

SCHOOL DISTRICT WELLNESS PROGRAM

The Mansfield School District is committed to providing a school environment that promotes and protects health, well-being, and the ability to learn by supporting healthy eating and physical activity through a comprehensive school wellness program that will:

- a) Provide nutrition education and regular physical activity, as well as access to nutritious foods for all students, consistent with federal and state laws and regulations;
- b) Respond to issues that arise in the community;
- c) Foster positive youth development;
- d) Leverage school and community resources;
- e) Respect families' needs and preferences.

1. Implementation, Monitoring, and Evaluation

1.1 Implementation Plan

Mansfield Public Schools (MPS) will develop and maintain a plan to manage and coordinate the execution of the Wellness Policy and subsequent programs. The plan will delineate roles, responsibilities, and actions to reach specific goals and objectives for nutrition standards, nutrition promotion and education, physical activity (including physical education and recess), and other school-based activities that promote student and staff wellness.

1.2 The Health-Wellness Advisory Council (HWAC)

MPS will support the district-wide Wellness policy and implementation plan by maintaining a standing Health and Wellness Advisory Council (HWAC). The Council will meet a minimum of four times during the school year. The HWAC is charged with making recommendations concerning school wellness policies and programs. The HWAC will also identify additional goals and objectives around:

- Nutrition standards for USDA school meals and for competitive foods;
- Health and Physical Education including assessment of education curricula and material pertaining to wellness consistent with state goals and standards;
- Student access to health services and mental health support;
- Other school-based initiatives as they relate to student and staff wellness.

The HWAC will establish a process to utilize self-assessment tools to evaluate progress in reaching the policy goals and objectives. Specific annual goals and objectives must be observable and/or measurable.

1.3 Leadership

The Superintendent will designate a District Wellness Coordinator as a liaison between the Superintendent's Office and the HWAC. Only employees of the district who are members of the HWAC may serve as District Wellness Coordinator. The Wellness Coordinator, in consultation with the HWAC, will be in charge of implementation and evaluation of this policy. The Superintendent will be assisted by the Wellness Coordinator as well as assigned leadership from each school to ensure compliance with established district-wide wellness policies and programs.

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The Superintendent in conjunction with the District Wellness Coordinator will appoint the annual HWAC members and replacements as needed. Members will include but are not limited to parents, students, representatives of the school food authority, teachers of physical and health education, school health professionals, school committee members, school administrators, and other community agency personnel and partners serving Mansfield's youth. To the extent possible, the HWAC will include representatives from each school building.

1.4 Annual Progress Report

The Wellness Coordinator will submit an annual report to the Superintendent and School Committee. The report will include:

- Assessments of accomplishments from previous year;
- Identification of work still to be done to meet previous year's goals and objectives;
- Detailed action plan for the following school year to achieve annual goals and objectives;
- Outline of how progress will be monitored and evaluated;
- Any additional information required by federal or state laws and regulations.

1.5 Revisions and Updating Implementation Plan

The HWAC will recommend updates and modifications to the implementation of the Wellness Policy based on the results of annual progress reports and/or as District priorities change; community needs change; new health science, information, and technology emerges; and new federal or state guidance or standards are issued.

1.6 Triennial Review

The Superintendent will develop a summary report every three years on district-wide compliance with the wellness policies, based on input from the Wellness Coordinator. The report will be provided to the School Committee and the school community.

2. Food Services/Nutrition Standards

The **Director of Food Service** ensures the quality of foods and beverages sold and served in the Mansfield Public Schools within the Food Service Department meets state and federal regulations for school meals.

- Nutrition information for all food and food products served is available for review on request at each individual school.
- Student information regarding food allergies and dietary restrictions is entered into the computerized Food Service Student Data base with parental permission.
- Sharing of food and beverages with one another during meal or snack times is discouraged due to students with food allergies and dietary restrictions.
- Food Service Staff is properly qualified and trained in accordance with USDA Professional Standards and regularly participate in professional development activities regarding food preparation, presentation, nutrition, safety, and medical emergencies.
- All foods made available through the Food Services Department will comply with state and local food safety and sanitation regulations.

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2.1 USDA School Meals

To the maximum extent practicable, all schools will participate in available federal school meal programs. Meals served through the Mansfield School Breakfast/Lunch Program will operate in compliance with the National School Breakfast/Lunch Program (NSBP/NSLP) and under the guidelines developed by the U.S. Department of Agriculture (USDA).

In addition:

- Meals will be served in clean, safe, and pleasant settings that reflect the value of the social aspect of eating and under appropriate supervision. Rules for safe behavior will consistently be enforced.
- Students will be provided an adequate amount of time to eat meals.
- Free and Reduced Priced Meals applications will be made available to all families. ([Free and Reduced Price Meals](#)). Parents will be notified of the availability of all school meal options and will be encouraged to determine eligibility for reduced or free meals.
- All children who participate in subsidized food programs will be able to obtain food in a non-stigmatizing manner. Every effort will be made to protect the privacy of the students and prevent overt identification of eligible students.
- Principals will ensure that lunch aides receive yearly training to update skills and knowledge regarding safety and first aid skills; recess and dining room management; and how to foster a culture of respect at lunch and recess.
- MPS Food Service Department will provide the community, including parents/guardians, staff and students with the opportunity to provide input on menus and choices.
- Foods served as part of the CHAMPS (childcare) program run by the District will meet District's nutrition standards for competitive foods.
- Plain, potable water will be made available to all students at no cost via water stations throughout the school day.

2.2 Nutrition Standards for Competitive Foods and Beverages

The Mansfield Public Schools will comply with the MA Department of Public Health nutrition standards (105 CMR 225.000) and with the federal nutrition standards as required under the Healthy, Hunger-Free Kids Act of 2010. The School Nutrition Standards apply to the primary sources of competitive foods and beverages, including all foods and beverages sold or provided to students in a la carte lines in school cafeterias; school stores; school snack bars; vending machines; and any other locations in public schools. The time frame these standards apply is from midnight before the beginning of the official school day until 30 minutes after the end of the official school day. Competitive foods sold through vending machines must comply with these standards at all times.

2.3 Local Exemptions to State and Federal Nutrition Standards

Exemptions at the local level are allowed for special school-sponsored or school-related events.

Curriculum and Classroom Instruction:

Food products may be used to enhance classroom instruction when there is a clear or specific connection to the curriculum. Approval must be obtained from the Department Head (when

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applicable), individual School Administrator, and Health Services through school approved request form at least one month prior to activity.

Fundraising Activities:

Student fundraising activities by school-sanctioned student groups, clubs or by recognized school support groups (e.g., PTO's, boosters, etc.) involving the sale of competitive foods or beverages are permitted to the extent that federal and state laws and regulations allow and may occur with the permission of the Superintendent or designee. The MPS encourages at least 25% of all foods and beverages sold at fundraisers during and after school hours support healthy choices.

After-School Clubs, Activities, and Athletic Teams:

School-sponsored or school-related celebrations or events for student clubs, activities, and athletic teams that occur after the official school day are not covered by this policy. The MPS encourages that foods and beverages provided during activities held beyond the official school day offer options that meet the nutrition standards.

Student Rewards:

Food or beverages will not be used as rewards for good behavior or academic achievement unless it is part of a student's Individual Educational Plan or directed by a medical professional.

School Celebrations:

All classroom parties and school celebrations (e.g. birthdays, holidays) held during the official school day will be non-food events

3. Wellness Department: Physical Fitness, Health/ Nutrition Education

The **Department Chair of Health and Physical Education** ensures the integration of promotion of nutrition into physical and health education curriculums to foster lifelong habits of healthy eating and physical activity.

- Nutrition is integrated into health, physical education, human development or core curricula (e.g., math, science, and language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Health and Physical Education classes promote nutritional concepts such as the importance of eating fruits, vegetables, & whole grain products, as well as low-fat and fat-free dairy products.
- Staff who provide nutrition and physical education have appropriate training.

3.1 Health and Physical Education

Health Education

The school's nutrition education program will be evidence-based and be consistent with the expectations established in the state's curriculum frameworks and content standards, and will be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

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- Nutrition education will be provided as part of a sequential health education program when appropriate, and will be integrated in other academics in the regular education program.
- At the elementary level, the components of healthy nutritional practices are taught through game play, physical activity, and during classroom lessons.

Physical Education

Physical education will be an essential element of each school's instructional program and will provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity. Physical Education will guide students through a process that will enable them to achieve and maintain a health-enhancing level of physical fitness.

- The instructional focus is teaching the knowledge and skills needed to live a healthy lifestyle. Instruction is wellness-based with an emphasis on educating the whole child.
- Participation in an extensive range of fitness activities and instruction addresses the varied interests, needs and abilities of the diverse student population.
- Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.
- All K-12 students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- Students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational programs, participate in regularly scheduled fitness classes at the elementary and middle school levels and are provided with the opportunity to sign up for appropriate classes at the high school.

3.2 Recess

All elementary schools will offer at the minimum 20 minutes of supervised recess on all or most days during the school year. This requirement may be waived on early dismissal or late arrival days. Recess will complement, not substitute for, physical education class.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will promote physical activity to the extent practicable.

3.3 Physical Activity

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. All school-based activities that are designed to promote student wellness and increase physical activity will be consistent with local policy goals, Massachusetts State Frameworks, and the National Frameworks for Physical Education and Health.

All students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

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Teachers will be encouraged to incorporate opportunities for physical activity (e.g. movement breaks) in the classroom whenever possible.

Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

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.

Teachers and other school and community personnel are encouraged not to withhold recess or other physical activity, such as physical education, as a regular form of discipline if other alternatives are available.

No form of physical exercise shall be used as a punishment.

4. Health Services

The **Director of Health Services** will ensure nursing services complement and support each school's academic mission while promoting and improving student's health.

- All students and staff have access to Health Services.
- Requirements for physical examinations and immunizations will be enforced according to the Department of Public Health guidelines.
- Student health information relevant to the students' participation in school will be collected and parent permission obtained in order to share this information with appropriate faculty and staff.
- Health Service Personnel will conduct annual preventative health screenings or assessments each year according to the Department of Public Health Guidelines to identify individual physical needs. As allowed under state law and/or regulations, parents/guardians will be provided with an opportunity to request, in writing, that their child not participate in the program.
- Health Service Personnel will support health and safety education to promote life-long health and wellness by:
 - Supporting district-wide nutrition and physical education;
 - Encouraging students to eat breakfast and lunch;
 - Encouraging healthy food choices;
 - Removing or controlling health related barriers to fitness and nutrition.
- Health Service Personnel will advocate for a safe and healthy school environment by:
 - Collaborating with students, family, school staff and medical personnel to meet the needs of students with nutritional special needs;
 - Providing maximal nutritional and social opportunities in least restrictive environment (e.g. allergy aware plans and allergy aware zones);

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- Creating Individualized Action Plans for students with special nutritional needs, chronic injuries or illnesses that potentially restrict activity.
- Health Service Personnel will refer students/families and staff to appropriate health related service including:
 - Free and reduced breakfast and lunch programs;
 - Local nutritional resources and food pantries;
 - Accredited weight management programs;
 - Community programs and resources to promote family fitness.
- Health Services will consult with contracted School Physician as needed.
- Health Service Personnel will provide appropriate resources and assistance to parents of children who do not have health insurance.

5. Other School-Based Activities

The MPS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

5.1 Social and Emotional Health

The MPS will provide a supportive learning and work environment that includes counseling, guidance, and social work.

The MPS will foster an atmosphere where differences are respected and students are encouraged to express thoughts and feelings responsibly.

Schools will have a protocol in place for detection and referral of students who have potential for harm to self or others.

The District will provide information to families regarding available community resources for physical and mental health services.

The MPS will participate in risk surveys appropriate to the community to guide program development and offer student support.

The School Resource Officer, a certified law enforcement officer, is available for additional support and to collaborate with the school and the community.

5.2 Healthy and Safe Environment

The MPS will provide a safe environment for all before, during and after school:

- All buildings will meet health and occupational safety standards and codes;
- All schools will be free of tobacco, alcohol and drugs;

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- MPS supports a culture where everyone is safe, respected, and accepted. Violence, bullying, and harassment will not be tolerated;
- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly;
- Schools will monitor equipment/grounds and refer potential hazards for repair promptly;
- Staff will be informed of and follow safety regulations.

5.3 Community Partnerships

The MPS will develop relationships with community partners in support of this wellness policy's implementation.

The MPS will encourage collaboration with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes for students to walk and bike safely to school.

5.4 Staff Wellness

The HWAC will help identify and disseminate resources that support staff wellness in coordination with Human Resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District will encourage staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

5.5 Professional Development

When feasible, the MPS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom, (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class), the connections between academics and health, and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

6. Food and Beverage Marketing

School-based marketing will be consistent with nutrition education and health promotion.

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

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Cross Refs:

EF/EFC Food Services Management & Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs
KHA, Public Solicitations in the Schools

Legal Refs:

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, Public Law 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 School Nutrition Law, Chapter 111 Section 223.
Massachusetts General Law Public Schools- Physical Education, Chapter 71, Section 3, 53, 54 & 54A
Massachusetts Comprehensive Curriculum Health Frameworks
Nutritional Physical Education Standards
MDPH Comprehensive School Health Manual

Resources:

[105 CMR 215.000 Nutrition Standards for Competitive Foods and Beverages in Public Schools](#)

[National School Breakfast/Lunch Program NSBP/NSLP](#)

Healthy School Parties, [Alliance for a Healthier Generation](#)

Center for Science in the Public Interest:

[Healthy School Lunches](#)

[Healthy Fundraising](#)