

Wellness Policy Updates 2023

Wellness Committee Members for this Review

Co-Chairs

Sasha Palmer

Tricia Laham-

Other members

Matthew Dubois- Senior Director of Clinical Services and Social Emotional Learning

Carlyn Z. Uyenoyama -K-12 Coordinator of Wellness Education

Suzanne Federspiel

Susan Park

Matthew Gillis

Wellness Policy Review

- The Wellness Policy is being reviewed to fulfill the USDA Triannual Review and update of the School Wellness Policy.
- Established by the Child nutrition and Special supplemental nutrition Program which was reauthorized in 2004 and further strengthened by the Healthy, Hunger Free Kids Act of 2010 requires triannual review of the district wellness Policy and ensure stakeholder participation, develop and update the policy and periodically assess and disclose to the public schools' compliance of the Wellness Policy.
- Assistance from The John Stalker Institute
- Policy reviewed by DESE for Compliance

Review Process /Timeline

Sept-June 2021-2022

- Wellness Committee convened, initial assessment using WellSat Assessment

Sept -June 2022-2023

- Quarterly meetings (and more) to review and draft updated language.
- Broke into groups: Physical Education and physical activity; Social-Emotional; Implementation and Evaluation

Sept- December 2023-2023

Finished draft updated PSB Wellness Policy with input from WC and Wellness Coach

Comparison between 2018 version and 2023

[Full Comparison Table](#)

-PSB Food Services

- Nutrition Standards and Education
- Competitive Food and Beverages and Food Marketing.

-Food at School Events, Field Trips, Celebrations and Fundraisers

-Nutrition Education

-Health Education, Physical Education and Physical Activity

-Social and Emotional Health and Wellbeing

Food Service Programs and Operations

- These updates are expected to result in school wellness policies that strengthen the ability of the district to create an environment that promotes students' health, well-being, and ability to learn. In addition, these regulations increases transparency for the public and contributes to integrity in the school food service program.

Nutrition Education

- Align with the Guiding Principles and the Practices of the [MA Health and Physical Education Frameworks](#) which include:
 - Decision-making, accessing valid and reliable information and promoting health/well-being
 - Nutrition and Balance Eating are topics in all the [K-2, 3-5 and 6–8 standards.](#)
 - Teach food literacy and integrate curriculum with school gardens and other units.

Health Education, Physical Education and Physical Activity

- Health Education - Currently PSB has health education in grades 7,8 and 9. We aim to provide it K-12 and utilize a skills-based approach that will be aligned with State and National Standards. *We aim to add 6th grade first, then additional grades.
 - [MA Frameworks for Health Education](#)
 - [National Health Education Standards](#)
- All PSB students in grades K-12 will receive physical education/earn wellness credit each year. At BHS students in grades 10-12, many meet this requirement through a sports contract.
 - Physical Education will be taught by qualified educators and at the K-8 level it will occur at least twice a week for a minimum of 40 minutes.
 - [MA Frameworks for Physical Education](#)
 - [National Physical Education Standards](#)

Utilize the [DESE CHPE Crosswalks](#) (with Science, Technology and SEL) to help integrate units.

- Physical Activity-Daily Recess and Integrating Movement Throughout the Day
 - ****Note- Recess/Physical Activity is not Physical Education, and it should not be a substitute for comprehensive wellness education programming.***

Social and Emotional Health and Wellbeing

SIX OBJECTIVES

1. Create a safe, supportive, and affirming classroom and school culture for all students.
 - Belonging, inclusivity, relationships.
2. Provide students with explicit instruction related to social-emotional learning and mental health.
 - CASEL skills, coping skills and applying content knowledge when practicing health skills.
3. Raise awareness and provide training for all staff and students to ensure access to support.
 - Work with all students, staff and community agencies to maintain school environments free of substances.
4. Ensure that in-school support services are accessible to all students presenting with social, emotional, mental health, and substance use issues.
5. Provide specialized and targeted support and interventions for all students struggling with social and emotional issues to support their academic engagement and development.
6. Promote wellbeing by supporting policies and practices that support a healthy balance between academic expectations/achievement and student mental health, and practices that encourage the development of healthy identities that support healthy decision-making.

PSB will collaborate with community and school-based wellness initiatives.

Wellness Policy Implementation and Action Plan

PSB will assess the PSB wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of our local school wellness policy, and include:

- The extent to which PSB is in compliance with the local school wellness policy.
- The extent to which the PSB wellness policy compares to model local schools' wellness policies
- A description of the progress made in attaining the goals of the local school wellness.

Resources

The following resources were used in the development of the PSB Wellness Policy:

- Massachusetts Comprehensive Health and Physical Education Frameworks, 2023
- Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools
- United States Department of Agriculture Food and Nutrition Service: Team Nutrition
- DESE Massachusetts School Wellness Coaching Program: Perfecting Policy
- Centers for Disease Control and Prevention
- Massachusetts Coordinated School Health Program
- Center for Disease Control and Prevention - Smart Snacks <https://www.cdc.gov>