

WELLNESS POLICY

South Hadley Public Schools strongly believes that students and staff need access to healthy food choices and opportunities to be physically active in order to grow, learn and thrive. There is a growing concern about childhood obesity and related diseases. The new Massachusetts School Nutrition Regulations for Competitive Foods and Beverages, 105 CMR 225.000, which became effective in August 2012, is an initiative that aims at combating childhood obesity by offering students/staff, food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors.

In compliance with Section 204 of Public Law 108-265 of the Child and WIC Reauthorization Act, we believe community participation is essential to the development and implementation of a successful wellness policy. The South Hadley Public Schools acknowledges that a healthier lifestyle for all students is a community-wide effort, and will work toward educating the community on wellness issues. Improved health optimizes student performance potential and ensures that no child is left behind.

South Hadley Public Schools will strive to meet the following goals:

1. Maintain the Health Advisory Committee
 - A. Members
 - B. Roles of committee members
2. Compliance with nutritional guidelines and standards for schools involving:
 - A. School lunch
 - B. Meal times and scheduling
 - C. Food service staff qualifications
 - D. No food/beverage sharing
3. Compliance with nutritional education for staff, students, parents/guardians and the community
 - A. Communication with parents/guardians
 - B. Food marketing in schools
4. Maintain physical education and physical activity opportunities
 - A. Physical education (PE K-12)
 - B. Integrating physical activity into the classroom, as appropriate
 - C. Daily recess in specific schools
 - D. Physical activity opportunities before and after school
5. Promote a healthy life style for staff, which promotes a healthy school climate
 - A. Staff wellness opportunities
6. Compliance with policy review and monitoring

7. Compliance with guidelines for reimbursable school meals
 - A. Free and reduced meals
8. Compliance with standards for competitive foods and beverages sold or provided during the school day. All competitive foods and beverages, sold or provided in public schools, should comply with the nutritional standards of 105 CMR 225.000.
 - A. Foods and beverages sold individually 30 minutes before school hours and 30 minutes after school hours (foods and beverages sold in school buildings, including classrooms and hallways; school stores; school snack bars; all school campus vending machines accessible to students)
 - B. Fundraising activities
 - C. Snacks
 - D. Rewards
 - E. Celebrations

The South Hadley Public Schools has an educational culinary program that follows industry standards/guidelines and is, therefore, exempt from the wellness policy and protocol.

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

Healthy Students, Healthy Schools: Guidance for implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. Developed by: Massachusetts Department of Public Health, Massachusetts Department of Elementary and Secondary Education, John Stalker Institute of Food and Nutrition, Harvard School of Public Health, and Boston Public Health Commission

The Child Nutrition Act of 1996, 42 U.S.C.

www.fns.usda.gov/end/goverance/legislation/implementation_timeline.pdf

www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf

www.doe.mass.edu/cnp/nprograms/nslp.html

www.fns.usda.gov/cnd/goverance/legislation/Pricing-Equity-Facts.pdf

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