

SCHOOLS' WELLNESS PROGRAM

The Dover, Sherborn and Dover-Sherborn Regional Schools are committed to providing a safe and healthy environment that enhances the learning and development of life long wellness. It is, therefore, the Schools' goal to promote the physical, emotional, and social wellness of students and staff through coordinated implementation.

I. Physical Activity

The Schools require students to be enrolled in physical, and health education providing students with information about life-long wellness including physical activities and nutrition awareness.

II. Nutrition

The Schools' Food Service operation complies with all federal, state and local requirements. The Director of Food Services is responsible for all school lunch programs.

- a. School lunch programs operate in accordance with the U.S.D.A. Healthy, Hunger-Free Kids Act of 2010, and are analyzed using U.S.D.A. software.
- b. Each building leader will coordinate with the Director of Food Services concerning nutrition.

III. Monitoring and Policy Review

1. The Wellness Policy Implementation Guidelines, which reflect the Wellness Policy and inform its implementation, are reviewed regularly by school committees.
2. Guidelines may provide for a healthy environment, counseling and guidance services, school nursing services, nutritious school meals and other activities that promote and assess sound nutrition and healthy eating behaviors, K-12 wellness curricula programming, and other opportunities for physical activity.

FIRST READING: February 2, 2016

SECOND READING:

ADOPTED:

SOURCE: Dover School Committee
Sherborn School Committee
Dover-Sherborn Regional Committee