

## **Tantasqua Regional School District Wellness Policy**

*Federal Public Law(PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.*

### **Wellness Policy**

The Tantasqua Regional School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment for students, staff and citizens. Every school shall provide a safe and healthy environment that nurtures wellness, learning, achievement, and growth of character. Students shall be taught the essential knowledge and skills they need to make safe and health-enhancing choices. Specific actions will be taken into account regarding the health needs and well being of all children without discrimination or isolation of any child. The school and community will collaborate to fulfill the goals of this Wellness Policy. Improved health optimizes student performance potential and ensures that no child is left behind.

### **Vision Statement**

All students of Tantasqua Regional School District will be encouraged to take responsibility for their own health and adopt health enhancing attitudes and behaviors.

### **Mission Statement**

Tantasqua Regional School District is comprised of one regional high school (grades 9-12), one regional junior high school (grades 7-8) All schools in the district will practice the Massachusetts Coordinated School Health Education Program model which consists of nine interactive components that require the involvement of school, community and parents to create a healthy environment for young people. The nine components of CSHP are: Health Education, Physical Education, Health Services, Food and Nutrition Services, Counseling, Psychological and Social Services, Healthy School Environment, Health Promotion for Staff, Parent/Community Involvement and Family and Consumer Science Education. This model promotes educational opportunities and physical and psychosocial services so that students may acquire the knowledge and skills necessary to make safe and healthy choices that enable them to become responsible, successful and productive adults.

### **Nutrition Education**

1. All students will receive positive nutritional education that is interactive and teaches the skills needed to practice healthy eating behaviors within the schools and community.
2. Students will receive consistent nutrition messages throughout school, classrooms, and cafeterias
3. Nutrition Education will be provided through classroom instruction, handouts, newsletters, websites, and other multi media sources.
4. Nutrition Education is integrated across the curriculum throughout the school day.

### **Physical Activities**

1. Students and community members are encouraged to use the schools facilities outside of the school day for physical activity programs that support physical wellness.
2. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not physically able.
3. State certified Physical Education instructors will teach all physical education classes.
4. Physical Education includes the instruction of individual activities as well as competitive and noncompetitive team sports to encourage life long physical activity.
5. Physical Education will provide the environment where students learn and practice a variety of skills.
6. Physical Education classes will strive to have student/teacher ratio similar to other classes.
7. Physical activity facilities on school grounds will be safe and appropriate.

### **Guidelines for Food and Beverages**

1. Healthy school meals will provide energy and nutrients for proper growth and learning. Schools will provide lunches and/or breakfasts that meet the standards developed by the USDA.

2. School dining areas will be periodically reviewed by the building principal to ensure that the physical structure is in good repair, seating is not overcrowded, noise is maintained at a healthy level and rules for safe behavior are consistently and appropriately supervised.
3. Schools will promote hand washing or hand sanitizing practices before meals.
4. Students are encouraged to start every day with a nutritious breakfast.
5. Classroom snacks should feature nutritious foods.
6. Schools will ensure that students have access to nutritious foods and beverages throughout the school year.
7. Vending machines:
  - All foods/beverages should comply with the current USDA Dietary Guidelines for Americans
8. All foods/beverages included in the following venues should comply with the current USDA Dietary Guidelines for Americans:
  - A la carte items
  - Beverage contracts
  - School parties/celebrations

**Other School-Based Activities that Promote Student Wellness**

1. All food and beverages available after school hours should strive to comply with the current USDA Dietary Guidelines for Americans.
  - Fundraisers
  - School stores
  - Concession stands
2. In addition to the physical education program, the school environment offers areas to further engage students in activities that promote health. Some such ideas include walking clubs during and after school hours, intramural sports and activities to involve the community and parents in the overall pursuit of healthier students.
3. The district will promote parent and community support through multimedia including the school's website (availability of playgrounds, pool, tracks for walking beyond school hours) and school newsletters.

**Methods for Evaluating Success:**

1. The Tantasqua Regional School District Wellness Committee will design and implement a Pre & Post Assessment based on the Wellness Policy interventions.
2. The Wellness Committee will meet annually to make recommendations to develop and implement continued efforts to move toward a healthier community.
3. Assessments will be evaluated every three years to help review policy compliance, assess programs and determine areas in need of improvement.

Members of the Tantasqua/Union 61 Schools Wellness Committee included physical education teachers, school nurses, health educators, representatives from food services and parents/community members (some of whom also served in other capacities, i.e. PE teachers, school nurses, health educators, food services representatives).

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