

WELLNESS POLICY

The Medfield Public School District is committed to promoting children's health, well-being and the ability to learn by supporting healthy eating habits and physical activity.

Medfield schools strive to provide nutrition education and physical education to promote lifelong habits of healthy eating and physical activity for all students in every grade level.

The School District engages students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activities.

The Medfield Public Schools has established a district health and wellness committee to monitor and address wellness issues on a yearly basis.

Policy Statement on Physical Education and Opportunities for Physical Activity

- The Medfield Public School District's goal is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle.
- The physical education program includes instruction of individual and fitness activities as well as competitive and non-competitive sports to encourage life-long physical activity. The program also provides classroom health and wellness instruction that complements physical education instruction to reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle.
- The Medfield Public Schools provides opportunities for every student to regularly participate in physical activity by supporting intramurals, interscholastic sports, recess, before and after school physical activity programs, and short activity breaks throughout the day when appropriate.
- The schools provide opportunities for students and staff to maintain or improve physical fitness in before school and after school programs.
- The schools provide opportunities for parents, teachers and administrators to serve as role models in the practice of physically active lifestyles
- Physical education program staff provide information about physical educational and other school-based physical activity opportunities through newsletters, a website, or take-home materials.
- Program staff provide information to parents to encourage physical activity in their family's lives.
- The Medfield Public Schools encourage classroom teachers as well as health and wellness teachers to integrate physical activity into learning activities.

Policy Statement on Nutrition Education and Promotion

- Nutrition education is offered at each grade level as part of a sequential comprehensive program drawn from standard-based curricula. The curriculum is designed to provide students and staff with the knowledge and skills necessary to make healthy lifestyle choices.
- In addition to its place as an integral component of the Wellness curriculum, nutrition education may take place in math, science, language arts, social sciences and elective subjects as part of related curriculum projects.

- Nutrition education promotes healthy choices through student-generated work as well as enjoyable, developmentally-appropriate, culturally relevant, participatory activities.
- The nutrition curriculum promotes healthy food preparation methods and nutrition practices in accordance with the current edition of the *Dietary Guidelines for Americans*.
- The nutrition education program establishes the link between food and beverage intake and physical activity as key components to energy balance.
- The nutrition curriculum emphasizes media literacy through a study of the impact of marketing on personal food choices.
- The Medfield Public Schools provide nutrition education professional development opportunities for teachers and supporting staff.
- The nutrition education program supports healthy lifestyles at home through parent-connection activities.

Policy Statement on Food Availability

- The food service program complies with all federal, state, and local requirements.
- Schools ensure that the dining area is safe, comfortable and allows ample time and space to purchase and consume meals. This includes finding creative ways to reduce noise levels. Meals are scheduled at appropriate times and allow students adequate time to eat.
- Food safety issue related to food allergy, and security guidelines are adhered to for all foods served in schools. For reasons of safety and hygiene, school personnel discourage children from sharing and trading food and beverages.
- Schools strive to make available to students foods and beverages that promote healthy eating patterns, both within the school meals program and outside it. Recommendations tailored to individual school needs are included in staff and parent handbooks or other informational material.
- Food service encourages the consumption of nutrient-dense foods, i.e. whole grains, fresh fruits, vegetables, and low-fat dairy products. Food items served and sold in schools to the extent possible are fresh, locally or regionally grown. To the extent possible, the food service department makes information available on the nutritional content and ingredients of the food served and sold in schools.
- For food sold a la carte and from snack and vending machines, the Medfield Public Schools comply with the recommendations set forth in *Massachusetts a la Carte Food and Beverage Standards Manual* from Massachusetts Action for Health Kids.
- To model and promote healthy eating habits, the staff is thoughtful about the use of food as a reward or teaching tool.
- It is recommended that school organizations choose fundraisers that promote the cultivation of positive habits, including good nutrition and physical activity.
- As an essential educational support activity, the food service program aims to be financially self supporting. Profit generation does not take precedence over the nutritional needs of the students.

Medfield Public Schools

Adopted: August 21, 2006