

CANTON PUBLIC SCHOOLS

WELLNESS POLICY

Policy:

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 are striving 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, weight issues, 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. A wide range of student services in a Coordinated School Health Model with the goal that students have access to coordinated programs of health education, physical education, health services, nutrition services, counseling/psychological services, healthy school environment, health promotion for staff, and family/community involvement.
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.

Rationale:

Coordinated School Health Programs 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 a 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.

References:

Sect. 204 of Public Law 108-265-June 30, 2004: Child Nutrition & WIC Reauthorization Act of 2004
Massachusetts Department of elementary and Secondary Education: Comprehensive Health Frameworks
National Physical Education Standards
Massachusetts Action for Healthy Kids
Massachusetts Department of Public Health: Wellness at Work Program
Various Public School Wellness Policies throughout the Commonwealth

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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 that 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) in place at each school to insure the safety of the food. A minimum of two food service workers at each school will be Serve Safe 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 once a 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 strive to provide the following:

- a. District Wellness Curriculum Standards and Guidelines that include accurate and pertinent nutrition education.
- 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. Encouragement and support for the 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.
- e. Adequate and ongoing professional 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 strive to provide all students in grades PreK-12 regularly scheduled physical education, including students with disabilities, special healthcare needs, and in alternative educational settings. All attempts will be made to adhere to state frameworks and national regulations.
- b. 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!)
- c. 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.
- d. Because PE/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.
- e. Physical Education will be taught by a certified physical education teacher.
- f. The National Physical Education Standards (NASPE) and skills can be located at the URL or website below Movement (Physical Education) Skills:
<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>
- g. 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.
 - ii. At least one course per year at Galvin Middle School
 - iii. At least one to two classes per week at the Elementary schools at a minimum of thirty minutes each. The classes would preferably meet twice if the schedule supports such programming

- h. 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 strive to follow the National Health Education Standards and the Massachusetts Curriculum Frameworks.

- a. Students in grades PreK-12 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.
- 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.cdc.gov/HealthyYouth/SHER/standards/index.htm>
The Massachusetts Comprehensive Health Curriculum Frameworks can be located at:
<http://www.doe.mass.edu/frameworks/health/1999/1099.pdf>
- e. Health Education will be taught by a certified Health/Family Consumer Science (FCS) educator.
- a. Health Education classes will strive to have a student teacher ratio similar to mainstream academic classes.

C. NUTRITIONAL GUIDELINES

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. We understand and appreciate that food is a focal point of many celebrations. When food is offered at a celebration it is expected that a healthy option will always be present for students to choose.

- a. Canton participates in the National School Lunch Program and will comply with federal, state and local requirements. The School Lunch Program is accessible to all children. Foods made available will comply with the Dietary Guidelines for Americans.
- b. All foods made available during lunch will adhere to food safety and security guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illness in schools.

- c. Nutritional and ingredient information is available for all foods offered through the School Lunch Program upon request. Age appropriate daily requirements and portion size information will be available in all programs.
- d. School menus are analyzed using USDA approved software.
- e. The School Lunch Program offers a variety of milk, meat/poultry, fresh fruits, vegetables and whole grains on a daily basis.
- f. Emphasis will be placed on healthy food choices.
- g. Appropriate accommodations will be available for students with food allergies and special dietary needs, and medical concerns.

D. 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. It is recommended that every effort should be made to insure 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.
- c. Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical education as punishment.
- 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 strive to 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 strive to offer interscholastic sports programs that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- g. Resources will be readily available for students, parents and teachers regarding physical education, health education and corresponding benefits.

E. HEALTH SERVICES

The mission of Canton Public School Health Services Department is to promote the health and wellbeing 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 an identifier of diet-related chronic disease and indications for prevention and treatment.
- c. Members of the Health Services Department will serve as advisors/consultants on school health committees for the advisement and advocacy for the necessity of good nutrition for learning and brain function.
- d. 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 1, 4, 7, and 10 are required to have Body Mass Index (BMI) reported. *The parent/guardian of all students in these grades will receive a written report in the mail, or electronically, with recommendations pertaining to out-of-range values. Furthermore, a document will accompany the parent notification to help clarify and explain what BMI is (gender, age, weight, & height) and how it affects short and long-term health.*
- e. 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
- f. Identifying opportunities to improve the health and wellness of students, staff and families utilizing 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.
- g. Staff Wellness opportunities will be encouraged and provided as often as possible.

F. 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. Celebrations, fundraising efforts and vending machine products should also help to encourage and support healthy eating. **All school events occurring during the school day, as well as vending machines on school property, are required to offer healthy choices.**
- b. Birthday and other kinds of celebrations are important, especially to young children. However, multiple food-based parties add up and can lead to loss of academic time and an unintentional endorsement of poor nutrition. **We strongly encourage that classroom celebrations involving non nutritious foods be limited to 3-4 times a year. ALL celebrations utilizing food should ALWAYS offer healthy options.**

- c. All celebrations will incorporate sensitivity to students who have a health related medical issue, such as diabetes and food or latex allergies.
- d. **Food should not be used as a reward for individual student behavior unless it is detailed in a student's Individualized Education Program. (IEP)**
- e. Health and Wellness advertising and marketing that appear on school property must promote messages that are consistent with this policy.
- f. School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspect of eating.
- g. While we understand the many constraints that schools are working under, we strongly encourage staff to continually strive to provide adequate opportunities and time for students to eat lunch, have appropriate snacks, and where possible, opportunities for breakfast prior to the start of school.
- h. On-going professional training and development will be provided for food service staff, teachers, and nurses in areas of nutrition, wellness, and physical education.
- i. Students and community organizations will have access to the Canton Public School's facilities outside of school hours.
- j. 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.

G. MONITORING AND POLICY REVIEW

The superintendent will ensure compliance with established district-wide wellness policies.

- a. The School Health Advisory Council consisting of parents, students, nutrition professionals, police officers, human resource personnel, school committee members, school administrators, nurses, teachers and community members will represent the school community and monitor implementation on a yearly basis.
- 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 every five year review 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 which occurs on a monthly, quarterly, and annual 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 and/or Wellness Committee Representative will present a summary report every three years on district wide compliance with the wellness policies, based on input and guidance from the district level coordinators. 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.
- f. The district, and individual schools within the district, will, as necessary, review and revise the wellness procedures and develop plans to facilitate implementation.

- g. The Wellness Committee will undergo periodic review of the comprehensive Wellness Program utilizing an assessment tool to ensure that it continues to meet the elements noted in the Wellness Policy and Wellness Guidelines.

References:

M.G.L. C.71:3

M.G.L. C.71:53; 53A; 54; 54A

Massachusetts Department of Elementary and Secondary Education

Massachusetts Comprehensive Curriculum Health Frameworks

National Physical Education Standards

MDPH Comprehensive School Health Manual, 2007

P.L. 89-642 Sub Chapter A

Child Nutrition Programs Part 210 National School Lunch Program

USDA Team Nutrition: A Menu Planner for Healthy School Meals

Massachusetts Action for Healthy Kids

Massachusetts A LA Carte Food and Beverage Standards to Promote a Healthier School Environment

USDA National Food Service Management Institute

Center for Disease Control

Advocates for Youth

President's Council on Physical Fitness

HACCP Based Standard Operating Procedures

(Food Code 2001, 2005)

Canton Board of Health

USDA Nutritional guidelines

Internet Resources: used for links on web site

www.schoolwellnesspolicies.org.school

<http://www.cnpp.usda.gov/Dietaryguidelines.htm>

<http://www.mypyramid.gov/>

<http://www.foodsafety.gov/>

<http://www.nal.usda.gov/fnic/foodcomp/search/>

<http://www.health.gov/paguidelines/>

<http://www.doe.mass.edu/frameworks/health/1999/1099.pdf>

<http://www.cdc.gov/>

<http://www.fitness.gov/>

<http://www.advocatesforyouth.org/>

<http://www.mass.gov/dph/fch/schoolhealth>

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