

Policy Mission Statement:

The King Philip Regional School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. Therefore, King Philip Regional School District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The 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 Policy Rationale:

Healthy eating patterns, quality physical education, and activity programs positively impact students' academic, physical, social, and emotional health. Current research indicates that students and staff will have greater opportunity to maximize their academic performance as well as their physical, social, and emotional health through well-planned and well-implemented nutrition, physical education, and activity programs. Through the creation and implementation of this policy we seek to provide an environment in which students can achieve their maximum academic potential.

Goals of Policy

1. The District will create procedures that address all foods available to students throughout the school day.
2. The District will provide nutrition education aligned with standards established by the USDA'S National School Lunch Program and the School Breakfast Program in all grades.
3. The District will provide physical education training aligned with the standards established by the Dept. of Elementary and Secondary Education.
4. The District will develop procedures that address nutrition and physical education.
5. The District is charged with developing procedures addressing other school-based activities to promote wellness.
6. The Wellness Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards
7. School Principals shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy.
8. Wellness program coordinators will report to the School Committee annually.

Wellness Committee Goals:

The KPRPS Wellness Committee has been established to ensure that the District has a system in place to deal effectively with school health issues. This committee is responsible for making recommendations concerning school health/wellness policies, programs and practices.

The District's Wellness Committee consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credential nutrition professional will be a member of the wellness committee. Only employees of the district who are members of the Wellness committee may serve as Wellness program coordinators. Wellness coordinators, in consultation with the Wellness committee, will be in charge of implementation and evaluation of this policy.

Nutrition Education Goals:

1. The District will provide food and nutrition education for all students as part of the existing comprehensive School Health Education and Wellness Program.
2. The nutrition education program will be consistent with the Massachusetts State Curriculum Frameworks and will be designed to help students learn age-appropriate nutritional knowledge and skills, how to assess their own eating habits, and how to be educated consumers with respect to advertising and the media.
3. Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and chronic disease.
4. The District will offer educational opportunities for staff members and parents regarding healthy food choices and eating behaviors.
5. The District's teaching staff and food service personnel will work together to promote a consistent, coordinated message about nutrition and healthy eating choices.

Physical Activity Goals:

1. Physical education instruction will be consistent with the Massachusetts Curriculum Frameworks and will be delivered, whenever possible, by teachers with physical education certification.
2. Suitable physical education should be part of the education plan for students. The amount of time that students spend per week in physical education classes should be designed to achieve a balance between academic goals and the need for physical activity.
3. Modified programs for students with chronic health problems, disabling conditions, or other special physical needs shall be provided.

4. The District will provide a safe environment with functional and necessary protective equipment for all students to participate in physical education classes actively and safely.
5. Ongoing in-service and professional development training opportunities for staff in physical education and health instruction shall be encouraged.
6. All students are required to complete physical education requirements as set forth by the District.
7. Student-to-teacher ratios in physical education classes should strive to be comparable to those in other curricular subjects.
8. The District will work with the community to provide an avenue for reaching all students before and after school through organized physical activities (e.g., intramurals, interscholastic sports, community-based programs, and other activities).
9. Physical activity will be integrated into the District curriculum where appropriate.
10. The District will identify educational opportunities for staff, parents, and students regarding healthy physical activity and active lifestyle behaviors. This will include the posting of wellness information on the districts website.
11. Fundraisers that promote physical activity (e.g. Walk for Hunger, Relay for Life, etc.) are strongly encouraged.
12. To the extent possible, school physical activity spaces and facilities, especially outdoor facilities such as sports fields and tracks, shall be available to young people before, during, and after the school day, on weekends, and during summer and other vacations.
13. All interscholastic coaches should be certified by the Massachusetts Interscholastic Athletic Association and should have up-to-date training in First Aid, CPR, and concussion awareness and response.
14. Coaches shall demonstrate appropriate and effective motivational skills and provide constructive and descriptive feedback to athletes.

Goals for Foods Available in School Buildings during the School Day:

1. All school meals available through the National School Lunch Program will meet the USDA Dietary guidelines.
2. Nutritious and appealing foods such as fruits, vegetables, low and nonfat dairy products will be available wherever food is sold or offered throughout the school day.
3. In accordance with the Massachusetts School Nutrition Law, all food sold or provided to students outside of the National School Lunch Program will meet the standards listed

below. The standards will apply 30 minutes before and 30 minutes after the close of the school day, with the exception of the vending machines which shall comply with these standards at all times.

Competitive foods are defined as foods and beverages sold or provided in:

- School cafeterias offered as a la carte items
- School stores and snack bars
- Vending machines (those available to students)

Category

Nutrition Standards

Category	Nutritional Standard
Artificial Sweeteners	No food or beverage will contain any artificial sweetener.
Beverages (other than juice, milk, milk substitutes or water)	No beverage other than juice, milk, milk substitutes or water (as defined) shall be sold or provided.
Caffeine	No food or beverage will contain any more than trace amounts of caffeine.
Calories	All food shall not exceed 200 calories per serving or item. A la carte items shall not exceed the calorie count found in items offered as part of the NSLP equivalent portion size.
Fat	No food or beverage will contain more than 35% of its calories from fat.
Fat Exemptions	Fat exemptions include one ounce servings of nuts, nut butters, seeds and reduced-fat cheese.

Grains	All bread and grain-based food items such as crackers, granola bars, chips, baked good, pasta, and rice shall be whole grain.
Juice	Juice must be 100% fruit or vegetable with no sugar added. The serving size may not exceed 4 ounces.
Milk (and alternatives such as lactose free and soy)	Milk must be low fat (fat free or 1%). The serving size may not exceed 8 ounces.
Trans-Fat	All food and beverages will be trans-fat free.
Water	Water may not contain added sugars, sweeteners, or artificial sweeteners. Water may contain natural flavorings and/or carbonation. Water must be made available to all students throughout the school day.

4. Food pricing strategies will continue to be designed to encourage students to purchase nutritious items and/or reimbursable meals.
5. Parents and caregivers are encouraged to support a healthy school environment by providing students with a healthy breakfast to start each day, as well as a variety of nutritious foods if meals are sent from home.
6. The District strongly encourages non-food items to be sold as part of school-sponsored fundraising activities during the school day. However, in the event that a fundraiser does involve food, healthy food choices are encouraged and food may not be sold prior to scheduled student lunch times.
7. The Districts recognize that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include a variety of healthy food offerings, as defined in #3 above, at all school parties and events to support a healthy environment throughout the district.
8. To support a healthy school environment, teachers and school staff should refrain from using food as a reward for students.
9. Lunch is an integral part of the school day for all students, and as such, should never be circumvented as a consequence of unacceptable behavior.

Evaluation

The Wellness Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually.

LEGAL REFS:

Massachusetts Department of Elementary and Secondary Education,
Comprehensive Health Curriculum Frameworks, 1999

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L.
108-265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h

The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771- 1789

Massachusetts General Law (MGL) School Nutrition Law, Chapter [11, Section 223](#)

Massachusetts General Law (MGL) Public Schools - Physical Education,
Chapter [71, Section 3](#)

Massachusetts Department of Public Health, 105 CMR 215.000 Standards for
school Wellness Advisory Committee 2011

Massachusetts Department of Public Health, 105 CMR 215.000 Standards for
School Wellness Advisory Committee 2011.

CROSS REF:

[EFC](#), Free and reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities

King Philip Regional School District Policy April 2006