

# 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.
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.

### **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 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.

### **References:**

Sect. 204 of Public Law 108-265-June 30, 2004: Child Nutrition & WIC Reauthorization Act of 2004  
M.G.L. 105 CMR 225.000: <http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>  
M.G.L. 105 CMR 215.000: <http://www.lawlib.state.ma.us/source/mass/cmr/cmrttest/105CMR215.pdf>  
School Nutrition Guide: <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>  
John Stalker Institute "A List": <http://www.johnstalkerinstitute.org/alist.pdf>  
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

Policy Approved: August 30, 2012

Procedures Adopted: August 30, 2012

# 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 (**SHAPE AMERICA**) and skills can be located at the URL or website below Movement (Physical Education) Skills:  
<http://www.shapeamerica.org/standards/pe/>
- 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 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.**

- 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-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:  
<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.**

- a. Canton participates in the National School Lunch Program. The School Lunch Program is accessible to all children. School Lunches 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 lunch will adhere to food safety and security guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines 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 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. 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 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 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 1, 4, 7, and 10 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. *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.*
- 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. Identifying opportunities to improve the health and wellness of students, staff and families 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 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. At the beginning of the school year the district will 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. The “A-List” will be available on the Canton Public Schools website under the School Lunch

Program link, in all school cafeterias, and on all individual schools websites.

- b. In each school, the principal or designee will ensure compliance with the Wellness Policies in his/her school and will report on the school's compliance to the school district superintendent or designee as well as the School Wellness Advisory Committee.
- c. Health and Wellness advertising and marketing that appear on school property must promote messages that are consistent with this policy.
- d. School dining areas will be clean, safe, and pleasant environments.
- e. 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.
- f. On-going professional training and development will be provided for food service staff, teachers, and nurses in areas of nutrition, wellness, and physical education.

### **À 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 Massachusetts General Law 105 CMR 225.000: 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 as foods and beverages sold or provided to students in:

- School cafeterias offered as à la carte items
- School buildings, including classrooms and hallways
- School stores
- School snack bars
- Vending machines
- Any other location on school property

This applies to classroom incentives, classroom parties, celebrations (birthdays, 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 below. For more information about the standards contact the Director of Food and Nutrition services.

### **Snacks**

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 nutrition standards outlined above. This includes classroom incentives, classroom parties and celebrations. It is not necessary to involve food to reward a class or student.

Canton Public Schools wants to be consistent in promoting a healthy environment, implementing the standards during the entire school day prevents sending mix messages.

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.

## **G. MONITORING AND POLICY REVIEW**

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

- a. The School Wellness Advisory Committee 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 no less than a quarterly basis.
- b. The School Wellness Advisory Committee will meet 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 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.
- d. 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.
- e. 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.
- f. 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.
- g. 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.
- h. The School Wellness Advisory 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 Policy Procedural Guidelines.
- i. Every three years, the school district will review the Wellness Policy including the

nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

## References:

M.G.L. C.71:3  
M.G.L. C.71:53; 53A; 54; 54A  
M.G.L. 105 CMR 225.000: <http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>  
M.G.L. 105 CMR 215.000: <http://www.lawlib.state.ma.us/source/mass/cmr/cmrtest/105CMR215.pdf>  
School Nutrition Guide: <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>  
John Stalker Institute "A List": <http://www.johnstalkerinstitute.org/alist.pdf>  
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.schoolwellnesspolicies.org.school)  
<http://www.cnpp.usda.gov/Dietaryguidelines.htm>  
<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.johnstalkerinstitute.org/alist.pdf>  
<http://www.advocatesforyouth.org/>  
<http://www.mass.gov/dph/fch/schoolhealth>  
<http://www.choosemyplate.gov/>  
[http://www.fns.usda.gov/cnd/governance/legislation/cnr\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm)  
<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>

Policy Approved: August 30, 2012  
Procedures Adopted: August 30, 2012