

QUINCY PUBLIC SCHOOLS WELLNESS POLICY

The Quincy Public Schools is committed to providing the school community with education, activities, and opportunities that enhance the development of lifelong wellness practices. Therefore, the Quincy Public Schools will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Purpose:

This policy provides for the implementation of Massachusetts Law c.111, 233, 105 CMR 215: *Standards for School Wellness Advisory Committees*; CMR 225: *Nutrition Standards for Competitive Foods and Beverages in Public Schools*; Section 204 of the Healthy, Hunger Free Kids Act of 2010, Public Law 111-296, *Local School Wellness Policy Implementation* and Public Law 108-265 *Local Wellness Policies* which sets the standards for the establishment and implementation of School Wellness Policies and Advisory Committees.

Quincy Public Schools will have a Health, Nutrition and Wellness Advisory Team, consisting of school staff and concerned community representatives to recommend, review, and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.

Definition of Terms:

Wellness means a process by which individuals move toward optimal physical and mental health, regardless of current health status or disability, by practicing healthy choices within an enabling environment which encourages healthy decision making.

Standards for QPS Health, Nutrition and Wellness Advisory Team:

(A) Establishment

- (1) Quincy Public Schools will have a Health, Nutrition, and Wellness Advisory Team that actively promotes wellness in schools and maximizes the district's opportunities for grant awards.
- (2) The Superintendent shall appoint committee members, including a designee to serve as a liaison between the committee and the Superintendent to ensure the active functioning of the committee.
- (3) The committee shall include at a minimum representatives from a wide

range of school health and health-related disciplines, including school nurses, school nutrition and physical activity staff, community agencies serving youth, parents, students and the school committee.

- (a) Appointees to the maximum extent possible shall reflect the cultural, linguistic and ethnic composition of the community.
 - (b) To the extent feasible, appointees shall include representatives of local boards of health, school physicians and local health care providers, such as hospitals and primary care providers
- (4) The committee shall meet at least four times a year. Committee reports, as well as minutes of the meetings, including the names of attendees, shall be maintained, and shall be provided to the Department of Public Health or the Department of Elementary and Secondary Education upon request.

(B) Committee Functions:

- (1) The committee on an annual basis shall recommend and/or review district wide policies to promote student wellness, such as those addressing health education and services, school nutrition, the nutrition environment, physical education, and opportunities for physical activity around the school environment. Such policies shall include:
- (a) Goals and objectives for the coming year, which shall be observable and measurable;
 - (b) A process for evaluating the progress to be made in the coming year in reaching the annual goals and objectives, which may include the use by the district of a self-assessment tool.
 - (c) Guidelines concerning the establishment or functioning of school building based wellness teams and school building based initiatives.
- (2) The committee on an annual basis shall provide to the Superintendent and school committee a copy of the policies developed including goals and objectives for the coming year. The report shall include:
- (a) an action plan which details ways in which the committee may work with the school district and school personnel, including school nurses to achieve the annual goals and objectives on a school district and/or school building level;
 - (b) ways that the district and/or committee might best monitor and evaluate progress toward reaching the annual goals and objectives;
 - (c) ways of developing community support for school wellness

initiatives and coordinating school and community initiatives on physical activity and nutrition;

- (d) an assessment of the accomplishments of the previous year and identification of work still needed in order to accomplish the previous year's goals and objectives;
- (e) a review of membership and membership participation in the previous year and, as appropriate, a request to the Superintendent for replacements.

(3) In setting goals and objectives, the committee shall consider:

- (a) suggestions and recommendations from students, parents, teachers, school nurses, school administrators, nutrition and physical education staff and other interested parties;
- (b) input from all schools potentially affected by the goals or objectives, to the maximum extent feasible;
- (c) general public health data, such as
 - (1) student health needs assessments;
 - (2) assessments and indicators of student health status and health awareness;
 - (3) information from health providers and public health officials as to causes of morbidity and mortality and possible methods of preventions;
 - (4) data including the effect of health status on academic performance.
- (d) information about current school and school district programs and practices that might have a bearing on student health, such as:
 - (1) BMI screening data generated in response to the requirements of 105 CMR 200.000;
 - (2) status of food nutrition and nutrition education programs, and food consumption patterns, including breakfast and lunch program participation.
 - (3) meaningful opportunities for physical activity, including the amount of time and the quality of the opportunities provided for physical activity through physical education, recess and travel to and from school;
 - (4) status of current school health and behavioral health services and health education programs.

A School Wellness Team will be established in every Quincy Public School. This team will include the principal (or designee), school nurse, teacher/s, guidance counselor and food service manager. It will guide its school's progress toward all aspects of wellness through communication with the Wellness Advisory Committee, parents, staff, and students.

Nutrition Standards

To promote student health, reduce childhood obesity and cultivate lifelong healthy eating behaviors, all foods and beverages sold or provided to students at school during the regular school day shall meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans and will comply with all state and federal laws and regulations.

These standards do not apply to booster sales, concession stands, and other school-sponsored or school-related fundraisers and events held outside of the regular school day.

Principals, in conjunction with their individual School Wellness Team, may allow a waiver of these standards for no more than three school-wide events per year. Such school-wide events must be cultural/curriculum or celebratory based.

Physical Education Guidelines

All students in grades K-12 will participate in physical education classes. The school district will provide physical education training aligned with the standards established by the Massachusetts Department of Elementary and Secondary Education.

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