

## Wellness

### A. Introduction

The Hamilton-Wenham Regional School District (HWRSD) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. Driven by the District's Core Value to develop the whole child, including academic abilities and physical and emotional well-being guided by the district's strategic plan, and the Massachusetts Coordinated School Health Program and in accordance with the Child Nutrition and WIC Reauthorization Act of 2004 a local Wellness Policy has been developed with input from teachers, administrators and community members.

### B. Health Education

HWRSD will implement a planned, sequential; preK-12 curriculum that addresses the physical, mental, emotional and social dimensions of health and that is aligned with the Mass Health and PE Frameworks and existing district policies. Standards for nutrition education will be included within the preK-12 health education curriculum.

### C. Physical Activity

HWRSD will implement a planned, sequential, preK-12 physical education curriculum that addresses the physical, social, emotional and cognitive development of all students. This program will provide a variety of developmentally appropriate activities that are interwoven with sound standards, benchmarks, and assessments to focus on student learning. Opportunities for learning experiences in a variety of activity areas, including physical education, teams and sports clubs, and co-curricular activities will be provided. Daily directed physical movement will be promoted at all levels.

### D. Healthy Eating

HWRSD will:

- Provide reimbursable student meals that meet state and federal guidelines;
- Offer a variety of nutritious, affordable and appealing foods that accommodate the health and nutrition needs of all students;
- Develop nutrition guidelines for all foods available on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity;
- Monitor foods available on all school campuses to assure adherence to these guidelines;
- Make nutritional recommendations for foods served in school-related activities beyond the school day.

Originally Adopted: June 15, 2006

Policy Review: May 18, 2006

Approved: June 15, 2006

Vote: 8-0-0

Chairperson, HWRSD School Committee: Donald E. Gallant

Revised: December 18, 2014 – Approved 7-0-0

Chairperson, HWRSD School Committee: William Wilson

HAMILTON-WENHAM REGIONAL SCHOOL DISTRICT  
WENHAM, MA

**E. Health Promotion for Staff**

HWRSD will identify and recommend informal opportunities and resources that support school staff as they model healthy wellness practices within the district

**F. Healthy School Environment**

HWRSD will promote safe, healthy, well-maintained surroundings that support a culture of caring, respect and responsibility.

**G. Family/Community Involvement**

HWRSD will make efforts to gather resources, define services, provide programs and respond to the health needs of HWRSD students and families. In addition, the district may also support other broad-based groups that promote wellness as they are created within our communities.

**II. Policy Review and Revision**

This policy and its procedures will be reviewed every two years for compliance with state and federal law. Review and revision of these policies and procedures shall occur as needed, but at least every two years.

**III. Legal References**

Child Nutrition and WIC Reauthorization Act of 2004

Richard B. Russell National School Lunch Act

Child Nutrition Act of 1996

Healthy, Hunger-Free Kids Act of 2010

Massachusetts General Laws:

c.71 s.3 (physical education)

c.69 s.1c (nutritional standards and food services in public school)

c 71 s. 2a (tobacco, student use)

c.71, 337h (tobacco, use on school grounds)

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