

BELMONT PUBLIC SCHOOLS



From: Committee Members for Wellness Policy and Guidelines
Re: Wellness Policy and Guidelines for Implementation
Date: November 30, 2006

During the summer of 2006 Paul Browne, Supervisor of Food Services, Jim Davis, Director of Athletics, Physical Education, and Student Activities, Larry Weathers, Director of Science, Health Education, and Technology Education, and Rosemary Peterson, Coordinator of Nursing Services, worked on a draft of a Wellness Policy and guidelines for implementation for the Belmont Public Schools. The Committee reviewed policies from neighboring communities as well as from other states. During the development process, the Committee consulted with the Superintendent and Assistant Superintendent, and members of the Administrative Council. In addition, Committee members presented a draft of the policy to the members of the Belmont Health Advisory Council and asked for comments and constructive criticism. Finally, the policy draft was presented to the School Committee for its consideration and comment.

Taking into consideration editing suggestions, the Committee is ready to present its final draft of a Wellness Policy for the Belmont Public Schools to the School Committee for its approval:

The Belmont Public Schools are committed to providing school environments that promote children's health, well being, and ability to learn by supporting healthy eating and physical activity.

It is the policy of the Belmont Public Schools that:

- **Schools will provide nutrition education and physical education designed to promote student wellness.**
- **All students in grades K-12 will have opportunities and encouragement to be physically active on a regular basis.**
- **Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.**
- **Child Nutrition Programs will comply with federal, state, and local requirements and will be accessible to all children. To the maximum extent practicable, all schools will participate in available federal school meal programs.**
- **Regular monitoring will ensure that the district is in compliance with the federal mandates at both the system and school level.**

Requirements of the Statute

Section 204 of PL 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, states: “Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1996 (U.S.C. 1771 et seq) shall establish a local school wellness policy for schools under the local educational agency that at a minimum -

- Includes goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.
- Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day, with the objective of promoting student health and reducing childhood obesity
- Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.
- Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy
- Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

Guidelines for Policy Implementation

I. Nutritional Guidelines and Standards for Schools

A. School Meals

The School Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the School Meals Initiative for Healthy Children of 1996 (Dietary Guidelines for Americans) as well as implementing the guidelines of the Child and Nutrition WIC Reauthorization Act of 2004.

B. Qualifications of School Food Service Staff

A qualified nutrition professional will direct the school meal programs. As part of the school district's responsibility to operate a food service program, Belmont will assure all food service staff are trained according to their levels of responsibility.

C. Foods in Schools

Foods will not be used to celebrate birthdays, holidays or special events in any school. Foods (this includes candy) will not be allowed in classrooms; all food will be consumed in the cafeteria or designated dining area per administration at each school.

This policy does not affect daily snack K – 4 brought in from home.

Schools will not use foods or beverages as direct rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Any food experience, considered to be an integral component of the curriculum, must be reviewed and approved by the appropriate curriculum director or building principals at the elementary level and allowed only when it has been determined that other instructional tools and accommodations cannot be substituted.

II. Physical Education and Physical Activity Opportunities

The physical education staff will provide a sequential, developmentally appropriate program designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

- All students in grades K – 8 will be offered physical education.
- All students in grades 9 – 12 will be offered Wellness.
- All physical education will be taught by a certified physical education teacher.
- In grades K – 9, physical education should be taught to students throughout the school year to provide the maximum activity exposure and instructional continuity.
- In grades 10 – 12, a variety of opportunities for students to participate in physical activities, both during and after school, are available.

Schools will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Opportunities for physical activity are provided through such programs as intramurals, extended day programs, extra curricular activities and interscholastic sports after school.

Belmont is committed to providing daily recess for students in grades K-5, recognizing the importance of recess to this age group.

III. Health Services

The school nurses will promote healthy eating for students and staff with individual and classroom education.

The school nurses shall be prepared to recognize disordered eating conditions and other nutrition related health problems in students and staff, and refer them to appropriate services.

The school nurses will screen students for height, weight and Body Mass Index as directed by the Massachusetts Department of Public Health. The data will be compiled and reported with other relevant data to evaluate school wellness guidelines.

IV. Health and Wellness Programs

A. Health Curriculum

The health education curriculum will include nutritional education following the Massachusetts Department of Education (DOE) Curriculum Frameworks at all levels consistent with our system's goals of offering elementary, middle and high school health education.

B. Communication with Parents

- The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- Monthly food service menus will be distributed and sent home with students in the elementary schools. Menus will be posted on the Belmont Public Schools web site and published weekly in the local newspaper.
- Schools will share information with parents and students about the nutritional value of foods upon request.
- The school health department web site will post events for parents and children with opportunities to be physically active outside of school.

C. Staff Wellness

Belmont Public Schools will encourage activities that support efforts by staff to maintain a healthy lifestyle. Occasional staff wellness programs will be offered based on interest and resources available for implementation.

V. Monitoring and Review

Ongoing assessment and evaluation of the implementation of the wellness policy is necessary in order to meet stated guidelines.

The principal will ensure compliance with these guidelines in his / her school and will report on the school's compliance to the school superintendent or designee. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness guidelines.

Evaluation of these guidelines will be directed by the District's Health Advisory Council, which is comprised of many members: Superintendent; Assistant Superintendent for Curriculum and Instruction; Director of Athletics, Physical Education, and Student Activities; Director of Science and Health Education; Director of Nursing Services; Principals of Chenery Middle and Belmont High School; teachers, guidance counselors, school physician, school committee member, parents, and students. This group, which represents a diverse cross-section of the school community, will meet quarterly.

The district will, as necessary, amend the guidelines in order to continue to meet the intentions of the Wellness Policy for the Belmont Public Schools.