

Policy Manual for the Governance and Operation of Sutton School System

General School Administration

WELLNESS POLICY

Sutton Public Schools is committed to promoting a healthy community within the school district and town. The Sutton Public School Committee is aware of the importance of overall health and well-being of our students and staff to acquire optimal educational opportunities. This policy encourages a holistic approach to student and staff wellness, utilizing our various resources. Our interdisciplinary team supports healthy eating habits and regular physical activity to promote and protect students' health. With this policy in mind, the Sutton Public School District has set specific obtainable goals.

Goals:

- 1.) Emphasis on good nutrition and well-balanced snacks and meals that follow federal and state guidelines.
- 2.) Health education incorporated throughout the school year so that students have the skill set to make healthy choices.
- 3.) Regular physical activity.
- 4.) Providing a healthy and safe environment for students to grow and prosper, where they can work on developing social and emotional skills.
- 5.) Health promotion in the community and within the services provided at the Sutton Public Schools.
- 6.) Employee well-being and wellness promotion.

How our goals will be implemented:

I. Nutrition

At Sutton Schools, we acknowledge that students' academic performance and quality of life are affected by availability and choice of nutrient-dense foods. Healthy eating habits support student physical growth, brain development, emotional stability, and readiness to learn. Good nutrition both at home and at school, can help reduce prevalence of chronic disease in our community.

- 1.) The foodservice department is run by a Registered Dietitian and qualified staff which are extensively trained. Food service staff shall routinely participate in appropriate professional development programs. Such training, aligned with state and federal standards, will include appropriate certification, and/or training programs for child nutrition, financial management of food services, food preparation, and safety.
- 2.) The food service department will follow nutrition standards set by the National School Lunch & School Breakfast Programs. These standards promote whole-grains, fresh fruits and vegetables, lean proteins, and reduction of total fat. These federal school meal programs have specifications on calories, saturated fat, sodium, and zero grams of trans fat.

- 3.) All food and beverages served or sold at Sutton Public Schools will follow guidelines set by the Healthy Hunger-Free Kids Act. This includes A la carte entrees and snacks. A la Carte snacks will not exceed 200 calories, contain no more than 35% of its total calories from fat, no more than 10% of total calories from saturated fat, and contain no more than 200 mg of sodium.
- 4.) Schools will reduce student access to food of minimal nutritional value. All packaged products will contain no more than one serving per package. Competitive Foods and beverages sold or provided 30 minutes before the start of the school day until 30 minutes after the school day concludes, will comply with National School Lunch and Breakfast Programs for this reason ordering out foods will not be allowed.
- 5.) Students will be exposed to try a variety of seasonal fresh produce. Emphasis will be placed on local fruits and vegetables in correspondence with the Massachusetts Farm to School Project's Harvest of the Month Program. Fresh fruit and fresh vegetables will be readily available for students and promoted to make a well-balanced meal or snack.
- 6.) No food or beverages shall contain artificial sweeteners or caffeine. All beverages sold to students and faculty will include:
 - i. Water
 - ii. 100% Fruit Juice with no added sugar sold in 4 oz portions
 - iii. Non-fat, 1% milk and flavored non-fat milk. Flavored non-fat milk will have no more than 22g of sugar. All sold in 8 oz portions.

II. Health Education/ Wellness Promotion

Health awareness will be taught in an understandable fashion, so that students' will be able to apply this skill set in their everyday lives. Emphasis will be placed on skills related to health promotion and disease prevention.

- 1.) Each school shall provide for an interdisciplinary sequential skill-based health education program based upon federal standards and benchmarks, such as **Fuel to Play 60**. This program developed by the National Dairy Counsel, promotes student initiative and leadership pertaining to physical activity and nutrition.
- 2.) Students shall be taught communication, goal setting and decision making skills that enhance personal, family, and community health.
- 3.) Students will have access to valid and consumer-friendly health information. This includes our qualified staff and advising of websites that have accurate health information.
- 4.) Students will be encouraged to practice healthy behaviors that enhance overall health and the ultimate goal of disease prevention. This will include promoting healthy food choices and regular physical activity through the day.

III. Physical Education and Activity

Physical education shall be taught by a qualified certified specialist. Physical education will provide students the resources to learn about safe physical activity. The program will provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- 1.) Physical Education Program. The physical education program shall stress physical fitness and encourage healthy, active lifelong wellness. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students.
- 2.) Students will learn proper stretching techniques, warm-ups, endurance, and strength training techniques for optimal exercise at different ages.
- 3.) Sutton Public Schools will also provide students access to intramural sports and afterschool activities all under the supervision of a qualified staff member.
- 4.) Grades K-8 will have formal physical education during the day. The high school grades 9-12 shall be required one credit of Physical Education for graduation.

IV. Healthy and Safe Environment

Providing a safe environment at school supports healthier students and academic success.

- 1.) School buildings and grounds, structures, equipment and buses shall meet all the current health and safety standards. This includes environmental air quality, and be kept inviting, clean, safe, and in good repair.
- 2.) School and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- 3.) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- 4.) Each work site, school, and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.

V. Social and Emotional Well-Being

Programs and services will support and value the social and emotional well-being of students, families, and staff building a healthy school environment.

- 1.) Sutton Public Schools shall not tolerate bullying of any kind. Students will treat one another with respect.
- 2.) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed and links them to school or community resources.
- 3.) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- 4.) Students will be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- 5.) Students and staff shall be encouraged to balance work and recreation to help become aware of stressors which may interfere with health development.

VI. Health Services

An effective health care delivery system will improve the mental and physical health of students and staff. The policy promotes academic achievement by providing a broad scope of services from qualified healthcare providers

- 1.) Health services will be conducted by a trained school healthcare practitioner. Health services will be directed by Sutton Public Schools and supported by the Sutton Health Department.
- 2.) Services shall provide detailed health screening, including Body Mass Index (BMI), up-to-date immunizations, eye and ear health, community health referrals, etc. Services will also provide parenting skills, first aid, and any individualized health concerns.
- 3.) Sutton Public Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and the entire community.
- 4.) A coordinated program of accessible health services shall be provided to students and staff. Education will be provided on violence prevention, school safety, communicable disease prevention, and other priority topics.

VII. Staff Wellness

The district and each school shall provide information about wellness resources and services. The policy utilizes qualified staff to assist in identifying and supporting the health, safety, and well-being of our school personnel.

- 1.) Each school and district work site shall be in compliance with drug, alcohol, and tobacco free policies.
- 2.) Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threats.
- 3.) Employees shall be encouraged to engage in daily physical activity to promote staff well-being. Regular physical activity strengthens the immune system, reduces stress, and could help improve overall mood.