

## **WELLNESS POLICY**

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

### Wellness Council

The School Committee designates the Superintendent of Schools as the wellness policy coordinator who will be responsible for establishing a wellness council. The Superintendent of Schools and the Superintendent's designees, in consultation with the wellness council, will be in charge of implementation and evaluation of this policy.

### Nutrition Guidelines

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The school will adhere to the Cambridge School Committee's nutrition policy and the school district will create procedures that address all foods available to students throughout the school day in the following areas:

- guidelines for maximizing nutritional value by decreasing fat, and increasing the proportion of healthy fats and decreasing added sugars, increasing nutrition density and providing age appropriate portion size of each individual food or beverage sold within the school environment;
- separate guidelines for foods and beverages in the following categories:
  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;
  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, Health and Physical Education

The school district will provide nutrition education, health education and physical education training aligned with the standards established by the Department of Education. The Superintendent of Schools or designee, in consultation with the wellness council, will develop procedures that address nutrition, health and physical education.

### Nutrition Education

The following are the school district's goals for nutrition education:

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- 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 curriculum.
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.

### Physical Education Activities

The following are the school district's goals for physical education activities:

- 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 programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- 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.
- Students will not be kept from recess or excluded from a Physical Education class except if the removal is necessary to protect the health, safety and welfare of other students and staff and/or is related to the students engaging in conduct that is violative of the codes of conduct set forth in the *Cambridge Public Schools Rights and Responsibilities Handbook* and/or in school-based rules or other Cambridge Public School policies (e.g., anti-bullying policy, anti-hazing policy, anti-discrimination policy).

### Health Education Activities

The following are the school district's goals for health education activities:

- Students receive health education that teaches the skills they need to adopt and maintain healthy behaviors.
- Students receive consistent health 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 curriculum.
- Staff who provide health education have appropriate training.

### Development of Guidelines

The Superintendent of Schools shall develop guidelines consistent with this Wellness Policy.

### Evaluation

The wellness council 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. The Superintendent of Schools shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and is charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The Wellness Policy will be reviewed every three years.

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

*Adopted: January 16, 2007*