

Wellness Policy

The Hingham Public Schools District is committed to providing a healthy school environment that enhances learning and the development of lifelong wellness practices, including the areas of nutrition education, physical activity, and nutrition guidelines for all foods available at each school. Through the involvement of parents, students, the foods service director, the School Committee, teachers, administrators, staff and the public, the following goals have been established:

A sequential nutrition education program, a component of our comprehensive health education curriculum, is provided to all students to promote healthy eating habits.

The food services program provides well-balanced, nutritious, and varied meals, snacks and beverages that are in compliance with federal, state, and district requirements.

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

Foods and beverages sold in school vending machines, snack bars, stores, and for school-sponsored fundraising purposes and provided to students as refreshments during the school day meet district guidelines.

Students are provided regular opportunities for physical activity during and after the school day through physical education classes, daily recess periods for elementary students, and a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

The school environment is clean, safe, and comfortable and allows scheduled time and appropriate space for eating meals.

The use of food as a reward or incentive is discouraged. Alternative approaches to recognizing special events or rewarding achievement are strongly encouraged. Deprivation of food as a punishment is prohibited.

Limitations to or excesses of physical activity as disciplinary measures are discouraged.

The superintendent will establish a plan and procedures to guide implementation of the wellness policy. Each principal or a designee will be responsible for ensuring that the school meets the goals of the wellness policy



Massachusetts Department of Elementary and Secondary Education
Office for Food and Nutrition Programs
School Year 2019-2020
Local School Wellness Policy Addendum

Local Educational Agencies (LEA) participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local school wellness policy that promotes the health of students and addresses the problem of childhood obesity. Local school wellness policies are tailored to the unique needs of each LEA and present an opportunity to improve the health of each community.

United States Department of Agriculture Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The revised policy must be in place by June 30, 2019.

The policies must include the following:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness (7 CFR 210.31(c)(1));
- Standards and nutrition guidelines for all foods and beverages available on the school campus during the school day that are, at a minimum, consistent with Federal regulations for program meals and the Smart Snacks in School nutrition standards, and designed to promote student health and reduce childhood obesity (7 CFR 210.31(c)(2) and (3)); and
- Policies that allow marketing or advertising of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in School nutrition standards (available at <http://www.fns.usda.gov/school-meals/fr-072916d>) (7 CFR 210.31(c)(3)(iii)).

LEAs are also required to:

- Review and consider evidence-based strategies in determining local school wellness goals (7 CFR 210.31(c)(1));
- Involve, inform, and update the public (including parents, students, and other stakeholders) about the content and implementation of the local school wellness policy (7 CFR 210.31(d)(2) and (3));
- Conduct an assessment, at least once every three years, to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies (7 CFR 210.31(e)(2)); and
- Update or modify the local school wellness policy as appropriate (7 CFR 210.31(e)(3)).

The local school wellness policy resource center available at <https://healthymeals.fns.usda.gov/school-wellness-resources> provides extensive resources school officials at the local, State, and Federal level may use to better understand the local school wellness policy requirements and their positive benefits.

The FNS Local School Wellness Policies website can be accessed at <http://www.fns.usda.gov/tn/local-school-wellness-policy>. Policies will be reviewed for compliance with the federal law.

Hingham Schools has established a Local School Wellness Policy for all schools under its jurisdiction. The Policy is compliant with program regulations under 7 CFR 210.31.

Kimberly Smyth
Local Education Agency Representative

6/24/19
Date

Hingham Schools
Local Education Agency

12-131
Agreement Number