

LEXINGTON SCHOOL COMMITTEE POLICY

WELLNESS POLICY

First Reading: May 30, 2006

Second Reading: June 6, 2006

**Date Approved by
School Committee: June 20, 2006**

**Date Amended by
School Committee: June 19, 2007**

Signature of Chair: _____

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I. BACKGROUND

Section 204 of PL 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, states:
“Not later than the first day of the school year beginning after June 30, 2006,
each local educational agency participating in a program authorized by the
Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the
Child Nutrition Act of 1966 (U.S.C. 1771 et seq.) shall establish a local school
wellness policy for schools under the local educational agency...”¹

II. PURPOSE AND SCOPE

The Lexington Public Schools (LPS) is committed to promoting health and wellness for the students and staff within the school community. LPS supports guidelines for nutrition education, physical activity, food and beverages sold and served within our schools, and the establishment of a wellness advisory board.

Nutrition Education and Physical Activity

- The health education curriculum will include nutrition education following the Massachusetts Department of Education (DOE) Curriculum Frameworks at all levels consistent with our system’s goal of offering elementary, middle, and high school health education.
- LPS will strive to have time allotted for physical activity within the school day be consistent with research and national and state standards.
- Physical Education requirements will meet or exceed the minimum Massachusetts DOE requirements at all levels.
- LPS is committed to providing daily recess at the elementary school level, recognizing the importance of recess to this age group.
- LPS will proactively encourage lifetime physical activity and wellness through education.
- LPS will collaborate with local groups and agencies to provide parent education around healthy choices, good nutrition, a balanced and healthy use of screen time, and the benefit of increased physical activity for children.

¹ PL 108-265, The Child Nutrition Act and WIC (Special Nutrition Program for Women, Infants and Children) Act of 2004.

Guidelines for Foods and Beverages Served

- At the elementary level all parties and celebrations will be food free.
- At the secondary level, particularly at the middle schools, food free parties and celebrations will be strongly encouraged and promoted.
- Food as a reward will be eliminated in all classrooms.
- The use of food within the curriculum or for special school events must be approved by the building Principal and school nurse, and only when it has been determined that other instructional tools and accommodations cannot be substituted.

Guidelines for Foods and Beverages Sold

- All foods and beverages sold individually by the contracted food service provider, à la carte or in vending machines, will serve to enhance a student's school lunch with the focus on healthier food and beverage choices. These choices will follow the guidelines to be developed by the Wellness Advisory Board.
- Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children, served in clean and pleasant settings, meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, and offer a variety of fruits and vegetables. Portion control and nutritious food choices will be considered in the pricing of our school lunch.
- Breakfast programs at all schools will be supported and encouraged.
- There shall be no discrimination in any manner within the National School Lunch and Breakfast Program sold and served to students.
- Schools will provide students with adequate time to eat lunch, appropriate to each age group. Lunches will be scheduled at times consistent with our students' need for nutrition, fluids, and socialization opportunities within the school day.
- Student vending machines will be available only at the high school level.
- No soft drinks (soda/pop) will be available for sale to students at any school.
- Schools will promote the use of non-food items for fundraising activities and will make available to the school community a list of alternative ideas for fundraising activities.

III. IMPLEMENTATION

Principals

- Principals, in collaboration with the school system's business manager and the contracted food services manager, will have oversight of the school lunch program within their buildings.

Wellness Advisory Board

- The Superintendent will establish a Wellness Advisory Board that will foster physical activity, wellness, and good nutrition in our schools.
- This advisory board will consist of at least nine members:
 - Four parents appointed by the Superintendent
 - A school administrator to be appointed by the Superintendent

- A representative from the Town of Lexington Board of Health, and people holding the following positions or their equivalents:
 - Food Services Director,
 - Coordinator of Physical Education and Wellness, and
 - Coordinator of School Health Services
- The Advisory Board's role and responsibilities will include but not be limited to:
 1. Recommend procedures to the Superintendent and Principals to implement this policy.
 2. Review the policy and the implementation procedures annually.
 3. Monitor and evaluate the progress LPS is making toward compliance with the goals of the policy.
 4. Measure the outcomes of the changes implemented by various tools such as student satisfaction surveys, parent satisfaction surveys, school health statistical data collected in compliance with the Department of Public Health (DPH), and other data collection and monitoring mechanisms.
 5. Provide an annual report to the Superintendent of Schools regarding the policy and its implementation, including recommendations and measures to take to improve student wellness.
 6. Advise the contracted food services provider on meeting the goal of offering healthy, attractive, and student-acceptable breakfast, lunch, and à la carte food items that meet or exceed federal and state guidelines.
 7. Support school based wellness initiatives as they develop
 8. Act as a liaison to municipal agencies that are collaborating with LPS on wellness programs.
 9. Promote parent and staff education around the Wellness Policy.

IV. EVALUATION

The Superintendent will provide a report to the School Committee by the end of 2007 describing the implementation of this Wellness Policy. The report will include, but is not limited to information about staff assigned nutrition and wellness responsibilities, available statistics about the health and wellness status of students, successes and challenges implementing the wellness policy provisions, goals and specific actions for improving nutrition and wellness, achievement of the goals and actions, and any recommendations for future revisions to the Wellness Policy itself.

V. REFERENCES

- Massachusetts Public Health Association www.mphaweb.org/
Roberta Friedman, Director of Education rfriedman@mphaweb.org
"Community Action to Change School Food Policy: An Organizing Kit"
- National Alliance for Nutrition and Activity (NANA) www.nanacolatition.org
"Model Local School Wellness Policies on Physical Activity and Nutrition"
- National School Boards Association www.nsba.org/
"Action Guide for School Nutrition and Physical Activity Policies"
- Action for Healthy Kids www.ActionForHealthyKids.org
- Massachusetts Department of Education www.doe.mass.edu/
- Massachusetts Department of Public Health www.mass.gov/dph