

CANTON PUBLIC SCHOOLS

WELLNESS POLICY

Preamble:

The Canton community recognizes that lifetime wellness, social/emotional skills, and daily physical activity are vitally important to the academic success and overall well-being of each and every child. As such, the Canton Public Schools strive to meet the academic, physical, social, and emotional needs of all our students. To encourage the children and accomplish this goal, the District has implemented, and continues to modify, a PreK-12 Comprehensive School Wellness Program.

Education and promotion of good decision-making skills is a crucial focal point of the Wellness Program. The ability and skill to make **good choices** is essential to lifetime wellness and the pursuit of lifelong happiness. All recent national data points to one important finding: active and healthy students have a higher probability of success and achievement in every aspect of life.

However, at the same time we recognize that many students are confronted on a daily basis by difficult choices regarding a multitude of options. Physical activity, sound nutrition, social activities, relationships/sexual activity, substance use, technology, etc. pose increasingly difficult daily decisions, especially as our students mature. The purpose of our sequential Wellness Program is to guide our students by offering accurate information and inspiring high quality decision-making skills. **Our goal is to encourage, educate, and motivate our students to make positive daily decisions and develop healthy lifetime habits.**

The Canton Public Schools Comprehensive School Wellness Program will assist us in attaining our goals. This Program includes and encourages the following elements:

1. Promotion of a healthy school environment to provide a safe, nurturing, and challenging climate where students are recognized, known, and "connected" to caring adults and peers. Students, families, and staff will be encouraged to seek assistance as needed for connection to school or community resources.
2. Alignment with the Whole School, Whole Community, Whole Child model (WSCC), which is student-centered and emphasizes the role of the community in supporting the school, connections between health and academic achievement, and the importance of evidence-based school policies and practices. The WSCC model has 10 components: physical education and physical activity; nutrition environment and services; health education; social and emotional climate; physical environment; health services; counseling, psychological and social services; employee wellness; community involvement; and family engagement.
3. An engaging PreK-12 curriculum delivered by effective instruction and ongoing assessment, and one which is fueled by opportunities of professional development for staff.
4. Opportunities to encourage and practice making good choices.
5. Extracurricular and co-curricular opportunities, student assistance programs, mentoring, and peer programs to encourage expression of thoughts and feelings in a responsible manner, and to give and receive support from others.
6. Students and staff encouragement regarding balancing work and recreation, and

helping all become aware of stressors, which may interfere with healthy development.

7. A School Wellness Advisory Committee consisting of representatives from a wide range of school health and health-related disciplines (including but not limited to: school nurses, health, family and consumer science and physical education staff, community agencies serving youth, parents, students, school administrators, teachers and the school committee representative) who will meet a minimum of four times a year to recommend, review, and help implement School District policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.

Moreover, the District maintains a focus on health equity and will work to ensure that all students and staff across the District have equitable access to health and wellness efforts.

Rationale:

Programs aligned with the WSCC model can provide an incredible support network for students and staff that promote health and well-being. The components of the Canton Public School Wellness Program include the Nutrition and Food Services program, Wellness Education (Nutrition, Health, and Physical Education), Health Services, and other school-based activities that are designed to promote lifelong wellness and sound decision-making.

Student and staff wellness is a core value for the Canton Public Schools. The School Wellness Advisory Committee will recommend and/or review District-wide policies to promote student wellness, such as those addressing health education and services, school nutrition, the nutrition environment, physical education, and opportunities for physical activity around the school environment.

This wellness policy outlines the District's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff and schools in the District.

**CANTON PUBLIC SCHOOLS WELLNESS POLICY:
PROCEDURAL GUIDELINES**

COMPONENTS

A. SAFE ENVIRONMENT TO SUPPORT ACADEMIC SUCCESS

The Canton School District is committed to creating safe and secure schools that promote healthy childhood development.

- ALL Staff will create, contribute to, and maintain classroom and school environments where students, parents/guardians and colleagues are respected, valued, and accepted. We expect the highest standards for personal behavior. i.e. behavior that consistently and continually communicates respect for people, property, and decorum.
- ALL school buildings and grounds, buses and equipment will meet required health and safety standards (including environmental air quality) and will be maintained so that they will be inviting, clean, safe and in good repair.
- The Superintendent from the Town of Canton will seek sufficient annual funding to support the high quality of the school environment.
- The Food Service Department has a HACCP (Hazard Analysis of Critical Control Points) food safety plan in place at each school to ensure the safety of the food. A minimum of two food service workers at each school will be ServeSafe Certified in food safety and a minimum of one staff member on the premises during hours of operation. All kitchen facilities will be inspected by the local Board of Health at least two times each school year.

B. WELLNESS EDUCATION

1. Nutrition Education

Canton Public Schools will teach, encourage, and support healthy eating choices for our students. Nutrition education will be offered as part of a sequential, comprehensive, standards-based Wellness Program designed to provide students with the knowledge and skills to select a diet that supports lifetime health and consequently reduces the risk of illness and future chronic diseases. With this in mind, all foods made available on school campuses during school hours should offer children nutritious choices. We thus will provide the following:

- a. District Wellness Curriculum Standards and Guidelines that include accurate and pertinent nutrition education and are taught at every grade level K-10.

- b. A PreK-12 interactive nutrition education that is age appropriate and culturally sensitive that offers students the skills they need to adopt healthy eating behaviors and choices with an emphasis on moderation, reasonable portion sizes and limitation of concentrated sweets.
- c. Integration of Nutrition Education into the core curriculum such as math, science, language arts and social studies whenever appropriate.
- d. Consistent nutrition messages throughout the school, classroom, cafeteria and information sent home. This includes encouraging staff to model healthy eating habits.
- e. Adequate and ongoing professional nutrition education training for staff.
- f. Nutritional education will be taught by a certified Health/Family Consumer Science (FCS) educator.
- g. Clear communication with families and the broader community to enhance and coordinate the educational impact of our curriculum and instruction on students.

2. Physical Education

Daily, vigorous activity is essential for every person, but is especially important for the physical, mental, and social development of our students. National data indicate that daily physical activity (60 minutes recommended) is an essential component for maintaining health, encouraging academic success and advancing the development of lifelong wellness practices. The Canton Public Schools is committed to a Wellness Program with an active, challenging, and safe physical education component that accomplishes the following:

- a. The Wellness Department will provide all students in grades PreK-12 regularly scheduled physical education, including students with disabilities, special healthcare needs, and in alternative educational settings. The physical education curriculum for grades K - 12 will be aligned with National Physical Education Standards from SHAPE America (<http://www.shapeamerica.org/standards/pe/>).
- b. Physical education classes are based upon age-appropriate, sequential physical education curricula for grades K - 12 that are consistent with national and state standards, promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.
- c. Physical Education teachers will teach cooperative, collaborative, and competitive games, gymnastics, activities, adventure challenges, and dance, in individual and group settings to encourage the life-long benefits and enjoyment of fitness and activity (Fitness, Fundamentals, and Fun!).
- d. Physical Education courses will promote an environment where children learn, practice, and are assessed on developmentally appropriate motor skills, physical activity components, social & emotional skills, and knowledge thereof.
- e. On an individual and situational basis, the Wellness Department and school may provide accommodations to meet specific student needs.
- f. Because Physical Education/Wellness resources are limited and valued, every effort should be made not to cancel Wellness Classes or have make-up work in another class take priority over attending PE/Wellness classes.
- g. Physical Education will be taught by a certified physical education teacher.

- h. All physical education teachers in the District shall receive professional development in physical education at least once per year.
- i. We recommend the following guidelines for PreK-12 Physical Education and continue to follow state and mandated guidelines:
 - i. At least one course per year at Canton High School.
 - 11. At least one course per year at Galvin Middle School
 - 111. At least one class per week at the Elementary schools at a minimum of 60 minutes each. The classes would preferably meet twice if the schedule supports such programming.
- j. Physical Education will strive to have a student teacher ratio similar to mainstream academic classes.

3. Health Education

Our goal is to encourage, educate, and motivate our students to make positive daily decisions and develop healthy lifetime skills and habits. The PreK-12 Health Education curriculum will follow the S.H.A.P.E. America National Health Education Standards.

- a. Students in grades PreK-10 will be challenged with a "dynamic " and inclusive education that may include, but is not limited to: Anti-Bullying behavior, social/emotional skills, respect, pre-planning, puberty, substance use, physical activity, sexual activity, human development, proper nutrition, technology choices, and stress management. Topics will incorporate a focus on practicing good decision-making skills and life skills.
- b. A productive and dynamic focus will revolve around respect, tolerance, and inclusion. Furthermore, students will be encouraged to be " upstanders' rather than " bystanders."
- c. The standards below refer to the following nationally recognized skills and expectations: The National Health Education Standards (NHES) and skills can be located at the URL: <http://www.shapeamerica.org/standards/health/>. The Massachusetts Comprehensive Health Curriculum Frameworks can be located at: <https://www.doe.mass.edu/frameworks/health/1999/1099.pdf>
- d. Health Education will be taught by a certified Health/Family Consumer Science (FCS) educator.
- e. Health Education classes will strive to have a student teacher ratio similar to mainstream academic classes.

C. NUTRITIONAL SERVICES

Children need the opportunity to have access to healthy, nutritious foods. We must work together to ensure that healthy foods are available throughout the school environment so students can learn to make good choices.

- a. Canton participates in the National School Lunch Program and School Breakfast Program. The School Lunch Program and School Breakfast Program are accessible to all children. School lunches and school breakfasts will comply with the Healthy Hunger Free Kids Act, (HHFKA) of 2010.
- b. All a-la-carte foods sold through the School Lunch Program will adhere to the Commonwealth of Massachusetts, Department of Public Health (DPH) guidelines set forth in Healthy Students Healthy Schools guidance manual.
- c. All foods made available during breakfast and lunch will adhere to food safety and security guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and standard operating procedures (SOPs) are in place to prevent food illness in schools.
- d. Nutritional and ingredient information is available for all foods offered through the School Lunch Program and School Breakfast Program upon request. Age-appropriate daily requirements and portion size information will be available in all programs.
- e. School menus are analyzed using USDA approved software.
- f. The School Lunch Program offers a variety of milk, meat/poultry, fresh fruits, vegetables, and whole grains on a daily basis.
- g. Emphasis will be placed on healthy food choices.
- h. The District will strive to provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- i. Appropriate accommodations will be available for students with food allergies and special dietary needs, and medical concerns.
- j. In order to be compliant with the USDA final rule, free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served.
- k. School dining areas will be clean, safe, and welcoming environments.
- l. The District will make every effort to ensure that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status).
- m. Per the District's established practices related to feeding students with unpaid meal balances in a way that does not embarrass children or increase social stigma related to being of low-income, students with an unpaid meal balance will not be denied a meal.
- n. The District will promote participation in child nutrition programs among students and caregivers to ensure that caregivers know which programs are available in their District and have access to those programs. This includes posting the Free and Reduced Meal Application on the District website.
- o. The District will employ specific strategies to increase participation in school meal programs, including but not limited to:
 - School meals shall be made attractive to students by appealing to their taste preferences.

- To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.
 - Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings.
 - Use marketing and merchandising techniques to promote healthy food and beverage choices.
- p. On-going professional training and development will be provided for food service staff.
- q. School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals
- r. Schools are encouraged to source local fresh fruits and vegetables where practicable.

D. NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES AND OTHER SCHOOL BASED ACTIVITIES

Children need the opportunity to have access to healthy, nutritious foods. We must work together to ensure that healthy foods are available throughout the school environment so students can practice making good choices.

A la carte and competitive foods

In accordance with the Massachusetts School Nutrition Law, all foods sold or provided to students outside of the National School Lunch Program or School Breakfast Program (also known as competitive foods, see definitions below) will meet the standards outlined by 105 CMR 225.00: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS. The standards will apply from 30 minutes before the beginning of the school day to 30 minutes after the end of the school day, with the exception of vending machines which shall comply with these standards at all times.

Competitive foods are defined, by CMR 225.003, as foods and beverages sold or provided to students in:

- School cafeterias offered as a la carte items
- School buildings, including classrooms and hallways
- School stores
- School snack bars
- Vending machines
- Any other location on school property
- That are not a part of the reimbursable meal program

This applies to classroom incentives, classroom parties, celebrations (birthday, holidays, etc.) during the school day including 30 minutes before the beginning of the school day to 30 minutes after the end of the school day. This does NOT apply to an individual's snack or lunch for self-

consumption. Snacks or foods brought into the school building for distribution to multiple students must comply with the standards above. For more information about the standards contact the Director of Food and Nutrition Services.

Snacks and Food in the Classroom

- a. At the beginning of the school year the District will provide a list of healthful snack items that are A-List compliant. The list will be available on the Food Services website. disseminate an "A-List" of healthful snack items to teachers, after-school program personnel, and parents/guardians. The "A-List" is a list of products that meet the Massachusetts Action for Healthy Kids' and Massachusetts Competitive Food and Beverage Standards. The list will include suggestions for snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. A link to the A-List on The John C. Stalker Institute at Framingham State University website can be found " A-List" will be available on the Canton Public Schools website under Food Services School Lunch Program. The MassNETS (Massachusetts Nutrition Evaluation Tool for Schools) calculator can also be used for foods not found on the A-List.
- b. Schools will not use food or beverages as rewards for academic, classroom or sports performances.
- c. Any teacher/school staff who wants to bring food into the classroom must follow the protocol outlined in the Food in the Classroom form. For more information about the process and to receive a copy of the form contact the School Nurse or School Principal.
- d. Snacks sold or provided by any employee of Canton Public Schools or other enrichment program from 30 minutes before the beginning of the school day to 30 minutes after the end of the school day will meet the Massachusetts Healthy Students Healthy Schools nutrition standards. This includes classroom incentives, classroom parties and celebrations. It is not necessary to involve food to reward a class or student.
- e. Canton Public Schools wants to be consistent in promoting a healthy environment. Implementing the standards during the entire school day prevents sending mixed messages.
- f. Schools will assess if and when to offer time for snack consumption based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Beverages

- a. Water will be made available to students during the school day and during the extended school day (including during out-of-school time and before and after school). Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus.
- b. Beverages containing caffeine will not be sold to students on the high school campus.

Fundraising

In order to be compliant with the USDA Final Rule, the District will allow only foods and beverages that meet or exceed Smart Snacks to be sold through fundraisers on the school campus during the school day. The District encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart, or fun runs). Exemptions to fundraisers during the school day may be considered by the school principal.

Food and Beverage Marketing

Health and Wellness advertising and marketing that appear on school property must promote messages that are consistent with this policy. This includes the marketing of products on the following:

- a. school property (e.g., signs, scoreboards, sports equipment)
- b. educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials)
- c. places where food is purchased (e.g., exterior of vending machines, menu boards, cups used for beverage dispensing, food display racks, coolers)
- d. school publications and media (e.g., advertisements in school publications, in-school television, screensavers, announcements)

E. PHYSICAL ACTIVITY

Physical fitness and activity in the Canton Public Schools is a valued component of academic and personal achievement. Cross-curricular physical activity is supported at all levels to the extent possible as described below:

- a. Physical Education and interscholastic athletics are vastly different by nature, despite the fact that they both offer physical activity. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) does not substitute for meeting physical education requirements. Physical Education involves a rich and expansive curriculum encouraged by ideas, inclusive activity, concepts, and skills that are assessed by district, state, and national standards. Sports by nature do not have an academic standard. Athletics are incredibly important to the comprehensive student experience but they are not a substitute for Physical Education.
- b. The District will strive to ensure that all elementary school students have at least 20 minutes a day of supervised recess, preferably outdoors, where moderate to vigorous physical activity is encouraged. The Wellness Department will strive to provide indoor, classroom-based activities for teachers to utilize when going outdoors is not possible.
- c. Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical education as punishment. It is strongly recommended that staff use physical activity as a reward when feasible.

- d. Classroom teachers will strive to provide short physical activity breaks between lessons or classes for mental and physical stimulation, as appropriate.
- e. Elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, clubs, etc. for the benefit of all students.
- f. High schools and middle schools will offer interscholastic sports programs that meet the needs, interests, and abilities of all students, including students with disabilities, and students with special health-care needs.
- g. Schools should promote walking and biking to school.
- h. Resources will be readily available for students, parents and teachers regarding physical education, health education and corresponding benefits.

F. HEALTH SERVICES

The mission of Canton Public School Health Services Department is to promote the health and well-being of children and adolescents. School Nurses recognize that their most valuable impact occurs in roles that support the students' educational success. The premise of the Wellness Program in this area is, as stated by the MA DPH, "A child must be healthy to learn and a child must learn to be healthy."

- a. All school nurses will seek to meet the scope of responsibilities and qualifications described in the Canton Public School's staff nurse job description.
- b. The school nurse will serve as a resource and an identifier for diet-related chronic disease and will educate on prevention and treatment.
- c. Planning of school sanctioned events such as field trips, class activities, field days, etc. will include consideration of student's medical care and dietary needs.
- d. Members of the Health Services Department will serve as advisors/consultants on school health committees for the advisement and advocacy on the importance of good nutrition for learning and brain function.
- e. The Health Services Department will comply with the mandatory Massachusetts Department of Public Health (MA DPH) Growth Screening regulations. This requires that all students in grades I, 4, 7, and IO are required to have Body Mass Index (BMI) reported. The purpose of BMI Screening is to gather valuable data that can help MA DPH monitor trends in childhood obesity and identify possible system-wide solutions.
- f. The Health Services Department is required to collaborate with federal, state, local and other health resources to promote health and wellness for students, families, and staff of the school community, as well as prevent and control communicable diseases.

- g. School Nurses will utilize computerized health office data, such as visit frequency and type of encounters, results of mandated screenings (vision, hearing, postural, and growth screening), satisfaction surveys, and other community health information to identify opportunities to improve the health and wellness of students, staff, and families.
- h. Staff Wellness opportunities will be provided. This includes, but is not limited to:
 - School physical activity equipment and/or opportunities will be made available for use by staff before or after school.
 - Free water is made available to all staff.
 - Schools and the District will strive to provide an assortment of snack choices, including healthier options, at faculty meetings and professional development opportunities.

G. SCHOOL WELLNESS ADVISORY COMMITTEE

In order to be compliant with the USDA Final Rule, the District will convene a representative School Wellness Advisory Committee.

- a. The School Wellness Advisory Committee will include but is not limited to parents/caregivers, students, nutrition professionals, police officers, human resource personnel, school committee members, school administrators, nurses, teachers and community members will represent the school community and participate in the development, implementation and periodic review and update of the wellness policy.
- b. The School Wellness Advisory Committee will meet at least four times a year regularly to recommend, review, and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.
- c. The superintendent (or designee) will convene the School Wellness Advisory Council, facilitate development of and updates to the wellness policy, facilitate development of and updates to the wellness policy and ensure each school's compliance with the policy.

H. MONITORING AND POLICY REVIEW

Accountability

- a. In each school, the principal or designee will ensure compliance with the Wellness Policies in his/her/their school and will report on the school's compliance to the school district superintendent or designee as well as the School Wellness Advisory Committee.
- b. The Director of Food Service at the District level will ensure compliance with nutrition policies within school food service areas. Such compliance will be measured by means of the mandatory coordinated program reviews conducted by the Department of Elementary and Secondary Education.
- c. The Wellness Coordinator at the district level will ensure compliance with the nutrition education, health and physical education policies within the

Wellness department. This will be accomplished through the curriculum review on a regular and continual basis.

- d. The Nurse Leader at the district level will ensure compliance with the health services policies within the school health services department. Data will be collected and reviewed through the various monthly and annual reports as well as the Continuous Quality Improvement projects which are mandated by the Department of Public Health.
- e. The Superintendent, or designee, will ensure compliance with this District-wide wellness policy. In each school, the principal, or designee, will ensure compliance with the policies in their school and will report on the school's compliance to the School District Superintendent or to a School Wellness Advisory Committee representative.
- f. The Superintendent, or designee, will present a summary report every three years on District wide compliance with the wellness policy, based on input and guidance from the District level coordinators and the Wellness Advisory Committee. The report will be provided to the school committee, school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

Triennial Assessments

Every three years, the School Wellness Advisory Committee will review the Wellness Policy using an evidence-based tool (i.e., WellSAT 3.0) by measuring:

- the extent to which the wellness policy meets the requirements of the Final Rule
- the extent to which schools are complying with the wellness policy
- the progress made in attaining the goals of the wellness policy

Documentation

The District will retain records to document the presence of and compliance with the wellness policy, including but not limited to:

- the current and previous board-approved wellness policy
- documentation demonstrating that the wellness policy has been made available to the public
- documentation of the most recent District and school-level assessments of implementation
- documentation of efforts to review and update the wellness policy, including who was involved and how the District made stakeholders aware of their ability to participate

Policy Updates

Every three years the School Wellness Advisory Committee will update the wellness policy based on:

- Results of the triennial assessment
- District priorities

- Community needs
- Results of school health assessments
- New federal or state regulations or guidance

Notification to the Public

The Wellness Coordinator or District will inform caregivers and the public each year of basic information of the wellness policy, including but not limited to:

- its content and any updates
- District- and school-level implementation status
- an explanation of why updates were made, who was involved and how stakeholders were made aware of their ability to participate
- the effective dates of any policy changes
- the names and contact information of the District and school officials leading and coordinating the School Wellness Advisory Committee
- information on how the public can get involved with the School Wellness Advisory Committee
- information about School Wellness Advisory Committee meetings including dates, times, locations, agendas and meeting minutes
- mechanisms for the public to provide feedback and comments

The District will ensure that communications are culturally and linguistically appropriate to the community and will use communication methods that are appropriate to ensure that all caregivers have access to the information. The District will keep persons with disabilities or those that represent the interests of those with disabilities involved in all aspects including wellness policy updates and assessments. The District will use multiple methods to distribute this information to the community, including but not limited to:

- Electronic mechanisms (e.g., email)
- Displaying notices on the district and school websites
- Non-electronic mechanisms (e.g., newsletters)
- Presentations to school community and caregivers
- Sending information home to caregivers

Public Involvement

The District is committed to ensuring that the community is aware of and involved in the development and implementation of the wellness policy. The District will actively communicate the ways in which representatives of the School Wellness Advisory Committee and others can participate in the development, implementation and periodic review and update of the wellness policy.

References:

Alliance for a Healthier Generation Model Local School Wellness Policy:

<https://www.healthiergeneration.org/app/resources/2>

Child Nutrition Programs Part 210 National School Lunch Program: <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

Healthy Students, Healthy Schools: Revised Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages: <https://www.mass.gov/doc/healthy-students-healthy-schools-guidance-for-implementing-massachusetts-school-nutrition/download>

John Stalker Institute "A List": <https://johnstalkerinstitute.org/resources/school-snacks/alist/>

Massachusetts Action for Healthy Kids: <https://www.actionforhealthykids.org/state/massachusetts/>

Massachusetts Department of Elementary and Secondary Education Massachusetts Comprehensive Curriculum Health Frameworks: <https://www.doe.mass.edu/frameworks/health/1999/1099.pdf>

MassNETS (Massachusetts Nutrition Evaluation Tool for Schools):

<https://johnstalkerinstitute.org/resources/school-snacks/alist/massnets/>

M.G.L. C.71:3: <https://malegislature.gov/laws/generallaws/parti/titlexii/chapter71/section3>

M.G.L. 105 CMR 225.000: <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools#downloads>

<http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>

M.G.L. 105 CMR 215.000: <https://www.mass.gov/doc/105-cmr-215-standards-for-school-wellness-committees/download#:~:text=As%20mandated%20by%20M.G.L.,school%20district%20in%20the%20Commonwealth.>

Sect. 204 of Public Law I 08-265-June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004:

[https://nche.ed.gov/legislation/child-](https://nche.ed.gov/legislation/child-nutrition/#:~:text=The%20Child%20Nutrition%20and%20WIC,to%20healthy%20and%20nutritious%20foods)

[nutrition/#:~:text=The%20Child%20Nutrition%20and%20WIC,to%20healthy%20and%20nutritious%20foods](https://nche.ed.gov/legislation/child-nutrition/#:~:text=The%20Child%20Nutrition%20and%20WIC,to%20healthy%20and%20nutritious%20foods)

National Physical Education Standards - SHAPE America: <https://www.shapeamerica.org/standards/pe/>

USDA Child Nutrition Programs: <https://www.fns.usda.gov/cn>

USDA Professional Standards for Child Nutrition Professionals: <https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>

WellsAT 3.0 Wellness School Assessment Tool:

https://www.wellsat.org/triennial_assessment.aspx

Whole School, Whole Community, Whole Child: <https://www.cdc.gov/healthyschools/wsc/index.htm>

Original Policy Approval: August 30, 2012

Reviewed: July, 2022

Revised: August, 2022