

## WELLNESS POLICY

Students are the first concern of the district and must receive the primary attention of the School Committee and all staff members. In pursuit of this primary goal, it is imperative that the health and wellness of the individual student, and the student body as a whole, be considered an important part of the educational process. Good health fosters student attendance and education. Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. To this end, the School Committee will work with the Health Advisory Council, staff, students and community members to initiate and implement the Wellness Policy.

### **I. Nutrition Guidelines for All Foods on Campus**

Framingham Public Schools will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students: will incorporate ethnic and cultural foods into the meal plan that reflect the Framingham Public School's diverse student body; and, in collaboration with the building principals, will provide clean, safe and pleasant settings and adequate time for students to eat.

1. All foods made available on campus will comply with the current *USDA's Dietary Guidelines for Americans*.
2. The following will also comply with the current *Massachusetts A La Carte Food and Beverage Standards*: food and beverages sold in vending machines and school stores; a la carte items; beverage contracts; and food and beverages offered as school incentives and at school celebrations.
3. Nutrition information for products offered in snack bars, a la carte, vending machines and school stores will be readily available near the point of purchase.
4. Nutritional information on all school foods will be provided to each school and made available either in hard copy or in electronic form.
5. Food Service Directors are recommended to have a background in nutrition.

### **II. Physical Activity and Fitness offered by the Framingham Public Schools**

The following list contains statements and goals for physical activity for students in the Framingham Public Schools.

1. All elementary school students in the Framingham Public Schools will have 60 minutes of formal physical education class every week and a minimum 15-minute recess period each day.
2. All middle school students will receive a consistent amount of time in formal physical education class, with two 45-minute classes per cycle. Framingham Public Schools recognizes the importance of offering physical education instruction throughout the entire school year.

3. The district will strive to increase present physical education offerings at the high school and to increase participation in all four years. Opportunities for physical activity shall be incorporated into other subject lessons when possible.
4. The district will broaden opportunities for physical activity for students at all levels through a variety of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs. Framingham Public Schools, along with the Massachusetts Department of Education, recognizes that the above named activities are not to be used in place of formal physical education classes, which are part of the 990 hours of structured learning time. <sup>1</sup>
5. A state license is required for all teachers of physical education classes.
6. The district will support walk-to-school initiatives.
7. Schools will encourage parents and guardians to support their children's participation in physical activity; to be physically active role models; and to include physical activity in family events.

### **III. Nutrition Education statements and goals for the Framingham Public Schools**

1. Students will receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
2. Nutrition education will be taught within the comprehensive health education program taught in the Framingham Public Schools. The district will strive to develop an organized, sequential, system-wide nutrition education program to be implemented in grades pre-K through 12, as outlined in the Massachusetts Curriculum Frameworks.
3. The Family and Consumer Science Department at Framingham High School will also teach nutrition education.
4. Nutrition education will be offered in the school cafeteria as well as in the classroom, with collaboration between the food service staff and other school personnel including teachers.
5. Staff who provide nutrition education will have appropriate training.
6. Students will receive consistent nutrition messages from all aspects of the school program.

### **IV. Evaluation**

1. The Health Advisory Council will collaborate with building principals to ensure that faculty and staff are in compliance with this Wellness Policy.
  2. The Health Advisory Council will provide necessary updates and report annually to the Superintendent.
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**References:**

Child Nutrition and WIC Reauthorization Act of 2004

*Action for Healthy Kids: Massachusetts A La Carte Food and Beverage Standards*

*USDA Dietary Guidelines for Americans*

National Association for Sport & Physical Education (NASPE)

School Nutrition Association Wellness Policy Guidelines

Massachusetts Association of School Committees Wellness Policy Guidelines

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