

NEW SALEM/WENDELL  
Wellness Policy

Swift River School (SRS) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. SRS recognizes that good health fosters consistent attendance, increased attentiveness and higher academic achievement.

Therefore, effective upon adoption, SRS will pursue the following goals:

1. Engage students, parents/guardians, staff, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition, nutrition education, safety, and physical activity policies. SRS shall network with the other elementary schools in the Union 28 District in order to share information and develop these policies on a district-wide scale.
2. Establish a wellness committee to promote the goals in this policy. SRS shall encourage students, parents/guardians, staff, and community members to be on this committee.
3. Promote partnerships between school meal programs and related local community services (e.g., local growers) and health education resources.
4. Participate, to the maximum extent allowable, in federal school meals programs (including the School Breakfast Program, National School Lunch Program and Fruit and Vegetable Snack Program).
5. Work towards making sure all food and beverages made available on at SRS (including concessions, parties, and fundraising) during the regular school day on are healthy choices and meet or exceed the Massachusetts Department of Education Nutrition Standards and the U.S. Dietary Guidelines.
6. Provide students with access to a variety of affordable, nutritious, appealing, and fresh foods that meet the health and nutritional needs of students as outlined by the Nutrition Standards and the U.S. Dietary Guidelines.
7. Provide adequate time for students to eat, at appropriate times in the school schedule, in clean, safe and pleasant settings.
8. Provide opportunities, encouragement and support for all Pre-K through 6<sup>th</sup> grade students to be physically active on a regular basis and to achieve the recommended health-related physical fitness standards.
9. Promote patterns of meaningful physical activity that connects to students' lives outside of physical education.
10. Coordinate physical education and nutrition education curricula throughout the school to promote comprehensive learning about wellness.
11. Provide sequential, interdisciplinary nutrition education to foster lifelong habits of healthy eating in each grade from Pre-K to 6<sup>th</sup> grade.
12. Promote safety, including but not limited to the following areas: sports, bodily integrity, personal space, setting limits, bullying, self-defense, emergencies, and travel.
13. Work in good faith with the towns of Wendell and New Salem to resolve any inconsistencies between SRS wellness policy and town wellness policies.
14. Promote environmental sustainability (including composting, recycling, gardening, and green energy use) as linked to personal wellness and SRS activities.

15. SRS shall promote these goals for all students regardless of physical or mental disability.

First Reading: 05/04/06

Second Reading, first vote: 06/01/06

Final vote: 09/07/06

Amended:

Second Reading, First Vote: 03-05-15

Final Vote: 04-02-15