

WELLNESS PROGRAM

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The school district wellness committee consists of a chair, parent/guardian, student, nurse, school food service representative, school committee member, school administrator, member of the public, teacher(s) of health and/or physical education, and other community members as appropriate.

Nutrition Guidelines

Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The district will maintain procedures that address all foods available to students throughout the school day in the following areas:

- guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment
- foods and beverages included in a la carte sales in the food service program on school campuses
- foods and beverages sold in vending machines and school stores
- refreshments served at parties, celebrations, and meetings during the school day

Nutrition and Physical Education

The school district will provide nutrition education consistent with the Massachusetts State Curriculum Frameworks. The school district will provide physical education training aligned with the standards established by the Department of Elementary and Secondary Education.

Nutrition Education, Physical Education, and Other School-Based Activities Goals

The Wellness Committee will assess the need for and provide recommendations for goals to the Superintendent of Schools related for nutrition education, physical education, and other school-based activities. Those goals may be subsequently included in this policy.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. The Wellness Program Chair and/or Coordinator shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged

with operational responsibility for ensuring that schools meet the goals of the district wellness policy. The Wellness Program Chair and/or Coordinator will report to the School Committee annually.

SOURCE: MASC - Reviewed 2022

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004,

Section 204, P.L. 108 -265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h

The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

M.G.L. [111:223](#) 105 CMR 201

CROSS REFS.: [EFC](#), Free and Reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities

Adopted by Dracut School Committee April 25, 2016

Revised and Adopted November 14, 2022