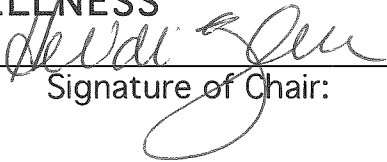


SCHOOL COMMITTEE POLICY
NEEDHAM PUBLIC SCHOOLS

FILE

ADF

Policy for: <p style="text-align: center;">SCHOOL WELLNESS</p> 	Revision <p style="text-align: center;">1</p>
Date Approved by School Committee: December 4, 2012	Signature of Chair: Heidi Black

Page 1 of 1

The Needham Public Schools (NPS) Wellness Policy is consistent with Federal and State laws and regulations that promote curriculum and programs for nutrition standards, promotion and education; physical activity and physical education; and other school based wellness activities.

School Wellness Advisory Committee (SWAC)

NPS maintains a standing School Wellness Advisory Committee (SWAC) in accordance with Federal and State regulations. The role of the SWAC is to recommend, review, and help promote school district policies addressing issues that affect students' physical, social, and emotional health and wellbeing. Specific goals are addressed in an annual action plan that is monitored, implemented, assessed and shared with the School Committee.

The Superintendent appoints the NPS Directors of Nutrition Services, Health Services, Wellness, and Guidance to lead SWAC and to serve as liaisons between SWAC and the Superintendent. The Superintendent also appoints the annual SWAC membership which includes (but is not limited to) a school nurse, nutrition services personnel, wellness teacher, guidance counselor, school physician, administrator, School Committee member, parent, student, Needham Health Department personnel, a local health care provider, other community agency personnel and partners serving Needham's youth. When possible, appointees to the SWAC represent the cultural, linguistic and ethnic composition of the community. SWAC works in conjunction with school-based wellness teams to foster wellness initiatives.

Annual goals and objectives for SWAC are established with input from the school community, student and public health data, and information about current school district programs and practices. SWAC meets at least four times a year, and evaluates the achievements of wellness goals, objectives, and action plan by assessing outcomes of education, wellness and other school-based initiatives promoting student health, social, emotional, nutrition, physical activity and physical education.



Nutrition Standards

NPS complies with DPH 105 CMR 225.000: the Nutrition Standards for Competitive Foods and Beverages in Public Schools, and national nutrition standards per the Healthy, Hunger- Free Kids Act (HHFKA) of 2010. The School Nutrition Standards apply to the primary sources of competitive foods and beverages, including all foods and beverages sold as a la carte items in cafeteria, vending machines, and school stores or snack bars. The time frame to which the nutrition standards apply is the

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Page 2 of 2

school day itself and the 30-minute period directly prior to and following the school day. The Nutrition Standards for Competitive Foods in Schools do not apply to foods and beverages in curriculum related classroom-based activities, special school-sponsored events, and fundraising activities, including bake sales. The sales of competitive foods and beverages for fundraising purposes, including bake sales, are not permitted district wide during the school day, nor at the preschool-elementary schools during the 30-minute period directly prior to and following the school day. Non-curriculum related classroom-based celebrations and parties are food and beverage free. Foods or beverages are not used as a reward or incentive, except as documented in a child's Individual Education Plan. It is encouraged that foods and beverages sold or provided during activities held beyond the school day offer options which meet the nutrition standards.

The Director of Nutrition Services provides the oversight, direction, and management of the National School Lunch Program in NPS that meets or exceeds the required guidelines and nutrition standards of the Richard B. Russell National School Lunch Act, The Child Nutrition and WIC Reauthorization Act of 2010, and the HHFKA of 2010.

Physical Activity

NPS embraces a comprehensive school physical activity program that encompasses physical activity programming before, during, and after the school day. In addition to their regularly scheduled physical education classes, the NPS encourages opportunities for all students to have activity breaks, daily recess periods at the elementary school level, and the integration of physical activity into the academic curriculum where appropriate. Administering or withholding physical activity as a form of punishment and/or behavior management is discouraged

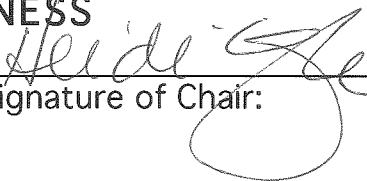
Physical Education

The goals and implementation of a K-12 sequential physical education curriculum align with Massachusetts General Laws and the Massachusetts Curriculum Frameworks. The physical education program is offered to all students, including those with disabling conditions, chronic health conditions, and special needs. Participation in the School Committee approved physical education program is required and consistent with Massachusetts General Law.

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Policy for: SCHOOL WELLNESS	Revision 1
Date Approved by School Committee: December 4, 2012	Signature of Chair:  Heidi Black
Page 3 of 3	

Health Education

NPS provides a health education program designed to help students make good decisions and practice healthy behaviors. The health education program is aligned to the Massachusetts Comprehensive Health Education Frameworks.

Nutrition Promotion and Education

Nutrition education and promotion are designed to achieve standards of the Massachusetts Comprehensive Health Curriculum Framework. Where appropriate, nutrition concepts are integrated into the curriculum and also offered via nutrition promotion as part of the school lunch program.

Other School-Based Initiatives to Promote Wellness

Professional development and training are offered to address wellness topics including nutrition and diet, management and treatment of students at risk for childhood obesity, type 2 diabetes, and eating disorders. In addition, school-based wellness initiatives may address other health, safety, social, and emotional issues, including but not limited to risky behaviors, substance abuse, tobacco prevention, bullying prevention, sex education, and stress reduction. Collaboration with families and community is encouraged to support children's nutrition, lifelong physical activity, and healthy lifestyle.

Legal References:

Federal

Healthy, Hunger- Free Kids Act (HHFKA) of 2010
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
The Child Nutrition and WIC Reauthorization Act of 2010

State

MA Comprehensive Health Curriculum Framework, 1999
MGL School Nutrition Law, Chapter 111 Section 223;
MGL Public Schools- Physical Education, Chapter 71, Section 3

Massachusetts Department of Public Health, 105 CMR 215.000 Standards for School Wellness Advisory Committee 2011;
105 CMR 225.000 Nutrition Standards for Competitive Foods and Beverages in Public Schools. 2011; 105 CMR 200.000 Physical Examination of School Children