

## HEALTH & WELLNESS POLICY

In the Newton Public Schools, we strive to promote the academic, physical, social, and emotional growth and development of all of our students. To accomplish this goal, the district has implemented and continues to improve a comprehensive school wellness program at all levels. Our Wellness Program includes the following elements:

- Promotion of a healthy school environment— a safe and nurturing climate where all students are known by the staff
- Nutritional standards for all foods provided in schools
- Student services—coordinated programs of counseling and health care, student assistance programs, mentoring, peer programs
- Programs for adults—professional development for all staff, parent education
- Curriculum, Instruction and Assessment—a coordinated K-12 wellness curriculum including
  - Nutrition education
  - Substance abuse prevention
  - Human sexuality
  - Prevention of bullying and violence/Building healthy relationships
  - Stress management and emotional health
  - Physical education and activities

Accordingly, the Newton School Committee affirms the following points:

1. All foods available in the Newton Public Schools during the school day will comply with the National School Lunch Act, the USDA Dietary Guidelines for Americans, and the Newton Life Threatening Food Allergy Policy and Guidelines.
2. Nutrition education to teach, encourage, and support healthy eating will be offered as part of a sequential, comprehensive, standards-based curriculum, as well all other aspects of the wellness curriculum specified above.
3. All students in the Newton Public Schools will receive physical education/health/wellness instruction each year, taught by a certified physical education/health/wellness teacher, with additional opportunities for physical activity through daily, supervised recess in elementary schools and before and after school programs in secondary schools.
4. The Newton Public Schools will establish a School Health Council to monitor; review; and, as necessary, revise this Policy and the Guidelines. Only policy changes will need to be put before the School Committee, although the Guidelines might be presented for informational purposes.