

**BARNSTABLE PUBLIC SCHOOLS**  
**DISTRICT WELLNESS POLICY**  
(Reviewed and Updated October 2021)

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, Barnstable Public School district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

**District Wellness Committee**

Barnstable Public School district has established a wellness committee that consists of at least one (1): parent/guardian, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The school committee designates the following individuals as wellness program coordinators: Nursing and Wellness Coordinator; K-7 and 8<sup>th</sup>-12<sup>th</sup> grade Physical Education & Health Coordinators. Only employees of the district who are members of the district wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the district wellness committee, will be in charge of implementation and evaluation of this policy.

**Nutrition Guidelines**

Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day are consistent with Federal regulations for: School meal nutrition standards, and the Smart Snacks in School nutrition standards. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. Food and beverage marketing will only be allowed if they meet the Smart Snacks in School nutrition standards.

Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) will be included in separate guidelines for:

1. foods and beverages included in a la carte sales in the food service program on school campuses;
2. foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
3. foods and beverages sold as part of school-sponsored fundraising activities; and
4. refreshments served at parties, celebrations, and meetings during the school day; and
5. specify that its guidelines will be based on nutrition goals, not profit motives.

## **Nutrition and Physical Education**

The Barnstable Public School district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The school district will provide physical education aligned with the standards established by the Dept. of Elementary and Secondary Education. The wellness program coordinators, in consultation with the district wellness committee, will develop procedures that address nutrition and physical education.

### **Nutrition Education Goals**

In the health education/personal development programs, students PreK-7 receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. Students in grades 8-12 are offered the opportunity to take health classes which includes nutrition education.

Schools will provide consistent nutrition messages from all aspects of the school program.

Schools link nutrition education activities with the coordinated school health program.

Staff providing nutrition education will have the appropriate DESE certification.

### **Physical Education Goals**

Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

In the case of recess periods for elementary school students, other options are to be considered instead of loss of recesses because of academic or behavioral concerns.

Students are given opportunities for physical activities through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Our schools will work with the community to create ways for students to walk and bike to and from school.

Our schools will encourage parents/guardians to support their children's participation in physical activity, to be physically active role models, and to include more physical activity in family events.

### **Nutrition Education Goals**

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between foodservice staff and other school personnel, including teachers.

Students receive consistent nutrition messages from all aspects of the school program.

Health education curriculum standards and guidelines address both nutrition and physical education.

Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts)

Schools link nutrition education activities with the coordinated school health program.

Staff that provide nutrition education have appropriate training.

The level of student participation in the school breakfast and school lunch programs is appropriate.

### **Physical Education Activity Goals**

Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.

Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

### **Other School-Based Activity Goals**

The wellness program coordinators, in consultation with the district wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.

An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.

All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

### **Leadership and Evaluation**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The K-7<sup>th</sup> and 8-12<sup>th</sup> grade Physical Education & Health Coordinators and assistant superintendent will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards.

Compliance with the wellness policy requirements will occur as part of the general areas of the administrative review every 3 years. This assessment will determine: compliance with the wellness policy, how well the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The superintendent or designee (District Wellness Committee) will develop a summary report every three years that will be shared with the school committee, district leaders, and school community and public.

SOURCE: MASC

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108 -265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h

The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

CROSS REFS.: [EEC](#), Free and Reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities