

## WELLNESS POLICY ANDOVER PUBLIC SCHOOLS

Pursuant to the "Healthy, Hunger-Free Kids Act of 2010", Pub. Law 111-296, sec. 204 and the Richard B. Russell National School Lunch Act, sec. 9A, Andover Public Schools adopts this Wellness Policy. By adopting this policy, it is the intention that Andover Public Schools will make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and will afford each the opportunity to fully participate in and benefit from the education process.

The Andover Public Schools will develop, adopt and implement a broad plan for a coordinated school based health program that will:

- Be designed in response to demonstrated needs in the community,
- Be based on models that demonstrate models of effectiveness,
- Emphasize a positive youth development approach,
- Make efficient use of school and community resources,
- Respond to families' needs and preferences; and
- Include goals for Health Education, Physical Education and Nutrition.

The coordinated school based health program plan will incorporate the following components and goals:

### 1. Health Education

A comprehensive program of health education that is designed to promote healthful living and discourage health-risk behaviors shall be offered pre-Kindergarten through Grade 12.

The health education program will be an integral part of a coordinated school-based health program. It will be consistent with the Massachusetts Health Curriculum Frameworks, coordinated by the district health education coordinator. The health education coordinator will consult with the district coordinator for nursing regarding all issues affecting student based health.

### 2. Physical Education

The Andover Public Schools will continue to implement specific learning goals and objectives for physical education for students in Grades pre-Kindergarten through Grade 12, in accordance with G.L. c. 71, § 3. A sequential, developmentally appropriate curriculum will continue to be implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

### 3. Nutrition

Andover Public Schools recognizes that a healthy intake of food and nutrients is essential for students to take full advantage of the learning environment in school. Healthy eating patterns during childhood can

affect eating patterns in later years and students need to gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases. Students of all ages need the knowledge to make wise food choices in the contemporary food environment, to evaluate food promotion and media messages regarding realistic body size and shape, and to select appropriate foods in varied settings.

The nutrition program will include guidelines for reimbursable school meals which are not less restrictive than regulations and nutrition guidelines issued by the Secretary of Agriculture pursuant to Pub. Law 111-296, sec. 204(a) and the Richard B. Russell National School Lunch Act, sec. 9A. The nutrition program will also ensure that profit generation will not take precedence over the nutritional needs of the students. Finally, the nutrition program will include guidelines for nutrition education and promotion.

#### 4. Health Services:

Andover Public Schools recognizes the increasing health and medical needs of our student and staff population. Many of our students require daily nursing care to enable them to perform to their academic potential. Andover Public Schools will strive to provide safe and effective nursing care in all school buildings during the school day. Nursing staff will also act as a liaison between parents, students and community medical professionals.

Health Services will work with a School Health Advisory Group under this Policy.

A School Health Advisory Group shall be established. The Group will consist of [ ] representatives chosen from each of the following groups and officials and shall be appointed by the Superintendent:

- Parents
- Teachers
- Students
- Coordinator for Nursing Services
- Health and Physical Education Coordinator.
- Food Services Director
- School Physician
- School Principal
- Credentialed Nutritionist, if available.
- Board of Health
- General Public of the Town of Andover

The Advisory Group's role and responsibilities will include but not be limited to:

- Recommend procedures to the Superintendent, Principals and School Committee
- Review the policy and protocols annually
- Monitor and evaluate the progress towards compliance with the goals of the policy
- Measure the outcomes of changes as evidenced by various tools including student satisfaction surveys, parent satisfaction surveys, school health statistical data collected in compliance with the Massachusetts Department of Public Health (MDPH) and other collection data and monitoring systems.
- Provide an annual report to the Superintendent of Schools which assesses implementation of this Wellness Policy, including which schools are in compliance and progress toward achieving goals, as well as recommendations and suggested measures for improving student wellness. This report shall be made available to the public.
- Promote parent and staff education regarding this Policy.
- The Director of Nursing will review Food Allergy guidelines annually with nursing staff.
- The Director of Nursing or school-based nursing staff will annually review emergency plans for individuals experiencing anaphylaxis with administrative, teaching, food services and custodial staff in each school.

The School Health Advisory Group will be responsible for devising a plan for implementation and evaluation of this Policy and is charged to work with the principals of each school to ensure that schools meet the goals of the district wellness policy. The Principal of each school shall be responsible for implementation of this Wellness Policy and all guidelines and protocols established under this Policy in his/her school. The School Advisory Group will report to the School Committee annually.

Adopted by the School Committee on June 20, 2012 – Paula Colby-Clements, Chairperson

PREVIOUSLY ADOPTED: by MASC as a sample on April 20, 2006

CROSS REFS: EFC, Free and Reduced-Cost Food Services  
IHAMA, Teaching About Alcohol, Tobacco and Drugs  
KHA, Public Solicitations in the Schools  
KHB, Advertising in the Schools

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