

WELLNESS POLICY

The School Committee acknowledges that good health depends upon continuous lifelong attention to scientific advances and the acquisition of new knowledge. The Committee recognizes that the following are essential to promote student wellness and the development of good lifelong health habits:

- Nutrition education
- Physical activity
- Activities that promote student wellness
- Nutrition guidelines that will promote student health and reduce childhood obesity for foods offered during the school day
- Adherence to the guidelines for reimbursable school meals
- Monitoring of the above by the appropriate school personnel
- Continuation of a Health Advisory Council

The School Committee will continue to support, within its fiscal ability, personnel, curriculum, materials and resources necessary for a high quality wellness program.

LEGAL REF: Public Law 108-265 section 204
M.G.L.71:1