

Acton Public Schools and Acton-Boxborough Regional Schools

Wellness Policy

The Acton Public Schools and the Acton-Boxborough Regional School District are committed to providing a school environment that enhances the learning and development of lifelong wellness practices. To that end, the Districts promote actions, behaviors and learning that create a healthy and safe environment for all.

It is our goal to promote physical, emotional and social well-being through coordinated school and community guidelines. This includes providing a healthy environment, counseling services, school nurse services, nutritious school meals, comprehensive health education, physical education and other opportunities for physical activity. It is the intent of this policy to foster independence in students in order to enable them to become independent and self-directed learners by taking the initiative to meet their own health and nutritional needs as developmentally appropriate, with the support of their families.

Furthermore, it is our expectation that specific actions will take into account the health needs and well-being of all children without discrimination or isolation of any child. It is the School Districts' belief that education along with open and informative communication is vital to the establishment of an environment that promotes the making of healthy choices by children. The guidelines herein reflect a commitment to the development of the whole child to foster an environment in which students and staff can make healthful choices related to food and physical activity, throughout their tenure in the Acton Public Schools and the Acton-Boxborough Regional School District.

The Acton and Acton-Boxborough school districts will support this district-wide Wellness Policy through building based Health Advisory Councils. These Councils will have the primary function of overseeing the implementation of the Wellness policy. The Food Service Director will be responsible for all the Nutrition Standards. Each school will establish a Health Advisory Council responsible for the implementation of the Wellness Policy. Each School Health Advisory Council will:

- Meet a minimum of two times during the school year.
- Consist of members appointed by the Principal representing the following constituents: Building Principal, School Nurse, Teacher representatives (2), Parents (2), Food Service Director and/or Food Service Building Manager, and may include a student Council Representative (if appropriate).
- Develop guidelines for each standard (Nutrition Education, Physical Activity and other school-based events).
- By November 30th of each year, develop and submit action plans for implementation of the recommended standards, using the prior June's Annual Report.
- Yearly, monitor and evaluate the effectiveness of Wellness Guidelines.
- By June of each year, provide an annual report to the Superintendent of Schools regarding the implementation of both the Wellness and Life-Threatening Food Allergy Policies with recommendations to improve student wellness.

The Superintendent or designated representative has operational responsibility for the Districts' implementation of the Wellness policy.

LEGAL REF:

CROSS REF: File: ADFA/File: JLCEA – Life-Threatening Allergy Policy/Procedures

Revised: March 26, 2009