

**File: ADF**

## **WELLNESS POLICY**

### **Policy Intent/Rationale:**

The Hopedale School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

### **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals that positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

### **Support and promote dietary habits contributing to students' health status and academic performance.**

All food available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calories. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety and packaging. Annually, the Superintendent will distribute guidelines regarding use of food during classroom activities to teachers and School Improvement Councils.

### **Provide opportunities for students to engage in regular physical activity.**

A quality physical education program is an essential component for all regular students to learn about and participate in physical activity. Physical activity should include regular instructional physical education for students in grades K-12, in accordance with the Massachusetts Health Curriculum Frameworks and the National Standards for Physical Education (NASPE), as well as co-curricular activities and recess.

**The Hopedale School District is committed to improving academic performance in high-risk groups so that no child is left behind.**

Educators, administrators, parents, health practitioners, and communities must consider the critical role student health plays in academic stamina and performance to adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, parent and student communication that highlights research demonstrating the positive relationship between good nutrition; physical activity, and capacity of students to develop and learn will be a regular expectation at all levels of instruction.

**Establish and maintain a district-wide monitoring of this policy through site-based School Improvement Councils, which will:**

- Set goals annually.
- Review and assess activity related to this policy, with input of students (as appropriate), parents and Health/PE staff.
- Annually, the Superintendent will meet with all site managers, plus the Director of Food Services, to review school progress before presentation of goals to the School Committee.

Source: MASC, Wellness Committee

Date Adopted: January 16, 2007

Legal Reference: MGL Chapter

Reviewed by the Policy Committee: 2013