

WELLNESS POLICY FOR PK -12

POLICY:

Somerville Public Schools envisions that all students and staff are healthy, safe, supported, engaged, and challenged. SPS recognizes that physical, social, and emotional health are linked to academic achievement and college, career, and community readiness. Students learn better in healthy schools with healthy employees.

This policy is intended to (1) promote healthy lifestyles by establishing guidelines and placing an emphasis on District-wide programs and efforts designed to support overall student wellness, and (2) help address the national challenge of childhood obesity at a local level

Definition of Wellness:

The definition of wellness long used by the National Wellness Institute is consistent with these tenets: *Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.*

Guiding Principles:

SPS shall establish and maintain an infrastructure for management, oversight, implementation, communication and monitoring of the Wellness Policy and its established goals and objectives.

1. Students in SPS shall have access to healthy foods and drinkable water throughout the school day including access to the USDA's Child Nutrition Program.
2. All students in grades PK-12 shall receive standards-based health, nutrition, and physical education that provides students with learning experiences to develop the skills to live a healthy, well-rounded lifestyle.
3. All students in grades PK-12 shall have opportunities to be physically active.
4. SPS shall create and maintain healthy and safe physical environments that promote learning.
5. All students shall have access to strategies and supports to develop knowledge and skills for social-emotional health.
6. All students shall have access to health services to support students in chronic conditions management, first aid, and promote wellness through school based-nursing staff.
7. SPS is committed to establishing strong partnerships with students, employees, families, community members, and community organizations to ensure engagement and involvement between school and other settings to maximize the impact of wellness programming.

Lunch and Recess:

1. Schools will allow students to have sufficient time to eat lunch within the lunch period.
2. Principals are encouraged to provide recess before lunch for PK-8 students when possible.
3. Recess is an important activity in the school day for elementary school students. Studies have shown recess provides academic, social and physical benefits. Students should be given sufficient recess time to provide opportunities for social development in a safe environment and a chance to expend physical energy, thereby resulting in improved alertness in the classroom through a break in routine.
4. Recess should not be used to motivate or punish student unless there is a safety reason to do so.

District Wellness Procedures for ensuring that specific goals and objectives designed to meet all Guiding Principles outlined in this Wellness Policy shall be developed by the District Wellness Committee and reviewed/revised by said committee at least every three (3) years, and presented to the Superintendent for approval. The approved procedures shall serve as the basis for evaluating schools' and district departments' compliance with this Wellness Policy, to assess progress toward the district's wellness goals, and to inform any recommended Wellness Policy changes. The Wellness Committee will report back to the School Committee on an annual basis.

LEGAL REFS: Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

Adoption Date: March 6, 2006

Revised: November 27, 2007

Date Approved by School Committee: December 17, 2007

Revised: August 2009

Revised: May 2013

Revised: December 2018

PROCEDURES

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Goal/Objective: At least once every three years, the district will evaluate compliance, strength of policy, and progress toward goals.

- a. Under the direction of the Superintendent's designee a District Wellness Committee will be established and convened annually for the purpose of evaluating policy adherence, and regularly as required by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 to discuss possible improvement efforts in the area of student and staff wellness.
- b. Schools are encouraged to convene a wellness team to support wellness initiatives at their school.
- c. Every effort will be made to ensure that representation on the District Wellness Committee includes the Somerville School Committee, Parent Teachers Association (PTA), School Councils, School Health division of the Health Department, Physical Education Department, School Food and Nutrition Services Department, Somerville Community Schools Program, Superintendent's Office, Somerville Teachers' Union, community health agencies, student(s), parents/guardians, and school principals or their designees. Representation may occur through subcommittee work supporting district wellness. The District will utilize various methods of outreach throughout the year to encourage participation on this committee.
- d. Prior to the end of the school year, this committee will develop recommendations to update/change this policy based on discussions and committee input during committee meetings conducted throughout the year.
- e. The Superintendent's designee will develop information for discussion about the Wellness Policy at an Administrative Team Meeting and for School Committee Review during the next school year regarding possible policy changes and a final version of the policy will be shared publicly.

II. Nutrition

Goal/Objective: The district aims to teach, model, encourage, and support healthy eating to help all students develop healthy lifestyle practices.

1. School Meals

- a. The Somerville Food and Nutrition Services Director (FNSD) shall ensure that meals and snacks offered by the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs. All SPS are committed to offering school meals that are accessible to all students, are appealing and attractive to children, and are served in clean settings.
- b. The FNSD will offer fresh fruit as a component of the meal choices every day at school breakfast and fresh fruit and vegetables as a component of the meal choices every day at school lunch.
- c. The FNSD will continue to work on improving the nutritional quality and student acceptance of school meals by developing new recipes, giving students as many choices as possible, focusing on food presentation, and giving students opportunities to sample new foods.
- d. The FNSD will work to support regional agriculture and the consumption of fruits and vegetables through the inclusion of locally grown produce in school meals.
- e. Schools will allow sufficient, age-appropriate time for students to eat meals within the designated period.
- f. Schools will ensure water is made available and accessible to all students during meals and during the school day without charge.

2. Staff Qualifications & Professional Development

- a. The FNSD will offer health education training annually to all school food service staff.

3. Competitive Foods & Beverages

- a. Items sold by the FNSD through the A La Carte program at Somerville High School will meet the guidelines established by the “Act Relative to School Nutrition” signed into law on July 30, 2012 which established standards for competitive foods and beverages sold or provided in public schools during the school day.

4. Celebrations, Rewards and Snacks

- a. Teachers and parents/guardians will be given a list of recommended classroom snack foods and beverages, developed and disseminated by the Somerville Food and Nutrition Services Department in September. This list will meet the standards put forth by the “Act Relative to School Nutrition” signed into law on July 30, 2012.
<http://www.somerville.k12.ma.us/district-departments/food-nutrition-services/healthy-snack-guidelines>
- b. Parents/guardians are encouraged to support the District’s nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Parents/guardians are encouraged to support these standards in the home environment.
- c. All food items brought into the schools are required to contain nutritional content information. Non-prepackaged food items are also required to contain food preparation information including where the food was prepared, a list of ingredients used in preparation of the food item, known allergens that may be included among the ingredients, and the following statement if applicable: *“Produced in a kitchen where nuts, tree nuts, or other allergy-producing products may have been present.”*
- d. School staff will not use food or candy as a reward for children’s accomplishments involving attendance, behavior, or academic performance.

5. Fundraising

- a. Students, staff and volunteers are strongly encouraged to consider fun, healthy fundraising options. Fundraisers conducted during regular school hours should encourage and promote good health habits.
<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>
- b. Schools are encouraged to hold non-food fundraisers.
- c. School fundraisers where food is sold will only be offered after school meals are over.

- d. School fundraisers where food is sold are encouraged to select foods from the list of our recommended snack foods and beverages or the Guide for Smart Snacks In Schools.
http://www.somerville.k12.ma.us/sites/default/files/Healthy%20Snack%20Ideas_0.pdf
https://fns-prod.azureedge.net/sites/default/files/tn/508_USDASmartSnacks_508_82218.pdf

6. Nutrition Promotion

- a. All school staff will promote a school environment supportive of healthy eating.

7. Nutrition Education

- a. Nutrition education will be offered to all pre-K students when possible.

8. Essential Healthy Eating & Physical Activity Topics in Health Education

- a. The District will outline comprehensive health topics in each K-8 grade in the Somerville Public Schools District Curriculum Guide. In Grades 9-12, topics will be outlined in Health and Physical Education Courses.

9. After-School Programs

- a. The Somerville Food and Nutrition Services Department, pending grant or in-kind funding, will provide nutritious snacks for after-school programs on school sites, using the after-school snack guidelines established under the National School Lunch Program.
- b. Any snack served by community-based after school programs that receive school department funding will meet the guidelines outlined in this policy.
- c. Parents/guardians will be strongly encouraged to provide nutritious snacks for their children in an after-school program.
- d. Health and wellness professional development will be provided to afterschool staff annually.
- e. Candy and other foods that do not meet District nutrition guidelines will not be used as an incentive or reward during in-school or out-of-school-time programming.

III. Physical Activity

Goal/Objective: To provide students with opportunities for quality physical education and daily physical activity before, during and after school in order to learn the understanding and benefits of the short and long-term benefits of a physically active and healthy lifestyle.

1. Physical Education

- a. Physical Education will be a required subject in all grades.
- b. All Somerville Physical Education teachers will be certified as is consistent with federal and state laws.
- c. Fitness testing will be incorporated into Physical Education services at all schools.

2. Recess

- a. Recess is an important activity in the school day for elementary school students. Studies have shown recess provides academic, social and physical benefits. Students should be given sufficient recess time to provide age-appropriate opportunities for social development in a safe environment and a chance to expend physical energy, thereby resulting in improved alertness in the classroom through a break in routine.
- b. Recess should not be used to motivate or punish students unless there is a safety reason to do so.
- c. Principals are encouraged to provide recess before lunch for Prek-8 students when possible.
- d. Outdoor recess should take place unless the temperature, including the wind chill, is below 15 or if the heat index (temperature plus humidity) is above 97 or if conditions are deemed unsuitable or unsafe due to rain, snow, sleet or ice.
<http://www.c-uphd.org/documents/wellness/weatherwatch.pdf>

3. Classroom Physical Activity Breaks & Active Academics

- a. Classroom teachers will be encouraged and supported in their efforts to incorporate movement as part of the classroom activities and provide short physical activity breaks between lessons and classes. <http://www.somerville.k12.ma.us/district-departments/health-and-physical-education/movement-mindfulness>

4. Before & After School Activities

- a. Physical activity, outdoors whenever possible (see guidelines under III.2.d), will be incorporated as a consistent practice throughout the District in the afterschool program.

5. Active Transport

- a. Schools will be encouraged to participate in the Safe Routes to Schools program and promote walking, biking and “actively commuting” to and from school.
<https://www.massdot.state.ma.us/saferoutestoschool/RegisterYourEvent.aspx>

IV. Other Activities that Promote Student Wellness

Goal/Objective: The district will coordinate and encourage initiatives and school-based activities that are designed to promote student well-being, optimal development, strong educational outcomes and staff health and wellness.

1. Community Partnerships

- a. Schools will participate in programs that support food security such as the Backpack Program and be encouraged to expand programming as needed.
<http://www.somervillebackpackprogram.org/>

2. Screen Time

- a. The district will provide information about the potentially harmful effects of screen time based on current research and best practices.

3. Staff Wellness and Health Promotion

- a. The District will promote staff member participation in health promotion programs and will support programs for staff members that are accessible and free or low-cost.

4. Professional Learning

- a. When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and the school.

5. School Health Data Reporting

- a. Height and weight data will be collected annually on all children in Grades 1, 4, 7 and 10, as required by Massachusetts, during physical education classes when mandated by grants and/or the Commonwealth of Massachusetts. Results will be made available to families upon request. This information is confidential information consistent with the Family Educational Rights and Privacy Act (FERPA) and to the maximum extent possible under the law.
- b. School & City officials will meet to review YRBS data

6. Sustainability

- a. The District will work with other city departments to strengthen efforts to support recycling and composting in schools

7. Social Emotional Learning

- a. All pre-K-8 teachers will implement the Second Step curriculum
- b. Schools will receive ongoing professional development around Social Emotional Learning

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