

Wellness Guidelines

Purpose

To assist students in the development of lifelong wellness practices, the Newton Public Schools is committed to a physical education, health and wellness program. These guidelines support the Newton Public Schools Wellness Policy Statement.

I. Physical Education

The Newton Public Schools is committed to a physical education program that:

- 1.Requires a sequential K-12 program of physical education and wellness education that provides moderate to vigorous physical activity.
- 2.Insures that physical education classes are taught by certified physical education teachers.
- 3.Meets the Massachusetts State Comprehensive Health for Physical Activity and Fitness Frameworks.
- 4.Accounts for and respects all students' needs and abilities.
- 5.Emphasizes the connection between physical fitness and all components of wellness that reduces the risk of disease and influences lifelong health.
- 6.Helps students, their families and staff establish and maintain lifelong habits of being physically active.
- 7.Does not use or withhold physical activity as a punishment.
- 8.Provides bicycle and pedestrian safety information to establish safe habits.

II. Health and Wellness

The Newton Public Schools is committed to a health and wellness program that:

- 1.Teaches the consequences of using alcohol, tobacco and other drugs.
- 2.Teaches the importance of lifelong fitness in relation to stress management.
- 3.Teaches the benefits of cooperation, self-management skills and positive attitudes.
- 4.Teaches the relationship between healthy eating and wellness.
- 5.Requires all elementary schools to supervise daily recess for a minimum of 15 minutes.
- 6.Offers opportunities for, and encourages students to participate in before and after school physical activity programs, such as use of a fitness center, intramurals, clubs, and, at the high school level, interscholastic sports.
- 7.Teaches a comprehensive sexuality education curriculum to support responsible and healthy decision-making.
- 8.Teaches a comprehensive anti-bullying program to create an environment where all members of the school community can work and learn with mutual respect.

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9. Creates a school culture that supports social and emotional competence and well-being.

10. Accounts for and respects the personal identities of all people.

11. Provides staff with a comprehensive Employee Assistance Program

III. Nutrition Education

The Newton Public Schools is committed to a nutrition education program, consistent with the Massachusetts Curriculum Frameworks, 1999, that will teach, encourage, and support healthy eating by students.

Elementary Nutrition Education

By the end of grade five, students will be able to:

1. Identify the key nutrients in food that support healthy body systems (skeletal, circulatory) and recognize that the amount of food needed as the body grows.
2. Use the USDA My Plate and its three major concepts of moderation, proportionality, and physical activity to plan healthy meals and snacks.
3. Recognize hunger and satiety cues and how to make food decisions based upon these cues.
4. Identify heredity, diet, and physical activity as key factors in body shape and size.
5. Identify the connection between food served in the home with regional food production.
6. Describe personal hygiene and safety measures used in preparing foods.
7. Describe how food choices are influenced by availability, individual and family preferences, media, and background, and identify healthy foods within various social groups.

Middle School Nutrition Education

By the end of grade eight, students will be able to:

1. List the functions of key nutrients and describe how the United States Dietary Guidelines relate to health and the prevention of chronic disease throughout the life span.
2. Describe a healthy diet during the adolescent growth spurt.
3. Describe the components of a nutrition label and how to use the information from labels to make informed decision regarding food.
4. Analyze individual dietary intake and eating patterns to identify a healthy diet.
5. Explain factors associated with a safe food supply (food handling, production, food storage, and preparation techniques).
6. Identify the behaviors and avenues of support for young people with disordered eating behaviors or eating disorders.

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High School Nutrition Education

By the end of grade twelve, students will be able to:

1. Describe how food choices are influenced by availability, individual and family preferences, media, and background, and identify healthy foods within various social groups.
2. Explain the relationships among dietary intake (including nutritional supplements), eating behaviors, physical activity, and emotional health.
3. Describe the nutritional needs and outcomes associated with life stages (pre-natal through late adulthood).
4. Identify the effects of food preparation techniques on the nutritional value of food.
5. Identify common food-borne illnesses.
6. Identify and practice resource management skills needed to maintain and improve nutritional health.
7. Identify and analyze dietary plans, costs, and long-term outcomes of weight management programs.
8. Identify how social and cultural messages about food and eating influence nutrition choices.

IV. Nutrition Program

All foods available in the Newton Public Schools will comply with the current USDA Dietary Guidelines for Americans and the Newton Public Schools Life Threatening Food Allergy Policy and Guidelines. Newton Public Schools will:

1. Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the USDA for Federal School Meals Programs.
2. Make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
3. Assure a la carte and vending machine items available to students will be nutritious and consistent with the Massachusetts A La Carte Food and Beverage Standards.
4. Selections will be made from the John C. Stalker Institute A List.
<http://www.johnstalkerinstitute.org/alist/>
5. Emphasize that food not be used as a reward or punishment for student behaviors, unless it is detailed in a student's Individual Educational Plan.
6. Include healthy choices and age appropriate selections for food and beverages sold at fundraisers at elementary, middle and high schools.
7. Schedule meals at appropriate times and provide adequate time for students to eat those meals.
8. Staff every school building with a food service manager who is Serve Safe certified.
9. Provide information about the nutritional content of meals for parents, students, and staff on menus, websites, menu boards, placards, or other point of purchase materials.

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10. Encourage a daily healthy breakfast at home or through a school breakfast program, if available.
11. Provide students with access to hand washing or hand sanitizing before they eat meals or snacks.
12. Maintain a no sharing/no trading food policy (Grades K-5).
13. Train all food services staff annually in hand washing, standard precautions, choke saver and food allergy symptom awareness and response, which include the epi-pen administration for students with a diagnosed life threatening food allergy.
14. Avoid the use of food for classroom celebrations (Grades K-5).
15. Assure that school-based marketing will be consistent with nutrition education and health promotion