



School Committee Policy:

#530

Wellness

The Maynard Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Maynard Public Schools that:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The superintendent or his/her designee is responsible for the development and implementation of a Wellness administrative regulation to execute this policy and a means to determine the effectiveness of the policy and administrative regulation.

A Maynard Public Schools Wellness Committee will be formed to assist in the development, implementation and monitoring of the policy and administrative regulation. The Wellness Committee may be comprised of parents, high school students, representatives of the Maynard Food Service, members of the school committee, school administrators, teachers, health professionals, and members of the public.

Date Approved: 12/4/2014

Earlier Version: 8/06

Legal Reference: Public Law 108 – 265, Sec. 204
