

# Dedham School Department

*Title of Policy:*  
**STUDENT WELLNESS**

*Policy :* **JL**

The Dedham School Committee recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. Therefore, the School Committee is committed to providing an environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The School Committee believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes and other chronic diseases.

## Nutrition Standards

The Dedham School Department will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations<sup>1</sup>. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Dedham School Committee's Policy EFE Competitive Food Sales/Sales in Competition with the School Food Services Program.

## Assurance

This policy serves as assurance<sup>2</sup> that the Dedham School Department guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and Child Nutrition Act.

## Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria and school-home communications and after school activities.

## Physical Activity

The Dedham School Department will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The school should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

## Other School-Based Wellness Activities

The school, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The School Committee may approve policy, regulations or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the district or school level.

The Dedham School Department may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

## Implementation and Monitoring

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<sup>1</sup>Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program (7 C.F.R. § 210)

<sup>2</sup> See 42 U.S.C. § 1751 (a)(2)

The Superintendent/designee shall be responsible for the implementation of the wellness policy and for monitoring efforts to meet the intent of this policy.

#### Appointment and Role of the Wellness Committee

The Dedham School Committee may appoint a district-wide Wellness Committee comprised of at least one of the following:

- School Nurse (Chairperson)
- School Administrator
- PE/Health Teacher
- Teacher
- Food Services Specialist
- Student Representative
- Parent Representative

The Wellness Committee shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

The Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the School Committee.

#### Wellness Goals

The School Committee has identified the following goals associated with student wellness:

1. Nutrition Education
  - a. The school will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
  - b. The school's nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine Learning Results.
  - c. Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.
  - d. Appropriate professional development will be provided for food services staff.
2. Physical Activity
  - a. The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
  - b. Students will develop motor skills and apply them to enhance their coordination and physical performance.
  - c. Students should demonstrate responsible personal and social behaviors in physical activity settings.
  - d. The physical education curriculum should be aligned with the content standards of the Maine's Learning Results.
3. Other School-Based Activities
  - a. Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.
  - b. Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.
  - c. The school will encourage maximum participation in the school's hot lunch program.
  - d. The school is encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Source:	Dedham School Committee
Date:	September 15, 2009
Revised:	September 10, 2014 – <i>1<sup>st</sup> Reading</i> October 8, 2014 – <i>2<sup>nd</sup> Reading</i>
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