

## **DISTRICT WELLNESS POLICY**

The Acton-Boxborough Regional School District is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. To that end, the District promotes actions, behaviors and learning that create a healthy and safe environment for all.

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 intent of this Policy to foster independence in students by addressing curricula and supports for student nutrition, health/hygiene, human sexuality, and physical activity.

Furthermore, 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 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.

The Acton-Boxborough Regional School District will support the district-wide Wellness Policy through adherence to regulatory requirements facilitating the establishment of School Wellness Advisory Committees (SWAC). This district-wide committee will have the primary function of overseeing the implementation of the Wellness Policy by addressing the requirements below:

- Meet a minimum of four times per year.
- Consist of membership appointed by the Superintendent, representing the following constituents: school administrators, school nurses, physical education staff, school nutrition staff, parents/guardians, students, school committee, and community youth serving agencies.
- Develop an annual, measurable action plan with required components.
- Yearly, monitor and evaluate the effectiveness of School Wellness Policy, Wellness Guidelines, and district-wide Action Plan.
- Submit an annual report to the Superintendent of Schools and the School Committee that includes: review of SWAC membership and participation, policy recommendations, action plan outcomes, and assessment of accomplishments and work still needed.

The Superintendent or designated representative has operational responsibility for the District's implementation of the Wellness Policy.

### **LEGAL References:**

M.G.L. Chapter c111,s222

### **CROSS References:**

File: ADFR/File: JLCEA – Life Threatening Allergy Policy/Procedures

**Originally Revised:** March 26, 2009

**Revised:** 8/22/13, 6/24/14