

WELLNESS POLICY

The Wrentham Public Schools recognizes the important relationship between wellness, academic success, and lifelong health. The intent of this policy is to outline the school's commitment in support of wellness in the areas of nutrition, physical activity and other school based activities that promote health and wellness. As mandated by section 204 of Public Law – June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004 the Wrentham Public Schools has established the following policy. Please refer to the Wellness Policy Implementation Procedure in the Wrentham Public Schools Parent and Student Handbook, available on the Wrentham Public Schools website, for guidelines on the use of food in the schools.

Mission Statement

The Wrentham Public Schools in collaboration with the community promotes safe and healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

Child Nutrition Program

Students' lifelong eating habits are greatly influenced by the type of food and beverages available to them. The goal of establishing nutrition standards is to ensure the availability of healthy food choices sold or served in school. An environment that promotes lifelong sound nutritional practices will be fostered.

Nutrition Education

The school will aim to teach, encourage, and support lifelong nutritional behaviors. We shall assist families and the community with nutrition education and nutritional education materials. The school will support parents' efforts to provide a healthy diet for their children.

Physical Activity

The school will aim to teach, encourage, and promote an understanding of the benefits of a physically active and healthy lifestyle. Opportunities for physical fitness, both structured (K-6 physical education curriculum) and activity (recess, movement, and after school activities) will be supported and strongly encouraged.

School Based Activities

Other school based activities will create an environment that provides consistent wellness messages, is conducive to healthy lifestyle choices, and supports social, mental, and emotional well-being in order to promote academic success.

Monitoring and Evaluation

The Superintendent of Schools shall establish a Wellness Committee to help implement, monitor, review, and evaluate school nutrition and physical activity policies and to make periodic recommendations to the School Committee on revisions to said policies or to policies that pertain to other important school health issues. The Wellness Committee shall also serve as a resource to

school staff for implementing said policies. The Wellness Committee shall consist of individuals from both the school system and the community.

School food service staff will ensure compliance with nutritional policies and any other applicable state or federal policies within school food service areas and will report on this matter to the Superintendent of Schools.

Approved September 12, 2006

Revised September 15, 2015