

# Wellness Policy

## Philosophy

Healthy foods and physical activity support student physical growth, brain development, resistance to disease, emotional stability and the ability to learn. Physical activity also promotes the development of motor skills, fitness, teamwork, lifelong activities and proper exercise techniques. Health education is important as a means to instill in the student the knowledge necessary to carry healthy behaviors into adulthood. All of these components are necessary for students to develop attitudes and health practices that affect their current safety and well-being as well as influence their risk for future chronic disease as they continue healthy practices into adulthood.

The Pathfinder Regional School district promotes a healthy school by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

Our goal is to keep our students healthy and ready to learn.

## Section A: Establish and maintain a Wellness Advisory Council.

- The council will ideally consist of a parent, student, school food service representative, school nurse, interested teachers, a school administrator, a member of the public, and other community members as appropriate.
- The council will be responsible for guidance to explicate this policy; monitor the implementation of the policy; evaluate the progress of the policy; revise the policy as needed.
- The council will meet at least twice a year and maintain meeting notes.
- The Superintendent or designee will ensure compliance with the established School Wellness Policy.

## **Section B: Nutrition**

- Meals served will be appealing and attractive and be served in a clean and pleasant setting.
- Food preparation and all foods and beverages sold or provided to students will meet all applicable state and federal standards.
- All food served will comply with federal, state and local requirements. This includes the cafeteria, classrooms, vending machines, concession stands, fundraising activities and any other competitive foods. A copy of current laws and mandates will be made available to any student, staff, or fundraiser per request. They may also be referred to:  
<http://www.lawlib.state.ma.us/source/mass/cmr/cmrtxt/105CMR225.pdf>
- Nutrition services, policies and guidelines for reimbursable meals shall not be more restrictive than Federal and State regulations require.

## **Section C: Physical Education and Physical Activity**

- Physical education and physical activity will be an essential element of the school instructional program. The program will provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
- The physical education classes will be taught by certified physical education teachers.
- Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- The physical education program will be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program will consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

## **Section D: Health Education, Maintenance and Life Skills**

- Nutrition and physical activity education opportunities will be provided to all students and staff at Pathfinder. These education opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops

that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics.

- Health education and life skills will be offered to all students at Pathfinder by a certified instructor responsible for developing, maintaining and delivering curriculum.
- All 10<sup>th</sup> grade students will be provided with a height, weight and BMI/percentile assessment by the school nurse. This information is available to the student and/or parent by request. Screening results will be charted and maintained in the electronic school health record.
- Screenings for students will be done according to the Massachusetts Department of Health mandates and standards. Referrals will be sent to parents as necessary. Results of all screenings are maintained in the School Health Services Office.

Communications regarding the state and school guidelines to parents, students and staff will be through the school handbook, the school website, and student and/or staff meetings.

<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/school/nutrition-regs/>