

SCHOOL DISTRICT WELLNESS

Wellness Committee

The school district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The school committee designates the School Nurse Leader as the wellness program coordinator.

Nutrition Guidelines

It is the policy of the North Middlesex Regional School District that all foods and beverages made available on campus during the school day are consistent with USDA School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district will comply with procedures that address all foods available to students throughout the school day in the following areas, with the exception of food brought from home for personal consumption:

- 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 consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors.
- Food that does not meet the USDA and state mandated ala carte standards and guidelines shall not be consumed beginning 30 minutes before to 30 minutes after the school day.
- An adequate amount of time will be allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs will be able to obtain food in a non-stigmatizing manner.
- A la carte offerings to students shall be nutritious and meet federal recommended and state mandated guidelines.
- Vending machines remain closed during the regular lunch periods.
 1. All snack vending machines shall provide offerings consistent with USDA and state mandated ala carte standards and guidelines.
 2. All beverage vending machines in public areas shall provide offerings consistent with USDA and state mandated ala carte standards and guidelines.
- Fundraising Activities
 1. To support children's health and school nutrition-education efforts, any school fundraising activities occurring during the school day may involve food if those foods meet the USDA and state mandated ala carte standards and guidelines.
 2. Any activities that involve consuming food will not compete with the school lunch and breakfast program.
 3. Fundraising coordinators are encouraged to seek non-food items as fundraising activities.
 4. Any food sold as a fundraising activity that does not meet USDA and state guidelines, shall be restricted to food items designed for delivery and consumption after school hours.
- Snacks
 1. Snacks provided by the school during the school day or in after-school care or enrichment programs will be consistent with USDA and state mandated ala carte standards and guidelines.
 2. Schools will assess if and when to offer snacks based on timing of school meals, students' nutritional needs, ages, and other considerations.

3. Snacks will not compete with the school lunch program.
 4. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
 5. Food brought from home for personal consumption is exempt from this policy.
- Rewards
 1. Schools will limit the use of foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
 2. Schools will not use foods or beverages that do not meet nutritional standards for rewards.
 3. Use of food as rewards will not compete with the school lunch or breakfast program.
 - Celebrations
 1. Schools will limit celebrations that involve food during the school day. Each party should include food or beverages that meet nutrition standards.
 2. Celebrations may not compete with the school lunch program.
 - School-sponsored Events (such as, but not limited to, athletic events, clubs, performances or curriculum based activities).
 1. Every attempt should be made to assure that foods and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals or for foods and beverages.

Nutrition Education

- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including school nurses and teachers.
- Health education curriculum standards and guidelines will be aligned with the Massachusetts Health Education curriculum framework and will address both nutrition and physical education.
- Schools will link nutrition education activities with the coordinated school health program.
- Staff members who provide nutrition education will have appropriate training.

Physical Education

- The school district will provide physical education training aligned with the standards established by the Department of Elementary and Secondary Education for students in grades K -12.
- Withholding physical education class will not be used as a form of punishment or discipline.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. The wellness program coordinator shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and is charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The wellness program coordinator will report to the Superintendent of School annually.