices such as non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings other non-carbonated drinks

6. Food Services shall support, as practical and requested, classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
7. In keeping with contractual obligations to the National School Lunch/Breakfast programs, schools shall reduce student access to foods of minimal nutritional value and ensure the integrity of the school lunch and breakfast program by prohibiting food and beverage sales that are in direct conflict or competition with the lunch/breakfast programs.
8. The food services director shall hold an appropriate certification as a food services director. Food services staff shall routinely participate in designated professional development programs. Such training, aligned with state and federal standards, will include appropriate certification and/or training programs for child nutrition, financial management of food services, food preparation, and safety.
9. Meal times will be scheduled, to the extent possible, to include at least 15 minutes to eat after sitting down.

## II. Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

1. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks, such as the ***Jump Up and Go*** or other similar programs.
2. Students shall have access to valid and useful health information.
3. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after-school programs.

4. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### **III. Physical Education and Activity**

A certified specialist shall teach physical education. A qualified staff member shall provide physical activity. Physical education and physical activity shall be an element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

1. Physical Education Program. The physical education program shall stress physical fitness and encourage healthy, active lifelong wellness. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students and the particular activity.
2. Such instruction may be provided for grades K-12 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities. Instruction will appropriately emphasize life-long health and fitness activities.
3. The high school shall require one (1) credit of Physical Education for graduation.

### **IV. Healthy and Safe Environment**

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
2. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

### **V. Social and Emotional Well-Being**

Programs and services that support and value the social and emotional well being of

students, families and staff build a healthy school environment.

1. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families and staff to request assistance when needed and links them to school or community resources.
2. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
3. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
4. Students and staff shall be encouraged to balance work and recreation to help become aware of stressors which may interfere with health development.

## **VI. Health Services**

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

1. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Sutton Public Schools and the Sutton Public Health Department.
2. Sutton Public Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI,) community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

## **VII. Family, School and Community Partnership**

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

1. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
4. Schools and the district shall actively develop and support the engagement

of students, families and staff in community health enhancing activities and events at the school or throughout the community.

### **VIII. Staff Wellness**

The district and each school shall provide information about wellness resources and services and utilize staff to assist in identifying and supporting the health, safety and well being of school staff.

1. Each school and district work site shall be in compliance with drug, alcohol and tobacco free policies.
2. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threats that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
3. Employees shall be encouraged to engage in daily physical activity to promote staff well being.