

DISTRICT WELLNESS POLICY AND REGULATORY GUIDELINES

1.0 PHILOSOPHY. The New Bedford Public Schools (“the District”) places high value on student and staff wellness which supports the optimum health, academic success and maximum development of each individual’s potential. This policy outlines the District’s ongoing commitment to wellness, which research has shown to be essential for both student and staff productivity.¹

2.0 NUTRITION SERVICES. Adequate nutrition of foods offered in our schools supports students’ physical growth, brain development, resistance to disease, emotional stability and ability to learn. Dietary practices adopted in childhood provide a foundation for habits that support lifelong wellness.

2.1 Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes in accordance with USDA guidelines for school meals shall be followed for all foods offered by the District’s Food Services Department and contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible and shall be consistent with the Healthy and Hunger Free Kids Act of 2010² and M.G.L., c. 111, § 222³.

2.1.1 Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than required by federal and state regulations.

2.1.2 Nutrition services shall support classroom activities, including classroom celebrations, which adhere to local regulations and promote health and wellness.

2.2 All snack foods from vending machines and a la carte items offered shall provide only single servings that meet a la carte standards in accordance with

¹ National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyyouth/cshp/index.htm>

² Healthy and Hunger Free Kids Act of 2010, <http://www.govtrack.us/congress/bill.xpd?bill=s111-3307>

³ M.G.L., c. 111, § 222 <http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter111/Section222>. Educators may also refer to the Massachusetts Department of Elementary and Secondary Education online at <http://www.doe.mass.edu/lawsregs/> for more information on regulatory mandates. For in-depth information, the Massachusetts School Health Manual, published by the Massachusetts Department of Public Health in June 2007 is the definitive resource, which may be accessed online at <http://www.macleavinghouse.com/schoolhealthmanual.htm>. In addition to factual and procedural information pertaining to every component of a comprehensive school health program, the School Health Manual also provides a multitude of resources to assist school administrators and program planners in implementing the Wellness Policy.

regulations put forth in current law, *M.G.L. c.111, s.222, Nutrition Standards for Competitive Foods and Beverages in Public Schools*⁴.

2.3 Foods and beverages sold for/at any school-related events shall support healthy choices and provide age-appropriate selections for all students and attendees per guidelines set forth in the law [ibid].

2.4 Adequate space and time shall be allotted for students to eat meals in a clean and comfortable environment, as per recommendations promulgated by the Massachusetts Department of Public Health under M.G.L., c. 111, § 222 (d) (3).

3.0 HEALTH EDUCATION AND LIFE SKILLS. Healthy living skills shall be taught as part of the District's regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.⁵ The health education program shall provide skill-based health education lessons based on the National Health Education Standards,⁶ the Massachusetts Comprehensive School Health Curriculum Frameworks,⁷ and the required mandates of current state laws and regulations,⁸ and current District policies.⁹

4.0 PHYSICAL EDUCATION AND ACTIVITY. Physical education and physical activity shall be an essential element of each school's instructional program. The District's program shall be based on the National Association for Sport and Physical Education Standards,¹⁰ and the Massachusetts Comprehensive School Health Curriculum Frameworks, and provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. The physical education program shall be designed to stress personal physical fitness and encourage healthy, active lifestyles. All students shall receive

⁴ Proposed regulations promulgated by the Massachusetts Department of Public Health, accessed May 4, 2011 at http://www.mass.gov/Eeohhs2/docs/dph/legal/nutrition_phc_memo_and_regulations.doc.

⁵ See Characteristics of an Effective Health Education Program at the National Center for Chronic Disease Prevention and Health Promotion, <http://www.cdc.gov/HealthyYouth/SHER/characteristics/index.htm>

⁶ See National Health Education Standards, <http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>

⁷ Massachusetts Comprehensive Health Curriculum Frameworks, <http://www.doe.mass.edu/frameworks/health/1999/1099.doc>

⁸ M.G.L., c 69 § 1D as amended by 2010, 197, § 4 effective October 28, 2010 requires that [curriculum standards for all elementary and secondary students in the Commonwealth] "Shall provide for instruction in the issues of nutrition and exercise." <http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter69/Section1D>

⁹ New Bedford Public Schools Policy Manual, Files IGA and IGAE

¹⁰ National Physical Education Standards as promulgated by the National Association for Sport and Physical Education at <http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>.

physical education in accordance with current state laws and regulations,¹¹ and current District policies.¹²

5.0 HEALTHY, SAFE AND SUPPORTIVE ENVIRONMENT. All District schools will provide a healthy and safe environment,¹³ before, during and after school, which supports academic success. Safe communities promote healthy students who enjoy greater academic success and make greater contributions to their community.

6.0 SOCIAL AND EMOTIONAL WELL-BEING. All District schools shall provide a school climate that values the social and emotional well-being of students, families and staff. This will include opportunities to develop and practice the skills needed to understand and respect the diversity of our community.

6.1 The District shall provide a supportive environment that includes guidance, counseling and school social work services that encourage students, families and staff to request assistance when needed and links them to school or community resources.

6.2 Students shall be assisted and supported in developing the skills to express thoughts and feelings in a responsible manner, as well as to give and receive support from others.¹⁴

¹¹ M.G.L., c 71 § 3 requires that “physical education shall be taught as a required subject in all grades for all students in the public schools.”

<http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter71/Section3>.

¹² New Bedford Public Schools Policy Manual, Files IGA and IGAF

¹³ *The State Building Code (780 CMR), establishes the minimum structural standards for school buildings.*

http://www.mass.gov/?pageID=eopsterminal&L=4&L0=Home&L1=Consumer+Protection+%26+Business+Licensing&L2=License+Type+by+Business+Area&L3=Construction+Supervisor+License&sid=Eeops&b=terminalcontent&f=dps_bbrs_code_8th_edition&csid=Eeops

Smoking by anyone in school buildings is prohibited by local Board of Health regulation and M.G.L., c. 270: s. 22. and anywhere on school grounds pursuant to M.G.L. c. 71: s. 2A and N.B.P.S. policy.

<http://www.malegislature.gov/Laws/GeneralLaws/PartIV/TitleI/Chapter270/Section22> and <http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter71/Section2A>

The Elementary and Secondary Education Act as amended by the No Child Left Behind Act of 2001 mandate a safe school environment. See <http://www2.ed.gov/policy/elsec/leg/esea02/index.html>.

School administrators are required by federal and state statutes to protect the civil rights of students and staff, and maintain a learning environment safe from bullying, harassment and discrimination.. See <http://www2.ed.gov/about/offices/list/ocr/topics.html> and <http://www.doe.mass.edu/lawsregs/603cmr49.html>.

See also the U.S. Department of Education, Office of Safe and Drug Free Schools’ Technical Assistance Center for Safe and Supportive Schools at <http://safesupportiveschools.ed.gov/index.php?id=01>

¹⁴ See the Collaborative for Academic, Social and Emotional Learning at <http://casel.org/in-schools/> and the U.S. Department of Education, Safe and Supportive Schools at <http://safesupportiveschools.ed.gov/index.php?id=01>

6.3 Students shall be taught to understand and respect the differences in others, how to respect the rights of others, and how to build positive interpersonal relations¹⁵.

6.4 Students shall be taught about the contributions made by diverse cultural, ethnic and racial groups to the life of their community, state and nation [ibid].

6.5 Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with healthy development, and personal wellness and productivity.

7.0 HEALTH SERVICES. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of District students and staff. The District health care delivery system shall provide services as required by current state and federal laws and regulations, and current District policies.

7.1 The District shall collaborate with community health liaisons to provide resources which promote health and wellness for students, families, staff and community.

7.2 A coordinated program of accessible health services shall be provided to District students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screenings, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.¹⁶

8.0 FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP. Long term effective partnerships improve the planning and implementation of health promotion projects and events within each District school and throughout the community.

8.1 Teachers shall not provide candy or other unhealthy foods to students. All foods provided to students in schools shall meet the standards under Section 2.0 of this policy.

¹⁵ See M.G.L. c. 71, 370 at <http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter69/Section1D>

¹⁶ M.G.L. c.71, s.53 requires each school committee to appoint one or more school physicians and registered nurses, assign them to public schools within its jurisdiction, and provide all proper facilities for the performance of their duties. The physicians and nurses must be licensed in Massachusetts. The Education Reform Act of 1993 amended the Teacher Certification Act to include school nurses, the professional licensure of whom is set forth in 603 CMR 44.00.

(Source: Massachusetts Comprehensive School Health Manual, Chapter 6: Nursing in the School Setting. 2007. Massachusetts Department of Public Health. Available online at <http://www.maclearinghouse.com/schoolhealthmanual.htm>)

Requirements for physical examinations and for population-based vision, hearing, and postural screenings, and lead screening are codified in M.G.L. c.71, s.57, and 105 CMR 200.000; and M.G.L. c. 111, s.193 and 150 CMR 460.040-460.070, respectively. They may be viewed online at <http://www.mass.gov/dph/fch/schoolhealth/lawsregs.htm>.

(Source: Massachusetts Comprehensive School Health Manual, Chapter 5: Health Services, and Chapter 8: Infectious Disease CONTROL. 2007. Massachusetts Department of Public Health. Available online at <http://www.maclearinghouse.com/schoolhealthmanual.htm>)

8.2 The District will convene a Wellness Advisory Committee at least quarterly for this purpose.¹⁷

8.3 The equality and diversity of the school and the District community shall be valued in planning and implementing wellness activities.

8.4 Community partnerships shall be developed and maintained as a resource for school and District programs, projects, activities and events.

8.5 Schools, supported by the District, shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school and throughout the community.

9.0 WORKSITE WELLNESS. All District personnel shall be provided with information about wellness resources and services. Each District worksite shall establish a committee to assist in identifying and supporting the health, safety and well being of District staff.

9.1 All District worksites shall be in compliance with local, state and federal drug, alcohol and tobacco free policies.

9.2 All District worksites shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws and regulations, and local policies.

9.3 District employees shall be encouraged to model healthy behaviors by engaging in daily physical activity as part of District-approved wellness efforts.

10.0 ADMINISTRATIVE SUPPORT. The District will provide oversight and administrative support for the implementation of this policy to include:

10.1 Clear lines of authority and responsibility for implementation of all aspects of this policy

10.2 Clear and open communication with school administrators to promote understanding of the policy and its requirements

10.3 Criteria for measurement of Wellness Policy compliance at each District worksite

10.4 Identification of resources and best practices to achieve optimal Wellness Policy implementation

¹⁷ Healthy and Hunger Free Kids Act of 2010, <http://www.govtrack.us/congress/bill.xpd?bill=s111-3307>

10.5 Collaboration and integration with other community-based wellness initiatives.

11.0 WORKSITE MONITORING AND ACCOUNTABILITY. Monitoring and accountability for ongoing implementation and assessment of the District Wellness Policy at all District worksites will include:

11.1 Identification of individual worksite wellness goals

11.2 Assessment of the policy implementation at each District worksite

12.1 **311.3** An annual evaluation plan that will inform the District, the School Committee and the community at large of the progress in implementing the Wellness Policy.¹⁸

Proposed: 10/17/11

Adopted: 11/14/11

¹⁸ Proposed regulations promulgated by the Massachusetts Department of Public Health, accessed May 4, 2011 at http://www.mass.gov/Eoohs2/docs/dph/legal/school_wellness_proposed_reg.doc