

Milton Public Schools
Wellness Policy

April 2016

The Milton School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn about and participate in positive dietary and lifestyle practices, and discourages practices that promote unhealthy activities and messages. By facilitating learning through the support and promotion of good nutrition, physical activity and behaviors, our schools contribute to the healthy development of the children in our community.

Healthy eating and regular exercise are linked to the reduced risk of the development of many chronic diseases as adults. To ensure the health and well being of all students, the Milton School System will promote knowledge and behaviors that improve health, intellectual development and overall quality of life. Students, parents, teachers, school officials, and the community will work together to ensure that the school environment promotes these values.

In an effort to support these goals, the following four areas of wellness promotion will guide the district:

- Foods on Campus
- Nutrition Education
- Physical Activity
- Other School-based Activities

Nutrition Education

Nutrition Education is recognized as an essential part of the comprehensive health education curriculum in order to foster lifelong healthy eating behaviors and to reduce the incidence of obesity. The Nutrition Education will be reviewed on a regular basis within the context of Science, Health, Physical Education and Family and Consumer Science Curriculum.

ELEMENTARY

Due to budget constraints Nutrition Education will not be provided in grades PK-5 as part of the physical education health curriculum.

Nutrition education will be integrated into PK-5 science curriculum as well as topics concerning the healthy development of the human body when the frameworks are updated.

MIDDLE SCHOOL

Physical Education and Health will be held regularly to all students in the area of health and physical education.

HIGH SCHOOL

Physical Education and Health in grades 9-12 will be held regularly to all students in the area of health and physical education.

In Biology I, students will study the seven systems of the human body. Basic nutrition information will be covered while discussing macro molecules of life. In Anatomy and Physiology, students will study all topics related to the structure and function of the human body.

Family and Consumer Science will offer opportunities that allow students to understand the principals of nutrition, the relationship to a healthy future, the selection, preparation and care of food and the skills necessary to become a knowledgeable consumer.

We commit to using the most updated nutritional information available for instruction.

Physical Activity and Physical Education

Physical education and physical activities should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of the students' lives.

- Schools should ensure that every student from kindergarten through 12th grade receive regular, age-appropriate quality physical education.
- Schools should facilitate students' participation in physical education. The classes should be of moderate to vigorous physical activity in accordance with nationally recommended guidelines.
- All physical education classes should be taught by certified physical education teachers.
- The physical education curriculum should continue to be coordinated with the health education curriculum.
- Physical education should provide safe and satisfying physical activity for all students, including those with special needs. Some students will adopt the inclusion model, where they are included with regular education students. These students may or may not have aides accompanying them. Others will have physical education in an Adapted Physical Education course, to be available at the elementary, middle and high school level.
- Schools should not use participation or non-participation in physical education

- classes or recess as a disciplinary consequence.
- After-school programs should include supervised, age-appropriate physical activities that appeal to a variety of interests.
 - Schools should ensure that students have adequate space and equipment to participate in structured physical activity. Upper level grades, at the elementary level, should have physical education before lunch, as cafeteria space is available.
 - Schools will ensure that physical activity facilities on school grounds are kept safe and well-maintained.
 - Schools should provide information to parents that includes, but are not limited to the school website, flyers and the principals' newsletter to help them promote and incorporate physical activity and healthy eating into their children's lives.

FOOD AVAILABLE ON CAMPUS

The Milton Public Schools recognizes that proper nutrition is related to students' physical well-being, growth, development and readiness to learn. Therefore, foods available on campus should support and promote proper dietary habits contributing to the student's health status and academic performance.

- USDA published practical, science-based nutrition standards for snack foods and beverages sold or made available to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.
- Students are now offered healthier school lunches with more fruits, vegetables and whole grains. The USDA Smart Snacks in School standards builds on healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day. All food and beverages made available at school stores, in the cafeteria and in all vending machines from midnight the night before until 30 minutes following the end of the school day, and according to MA regulation vending machines, must be in compliance at all times. Soda is not allowed to be sold or offered at any time in the school building through vending machines as it is not compliant with the competitive food regulations.
- All foods sold or offered are consistent with the current USDA Dietary Guidelines for Americans and the Massachusetts State Guidelines for Schools
- No food will be allowed during the school day in the classroom with the exception of student's individual snacks from home.
- Ensure that all children have access to adequate and healthy meals on school days at reasonable prices. Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- The Milton School System encourages the consumption of nutrient dense foods such as whole grains, fresh fruit, vegetables and dairy products.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Students should have a minimum of twenty minutes for lunch and a minimum of ten minutes for breakfast.
- All foods prepared on campus adhere to food safety and state sanitary code, Chapter X- Minimum Sanitation 105 CMR 590.000, standards for food establishments.
- Advertising messages will be consistent and reinforce the objectives of the educational and nutritional environment goals of the school. Schools should encourage fundraisers that promote positive health behaviors such as non-food and nutritious food items, as well as extra-curricular activities that support physical activity.

- Soda will not be available to students in vending machines or in classroom activities during the school day.
- Classroom celebrations will feature healthy food selections. Prepackaged foods will continue to be encouraged.
- Food is not a disciplinary consequence. A child will never be denied breakfast or lunch due to behavior.
- No food or beverage should be sold to students during the school day except those from the school food service program. PTO food and beverage sales should be made to adults only during the school day.
- The National School Lunch Program in the Milton Public Schools will aim to be financially self-supporting. However, the program is an essential
 - Educational component. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- It is recognized that there may be occasions or events when the school
 - Administration may allow a school group to deviate from this policy.

OTHER SCHOOL BASED ACTIVITIES

The Milton Public Schools will 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 to positively influence the students and staffs understanding, beliefs, and habits as they relate to good nutrition and regular physical activities.

- The school district will organize a local Wellness Committee comprised of families, teachers, administrators, community members and students to plan, implement and improve nutrition and physical activity in the school environment
- Wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies)
- The school district will develop a K-12 Wellness Curriculum as funding allows, and will partner with other institutions when appropriate such as the Milton Hospital and the Milton Police.
- Pre- and After-school programs will encourage physical activity and healthy behaviors such as Key Club, Peer Mediators, SADD.
- Support for the health of all students is demonstrated by hosting health screenings, and if possible, helping to enroll eligible children in Medicaid and other children's health insurance programs. The head nurse will recommend to the school administration which screenings they would like to institute during and/or after school hours, and whether they have budgetary implications.
- The school district will provide information to families and staff that will help them support students in making responsible life decisions.

- The school district should identify, where appropriate, opportunities for health promotion activities such as structured recess, walk-to-school initiatives, support for TV moratoriums, and other events that include physical activities and wellness.
- The school district will support the health of faculty and staff by providing them with wellness opportunities, professional development offerings, and access to school facilities.

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