

34. WELLNESS

Beverly Public Schools are committed to providing school environments that promote healthy decision making and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and social/emotional well-being. Therefore, it is the policy of the Beverly Public Schools that:

- The school district will engage students, parents, staff, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy.
- The Wellness Advisory Committee will address and periodically advise the School Committee and Superintendent of Schools on how the district is working to promote wellness and prevent obesity.
- Beverly Schools will share information with parents and students about the nutritional value of foods upon request.
- All students in grades PreK-12 will have opportunities, support, and encouragement to make healthy eating choices and to be physically active on a regular basis.
- Foods, beverages and snacks sold or served at school will meet or exceed the nutritional standards set through Federal and State Guidelines including all legal requirements for participation in the National School Lunch and School Breakfast Programs.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings.
- The District will strive to provide a sufficient amount of time for students to eat breakfast and lunch.
- Items sold by the food service department through the A La Carte sales program will meet the guidelines established by the Massachusetts Action for Healthy Kids Guidelines.
- Foods sold outside of reimbursable school meals such as through vending machines, fundraisers and school stores shall follow the Massachusetts Action for Healthy Kids Guidelines.
- Fundraisers conducted during regular school hours should encourage and promote good health habits and are encouraged to select foods from the list of recommended snack foods and beverages.
- To the maximum extent practicable, all schools in our district will participate and encourage available federal school lunch and breakfast programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- Physical Education requirements will meet or exceed the minimum Massachusetts DESE requirements at all levels.
- Schools will strive to offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Through partnerships with parents and community agencies the district will work to enhance our capacity to effectively respond to the social and emotional needs of children.
- The district will strive to address behavioral health needs in a proactive manner.

Beverly Public Schools will be compliant with all applicable state and federal laws and regulations.

Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108-265, Section 204.
Healthy Students, Healthy Schools: Revised Guidance for Implementing the Massachusetts School Nutrition Standards For Competitive Foods and Beverages
Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296

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