

## **WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION**

The Hull Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition and health education, opportunities for physical activity and other school-based activities designed to promote student wellness.

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

### **Wellness Advisory Council**

The Hull School District will establish a Wellness Advisory Council which will be responsible for establishing and measuring the implementation of the Wellness Policy. Committee members work collaboratively to ensure that the policy fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004.

The Health Advisory Council will

- Be responsible for establishing and measuring the implementation of the Wellness Policy
- Develop guidance and serve as a resource for Wellness Policy implementation
- Establish a plan for monitoring, measuring, and evaluating Wellness Policy implementation
- Review and evaluate Wellness Policy standards and implementation

Membership:

The Health Advisory Council will include:

- A School Committee member
- A representative of the school administration
- A representative of school food services
- A parent representative
- A representative from the Board of Health
- A staff/faculty representative from the Wellness Dept. of each school building
- A school nurse representative from each building
- A student
- The School Committee designates the following individual(s) as wellness program coordinator(s): Head Nurse

## **Wellness Policy**

The Wellness Policy will address the following:

- Nutrition guidelines for all food and beverages available to students at all three schools during the school day
- Guidelines that school meals shall not be less restrictive than USDA standards
- Goals for nutrition education, physical activity and other wellness promotion activities
- A plan for measuring policy implementation

## **Nutrition Education**

Hull Public Schools has a comprehensive curriculum approach to nutrition in Kindergarten through 12<sup>th</sup> grade. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

All K-12 instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition are to be emphasized.

Health Education curriculum standards and guidelines address both nutrition and physical education.

## **Nutrition Guidelines**

It is the policy of the school district that all foods and beverages made available to students within the Hull Public Schools during the school day are consistent with School Lunch Program Nutrition guidelines.

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

## **School Meals Program**

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Massachusetts. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals. Students will be encouraged to start each day with a healthy breakfast. All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium. Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

All competitive foods offered to students during the school day will meet Massachusetts's guidelines for competitive foods and beverages sold in schools.

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

### **Food Sold for Fundraising Activities**

The district will encourage non-food items to be sold as part of school-sponsored fundraising activities. The Wellness Policy Committee will explore whether when food is sold, it will conform to the same standards as competitive food sales (i.e. no foods of minimal nutritional value will be sold on the school campus during the school day.

### **Healthy Classroom Parties and Celebrations**

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings or food-free celebrations, as defined in this policy, at school parties and events to support a healthy environment throughout the district. Food and beverages for classroom parties and celebrations provided by Whitson's will conform to the same standards as competitive food sales. No foods of minimal nutritional value will be sold on the school campus during the school day.

### **Food Used as a Reward or Punishment**

School staff is encouraged to not use food as a reward or punishment for students. For example, popcorn, candy, or food as a reward for a job well done on a class project or withhold snacks as punishment for bad behavior.

### **Physical Education/Physical Activity**

The physical education component ensures that every student develops the knowledge and skills for specific physical activities, maintains physical fitness, regularly participates in physical activity, and understands the short and long term benefits of physical active and healthy lifestyle.

- Physical education classes are taught by DESE licensed health and/or physical education teachers in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Students are given opportunities for physical activity during the school day through PE classes, recess periods for elementary students, and the integration of physical activity into the academic curriculum where appropriate.

- Students are given opportunities for physical activity through a range of before and/or after-school programs.
- Schools work with the community to create ways for students to be physically active.
- Schools provide opportunities to enable staff to promote enjoyable, lifelong physical activity.
- Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

### **Other Wellness Promotion Activities**

The schools provide activities that create an environment that provides consistent wellness messages, is conducive to healthy lifestyle choices and supports social, mental and emotional well-being in order to promote academic success.

An adequate amount of time is provided for students to eat meals in adequate lunchroom facilities.

All children who participate in the free and reduced lunch program are able to obtain food in a non-stigmatizing manner.

The schools work collaboratively with community resources to encourage healthy and active lifestyles.

Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.

Physical activities and/or nutrition services or programs designed to benefit staff health are considered and, to the extent practical, implemented.

### **Policy Implementation**

The Wellness Advisory Council has been established and will be responsible for monitoring, evaluating and revising the Wellness Policy for the Hull School District as needed. Committee members work collaboratively and offer multiple perspectives to assure the Wellness Policy is designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004

LEGAL REF: The Child Nutrition and WIC Reauthorization Act of 2004

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