

ATTLEBORO PUBLIC SCHOOLS
Attleboro, Massachusetts

HEALTH & WELLNESS POLICY

File: ADF

The Attleboro School District and School Committee promotes healthy teaching and learning communities by supporting wellness, sound nutrition and regular physical activity, school health services and maintenance of healthy and safe facilities as part of the total educational environment. The district recognizes and supports the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program that is grounded in research-based evidence and best practice. The wellness program will provide developmentally appropriate and sequential nutrition and physical education, as well as opportunities for physical activity. This program will be implemented through a sequential and interdisciplinary approach in nutritional, physical, and emotional wellness that involves students, staff, parents, and the community.

The Attleboro Schools is committed to providing a school environment that promotes children's health, well-being and the ability to be ready to learn, by supporting life-long habits of healthy eating and activity.

HEALTH & WELLNESS ADVISORY COMMITTEE

The Attleboro Public Schools shall establish a Health & Wellness Advisory Committee (HWAC). Committee members may include school administrators, school nurses, food service directors, food service staff, parents of students in the school district, students, physical and health education teachers, dietitians, health care professionals and interested community members. The School Committee shall ensure that there is an assigned Health & Wellness Coordinator(s). Only employees of the district who are members of the Health & Wellness Advisory Committee may serve as Wellness Coordinator. The Health & Wellness Coordinator, in consultation with the Wellness Committee, shall ensure implementation and evaluation of this policy.

NUTRITION EDUCATION

The School District shall provide nutritional education aligned with the standards established by the USDA's National School Lunch Program and the School Breakfast Program. The goal is that students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors in school and beyond school. Students will receive consistent and healthy eating messages in the classroom and throughout the entire school from teachers, nurses, administrators and food service staff.

Breakfast is considered extremely important and the Attleboro Public Schools encourages all students to have a healthy breakfast daily. Snacks help ensure that children receive the nutrition they need to learn, play and grow.

The Attleboro Public Schools' Child Nutrition Program shall be consistent with State and Federal School Lunch Programs and nutrition guidelines.

- The school shall provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school shall provide a clean, safe, enjoyable meal environment for students.
- Accommodations shall be provided for students with specific food allergies, medical issues, and food intolerances.
- The school shall make available plain potable water to all students at no cost. The use of water bottles shall be permitted to drink throughout the day where appropriate. In alignment with state nutritional guidelines, water will be endorsed as the beverage of choice.
- The District shall ensure students have access to the School Breakfast Program prior to the start of school and 20 minutes for lunch.
- A working snack time shall be made available in all K – 8 classrooms. Teachers shall determine a reasonable time for snack during the course of the day.

PHYSICAL EDUCATION

The Attleboro Public Schools shall provide physical education training aligned with the standards established by the Department of Elementary and Secondary Education. The program will provide a variety of developmentally appropriate activities that are reflective of the State standards, benchmarks, and appropriate assessments. Physical education program key components include:

- A structured K-12 physical education curriculum.
- Physical education class frequency and duration shall meet all state regulated mandated requirements.
- Recess shall take place every day in grades K – 4 and shall be approximately 20 minutes in length.
- Recess shall take place for Grade 5 on days when students do not have Physical Education and shall be at least 15 minutes in length.
- Extracurricular activities such as sports team/clubs shall be encouraged.
- Information and participation in before or after school programs along with community programs shall be encouraged.

Schools shall work closely and collaboratively with community partners to assist the district in this effort.

SCHOOL HEALTH SERVICES

Attleboro Public Schools shall provide school health services and qualified healthcare providers who will appraise, protect, and support the physical, social, and emotional well-being of students, staff, and families, which will build a healthy school environment. Attleboro Public Schools shall use a collaborative preventive approach by including community agencies in addressing the needs of students, staff, and families. These services shall promote academic achievement by supporting students' physical, mental, emotional, and social health.

SCHOOL HEALTH ENVIRONMENT

The Attleboro Public Schools shall provide safe, healthy, well-maintained surroundings that are tobacco, alcohol, and drug free and which foster a culture of caring, respect, and responsibility. All wellness education is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health risk behaviors.

STAFF WELLNESS

The Attleboro Public Schools Health & Wellness Policy shall strive to raise nutritional awareness, promote healthy eating habits and encourage physical activity among staff employees. Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community. Each school is encouraged to promote healthy lifestyle activities for staff which might include community recreation programs and the wellness benefits of the district's health insurance policies.

REFERENCES.

<http://www.attleboroschools.com/apssite/health.html>

<http://www.doe.mass.edu/cnp/nprograms/snack.html>

LEGAL REF: *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. §§ 1751-1769(h)
 The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771-1789
 Nutrition Bill: Massachusetts House Bill No.4919

School Committee Approved 10-04-10 as Amended