

Acton Public Schools and Acton-Boxborough Regional Schools

Wellness Policy Procedures/Guidelines

District Guidelines/Procedures on Foods and Food Practices During School Hours

For students with health concerns and life-threatening food allergies, a specific student centered analysis will occur. Decisions regarding controlled food choices, no food, or food restrictions rest with the Principal and School Nurse and shall reflect District policies and guidelines. The Principal shall have final authority.

=====

Soda and candy will not be provided for students in school.

Food shall not be used as a reward or given out as a treat by school staff with the exception of approved celebrations and in situations where food is part of an Individualized Education Plan.

Fundraising activities that include selling or providing food to students on school premises during school hours will only include items approved by the Food Service Director.

In instances when food is served as an integral part of the curriculum it is important that staff, through reasonable communication with parents or appropriate health care professionals, work to reduce risk and create an inclusive experience.

Food will only be used as a student manipulative in lessons when the purpose is directly related to the food (i.e. studying onion cells in science or surface area and effect of buoyancy of oranges peels).

Whole class or group non-curricular celebrations involving food should be used sparingly and should be an inclusive experience.

When celebrating birthdays at school we strongly encourage families to consider healthy options or low cost alternatives to food. Schools will communicate a list of alternatives to families.

Principals and School Health Advisory Councils shall consider the following resources when developing school-level guidelines in regard to food brought into the school outside of the school lunch program:

- Foods on the Massachusetts A la Carte and Food and Beverages Standards A-List (<http://www.johnstalkerinstitute.org/vending%20project/alist.pdf>)
- Massachusetts A la Carte and Food and Beverages Standards to Promote a Healthier School Environment (http://www.johnstalkerinstitute.org/MA_Food_Standards.pdf)
- A-List Healthy School Snacks – Water, Bottled (<http://www.johnstalkerinstitute.org/vending%20project/healthysnacks.htm>)

Acton Public Schools

Nutrition Education

- Nutrition Education in the elementary schools will follow all APS Procedures/Guidelines and curriculum.
- Review APS Procedures/Guidelines and building level curriculum.

Health/Hygiene

- The faculty will reinforce and encourage an understanding of personal hygiene and how it affects good health.

Physical Activity

- The health, well-being, and safety of all children are the priority of all elementary school programs.
- Physical education in the elementary schools will follow all APS Procedures/Guidelines and curriculum.
- Review ways in which the school's physical education curriculum meets APS guidelines.
- All elementary schools will have at least 20 minutes a day of supervised recess during which students will have opportunities for safe physical activity.
- Review schedules to assure there is 20 minutes of recess each day and educate school personnel about the importance of physical activity.
- The school staff will maintain playground equipment through regular inspections and purchase appropriate equipment (e.g. jump ropes, playground balls) to encourage active outdoor play.
- The school counselor will train classroom assistants in conflict resolution techniques. The assistants will then be able to extend to the playground the conflict resolution skills the students learn in class.
- School personnel will not use physical activity (running, pushups, etc.) as a punishment.
- School personnel will not arbitrarily withhold opportunities for physical activity as a punishment.

R. J. Grey Junior High School

Nutrition Education

Nutrition education and promotion aims to teach, encourage, and support healthy eating by students and the school community. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at RJG as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is not only part of health education classes, but also may be integrated into classroom instruction in subjects such as math, science, language arts, social studies, world language and the exploratory subjects;
- includes developmentally-appropriate, culturally relevant, participatory activities that may include community resources such as local farms, companies, and other organizations that aim to promote the healthy eating among our students and school community;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices as well as providing information about healthy alternatives including vegetarian diets, organic foods, and dairy substitutes such as soy products;
- emphasizes caloric balance between food intake and energy expenditure, or physical activity;
- utilizes the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- teaches media literacy with an emphasis on food marketing and how to read and understand food labels;
- incorporates activities and programs to share nutrition information with students’ families and other community stakeholders and is consistent with the information being taught in school to engage and support families as partners in nutrition education; and
- includes training for teachers and other staff and information on available resources.

Physical Activity

- Physical activity may be integrated across curricula and throughout the school day. Movement may be made a part of math, science, language arts, social studies, world language, and the exploratory subjects.
- Physical education courses will be in a safe environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Physical education shall be required for all students, unless a medical excuse is documented by the student’s physician, for the entire academic year.
- Time allotted for physical activity will be consistent with research, national, and state standards. According to the National Institutes of Health, being active benefits an adolescent’s self esteem, energy level, concentration, and overall emotional well-being.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment should be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- RJG is committed to maintaining a strong partnership with Acton-Boxborough Community Education to provide community access to, and encourage students and community members to use, the school’s physical activity facilities outside of the normal school day.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk- or bike-to-school program.

Acton-Boxborough Regional High School

Nutrition Education

Nutrition education and promotion aims to teach, encourage, and support healthy eating by students and the school community. ABRHS provides nutrition education and engages in nutrition promotion that:

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as Health and Physical Education Day;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices as well as providing information about healthy alternatives including vegetarian diets, organic foods, and dairy substitutes such as soy products;
- emphasizes caloric balance between food intake and energy expenditure or physical activity;
- utilizes the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- teaches media literacy with an emphasis on food marketing, and how to read and understand food labels;
- incorporates activities and programs to share nutrition information with students’ families and other community stakeholders and is consistent with the information being taught in school to engage and support families as partners in nutrition education; and
- includes training for teachers and other staffs and information on available resources

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement may be made a part of science, math, social studies and language arts.
- Physical education courses are in a safe environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical education is required for all students, unless a medical excuse is documented by the student’s physician, for the entire academic year.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Time allotted for physical activity will be consistent with research, national and state standards.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for students to participate in physical education. Physical activity facilities on school grounds are safe.
- ABRHS provides a physical and social environment that encourages safe and enjoyable activity for all students.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Afternoons, evenings, weekends and vacations, Acton-Boxborough Community Education supervises the high school athletic facilities and provides access to students and community members for use of the fields, gymnasiums, the pool and fitness center.

Revised: March 26, 2009