

Wellness Policy Procedures/Guidelines

It is the goal of the District to promote physical, emotional and social well-being through coordinated school and community guidelines. This includes providing a healthy environment, counseling services, school nurse services, nutritious school meals, comprehensive health education, physical education, and other opportunities for physical activity.

It is the District’s expectation that specific actions will take into account the health needs and well-being of all children without discrimination or isolation of any child. It is the District’s belief that education, along with open and informative communication between administration, staff, parents and where appropriate students, is vital to the establishment of an environment that promotes the making of healthy choices by children. The guidelines herein reflect a commitment to the development of the whole child to foster an environment in which students and staff can make informed healthy lifestyle choices.

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Acton-Boxborough Regional Schools

Nutrition Education

Nutrition education and promotion aims to teach, encourage, and support healthy eating by students and the school community. Schools should provide nutrition education and engage in nutrition promotion in the following ways:

- Nutrition Education in the schools will follow all ABRSD Procedures/Guidelines and curriculum.
- is not only part of health education classes, but also may be integrated into classroom instruction in subjects such as math, science, language arts, social studies, world language and the exploratory subjects;
- includes developmentally-appropriate, culturally relevant, participatory activities that may include community resources such as local farms, companies, and other organizations that aim to promote the healthy eating among our students and school community;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices as well as providing information about healthy alternatives including vegetarian diets, organic foods, and dairy substitutes such as soy products;
- emphasizes caloric balance between food intake and energy expenditure, or physical activity;

- emphasis on reduce, recycle and compost;
- teaches media literacy with an emphasis on food marketing and how to read and understand food labels;
- incorporates activities and programs to share nutrition information with students' families and other community stakeholders and is consistent with the information being taught in school to engage and support families as partners in nutrition education; and
- includes training for teachers and other staff and information on available resources.

District Guidelines/Procedures on Foods and Food Practices during School hours up to 30 minutes before the start of school and 30 minutes after school is dismissed.

- The Health and Well-being of all students is the ultimate goal.
- For students with health concerns and life-threatening food allergies, the nurse will maintain a healthcare plan. Decisions regarding controlled food choices, no food, or food restrictions rest with the School Nurse and shall reflect District policies and guidelines.
- Soda and candy will not be provided to students in school.
- In instances when food is served as an integral part of the curriculum, it is important that staff, through reasonable communication with parents or appropriate health care professionals, work to reduce risk and create an inclusive experience.
- Food will only be used as a student manipulative in lessons when the purpose is directly related to the curriculum (i.e. studying onion cells in science).
- Whole class or group non-curricular celebrations involving food should be used sparingly.
- Birthday events at school will not involve food.
- Celebrations at school (Halloween,etc.) will be an inclusive experience that takes into consideration student health.
- Principals and School Health Advisory Councils shall consider the following resource when developing school-level guidelines in regard to food brought into the school outside of the school lunch program:
 - A-List Healthy School Snacks – <http://www.johnstalkerinstitute.org/alist/>

- The Acton-Boxborough schools will comply with current federal and state nutrition regulations in promoting, selling and providing all foods and beverages to students 30 minutes before the beginning of the school day until 30 minutes after the school day ends.
- Fundraising activities should not occur until 30 minutes after the ending of the school day.

Mental Health and Wellness

- Visit Acton-Boxborough School district's health and wellness website at <http://abschoolswellness.weebly.com/>. The information on the website is constantly being updated and revised.

Physical Activity

- The health, well-being, and safety of all children are the priority of all school programs.
- Review ways in which the school's physical education curriculum meets ABRSD guidelines.
- All elementary schools will have at least 20 minutes a day of supervised recess during which students will have opportunities for safe physical activity.
- Review schedules at the elementary schools to assure there is 20 minutes of recess each day and educate school personnel about the importance of physical activity.
- School personnel will not use physical activity (running, pushups, etc.) as a punishment.
- School personnel will not arbitrarily withhold opportunities for physical activity as a punishment.
- Physical activity should be incorporated throughout the school day.
 - Physical education courses will be in a safe environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Policies ensure that state-certified physical education instructors teach physical education classes.
- Physical education shall be required for all students, unless a medical excuse is documented by the student's physician.
- Time allotted for physical activity will be consistent with research, national, and state standards. According to the National Institutes of Health, being active benefits a student's self-esteem, energy level, concentration, and overall emotional well-being.

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment should be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- The district is committed to maintaining a strong partnership with Acton-Boxborough Community Education to provide community access to, and encourage students and community members to use, the schools' physical activity facilities outside of the normal school day.
- During afternoons, evenings, weekends and vacations, Acton-Boxborough Community Education supervises the high school athletic facilities and provides access to students and community members for use of the fields, gymnasiums, and the pool and fitness center.

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