

WELLNESS

It is the policy of the Foxborough Public School District to promote actions that create a healthy and safe environment for all students, faculty, and staff. It is our goal to promote and protect our students' physical, emotional, and social well-being through a coordinated school wellness program. This includes providing a healthy environment, nutritious school meals, health and physical education, opportunities for physical activity, school nurse services, and mental health services.

It is the intent of this policy to enable students to become independent and self-directed learners by taking initiative to meet their own health, physical, and nutritional needs as developmentally appropriate. Specific actions and decisions will take into account the health needs and well-being of all children without discrimination or isolation of any child. Our goal is to provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

The Foxborough Public Schools' Wellness Task Force will meet annually to review, monitor, and evaluate the goals of this policy.

I. Nutrition and Wellness

The Foxborough Public School District aims to teach, encourage, and support healthy eating by students. Our goal is to provide nutrition education at all levels throughout our district by using the following strategies:

- Offer a comprehensive, standards-based health curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health at all levels;
- Provide instruction for students in nutrition that teaches the skills they need to develop and maintain healthy eating habits;
- Through the nutrition education program, establish the link between food and beverage intake and physical activity as key components to healthy weight management;
- Promote healthy eating decisions such as: fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Offer healthy meals and snacks that promote good health and provide students with the appropriate daily nutrition that is consistent with the Dietary Guidelines for Americans;
- Support healthy lifestyles at home through parent education activities;
- Provide nutrition education professional development opportunities for teachers and support staff such as Food Service.

II. Guidelines for Foods and Beverages on School Campuses

All food made available during the school day will comply with current *Dietary Guidelines for Americans* and the *Massachusetts A La Carte Food and Beverage to Promote a Healthier School Environment* by Action for Healthy Kids. This includes vending machines, concessions, a la carte, school stores, school-sponsored fundraisers, and other venues under the control of the school department.

The School Food Service Child Nutrition Program will comply with federal, state, and local requirements and will be accessible to all children. Foods made available during the school day will promote the consumption of nutrient dense foods and beverages (i.e. milk, meat/poultry, fresh fruits, vegetables and whole grains) on a daily basis.

School menus will be analyzed using USDA approved software.

Nutrition information will be available for all foods offered through the Child Nutrition Program. Age appropriate daily requirements and portion size information will be available in all programs.

The school district will provide information and outreach materials about other Federal Nutrition Standards programs such as Supplemental Nutrition Assistance (SNAP), and Women, Infants, and Children (WIC) to students and parents through the school/district website.

The school district encourages all students to participate in school meals program, i.e. the National School Lunch and School Breakfast programs where offered.

All foods made available on campus by the food services department will adhere to food safety and security guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illness in schools.

Food safety issues related to food allergy are adhered to for all foods served in school. Refer to Foxborough Public Schools' Life Threatening Allergy Policy JLCE for more information.

Food services will strive to offer only those snack items included on the Department of Education's A List.

Birthday celebrations must be "food free" throughout the district. Food rewards are also discouraged in the classroom. Classroom snacks and food provided for non-birthday related celebrations feature healthy choices.

It is recommended that non-school sponsored events including fundraisers and concessions held on school grounds and/or to benefit schools in the Foxboro school district will be encouraged to include healthy choices and promote healthy living.

The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

III. Physical Activity Opportunities and Physical Education

Students in grades K-10, including students with disabilities, special health-care needs, and in alternative settings, will participate in physical education for the entire school year. Students in grades 11 and 12 are offered physical education electives. All physical education classes will be taught by a certified physical education teacher.

Currently, students are receiving the following number of hours of organized physical education per year:

- K-4: 33 hours/year
- Gr. 5-8: 34 hours/year
- Gr. 9-10: 71 hours/year

The physical education program includes instruction of individual skills and fitness activities to encourage life-long physical activity. Students will spend well over fifty percent of physical education class time participating in moderate to vigorous physical activity.

All students through grade six will have 15-20 minutes of supervised recess daily. Whenever possible, all of the students' recess time is spent outdoors.

All schools will offer a range of extracurricular physical activity programs and activities that meet the needs of diverse learners, such as co-curricular clubs, interscholastic athletic programs and Intramural programs.

The withholding of recess or other physical activities as a regular form of discipline or for the make-up of class work is discouraged.

Using physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess, physical education) as punishment is discouraged.

School spaces and facilities should be available to students, staff, and community members during and after the school day, on weekends and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. See Policy KF – Community Use of School Facilities.

IV. Other School-Based Activities

The school district will ensure adequate time for students to enjoy eating healthy foods in a collegial environment.

When possible, schools will schedule recess for elementary students before lunch so that children will come to lunch less distracted and ready to eat.

The Foxborough Public School District values the health and well-being of every staff member and will plan and implement activities and policies that support efforts by the staff to maintain a healthy lifestyle. The district will make every effort to inform and educate staff, and to encourage staff health and wellness as related to healthy eating, physical activity, and other elements of a healthy lifestyle.

LEGAL REF.: MGL 7:23B

An Act Relative to School Nutrition (H4459)
Child Nutrition and WIC Reauthorization Act of 2004

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