

<b>STUDENT AND INSTRUCTION</b>	<b>4000</b>
<b><u>HEALTH AND SAFETY</u></b>	<b>4146</b>
<b>WELLNESS</b>	<b>4147</b>

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### **Overview Statement**

Demonstrating commitment to the full development of our students, the Kingston Public Schools endorse the following Wellness Policy. This policy shall define the goals and the means to further our students' understanding of the important role that good nutritional choices and physical activity will have on their lives. Central to this policy statement is the belief that success will be achieved from the combined efforts and encouragement of teachers, administrators, staff, and parents. We recognize wellness is a critical component that enhances a student's academic performance.

### **Nutritional Goals**

**The primary goal of nutritional education is to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.**

### **Nutrition**

- Students in Grades K-6 will receive nutrition information that teaches the skills needed to adopt healthy eating behaviors with the assistance from food service staff, administration, and staff.
- Schools link nutrition information within the Physical Education/Health program as outlined in the Massachusetts Comprehensive Health Curriculum Frameworks.
- Students will be encouraged to start each day with a healthy breakfast.

### **School Meals Program**

The School Food and Nutrition Service Department is required to provide approved school lunches each day that school is in session. School meals shall meet nutrition standards established by the USDA. Students must be given adequate time to eat.

### **Food Items**

Main course food items offered in the elementary and intermediate schools as an alternative to or in addition to the reimbursable meal will be offered in reasonable portion sizes that are consistent with guidance provided by USDA for Child Nutrition Programs. Packaged a la carte food will meet the guidelines from the "A" List (Massachusetts Acceptable A La Carte Food & Beverage Standards).

### **Beverages**

The sale of beverages in school cafeterias during the school day is limited to the following:

- Water
- Flavored and unflavored milk
- Fruit juice beverages with at least 10% fruit juice

## **School Activities involving Foods and Beverages**

### **I. Food and Beverages:**

All foods made available to students during the school day by the school cafeteria will comply with the current USDA Dietary Guidelines for Americans and federal, state, and local laws, including safety and sanitation standards set by the Health Department Hazard Analysis and Critical Point (HACCP) plans and guidelines. These guidelines will be enforced during the school day. The guidelines include but are not limited to the following:

- School Meals Programs
- A la carte
- Beverages
- Classroom lessons
- Student rewards

### **II. Classroom Parties/Group Snacks**

- All snacks sent into the classroom for consumption must follow, as appropriate, the guidelines of the Kingston Public Schools Peanut-Free Zones.
- At any school function, healthy food choice options are strongly encouraged.
- Classroom parties for holidays and other special occasions should not include excessive dessert items. Excessive is defined as more than two. Alternative healthy food options are strongly encouraged, as well as non-food items such as pencils, stickers, etc.

### **III. Teacher to Student Incentives**

- Foods and beverages should not be offered as an incentive or withheld as a punishment.

### **IV. Fundraisers**

- All fundraising projects for sale and consumption within and prior to the instructional day are encouraged to follow the Mass Action for Healthy Kids Nutritional Standards when determining the items being sold.
- Organizations operating concessions at school functions should include healthy food choices in their offerings.

### **V. Safety and Security**

To help ensure the health and safety of the students in our schools the following procedures will be implemented:

- For the safety and security of the food and facility, access to the food service facilities is limited to authorized staff.
- Students have the opportunity to wash their hands before and after eating meals and snacks.

## **Physical Activity Goals**

**The primary goal of physical activity is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.**

- A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity will be included in the elementary and intermediate schools' education program from grades K through 6. Physical activity should include regular instructional physical education for grades 1 through 6.
- The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, not limited by athletic ability.
- Physical activity opportunities shall be offered daily during school (recess or physical education class).
- Kingston Public Schools support the idea of parents and guardians promoting their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

## **MONITORING AND EVALUATION**

### **Monitoring**

In each school, the principal or designee will monitor compliance with the Wellness Policy.

### **Policy Review and Evaluation**

Every three years the Kingston Public Schools will conduct an assessment of the implementation of the Wellness Policy. The Kingston Public Schools will review and make revisions, as necessary, and then develop a plan to facilitate their implementation.

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*These guidelines will take effect July 1, 2007 and will be implemented with the start of the school year August 2007.*