

Wellness Policy

Adopted: 2006- Updated:2017

Mission Statement

The Dedham Public School District, in collaboration with the community, is committed to providing school environments that promote and protect lifelong health, well-being, and the ability to learn by supporting healthy eating and physical activity.

Wellness Leadership

The Superintendent or his/her designee has operational responsibility for District implementation of the Wellness Policy.

School Councils

The School Councils for each of the individual schools will incorporate the Wellness Policy goals and objectives into their School Improvement Plan. A district survey will be conducted, at a minimum of once every three years, to evaluate the progress in meeting the policy goals.

Nutrition Standards

All foods and beverages available to students during the school day, including those available outside the school meals program, will promote healthy eating patterns. An environment that promotes lifelong, sound nutrition practices will be fostered.

Nutrition Education

The Dedham Public Schools Nutrition Education program will meet the Massachusetts Curriculum Standards and Guidelines for grades pre-kindergarten through grade 12. The Nutrition Education program will impart to each student “the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.”

Physical Activity

The Physical Activity and Fitness Program of the Dedham Public Schools will meet the Massachusetts Curriculum Standards and Guidelines for grades pre-kindergarten through grade 12. Dedham Public Schools will increase students’ awareness of the benefits of physical activity and fitness to identify the relationship between exercise and overall health and empower students to continue to be physically active into adulthood.

Other School Based Activities

The Dedham school system will provide an environment for students with healthy food choices and options for physical activity.

Dedham Public Schools
1106 High Street, Dedham, MA 02026

Policy Statements and Guidelines
Adopted: 2006- Updated:2016

The following are the recommended Policy Statements and Guidelines to assist in implementation of the Wellness Policy.

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Dedham Public Schools

Nutrition Standards

Goal

All foods and beverages available to students during the school day, including those available outside the school meals program, will promote healthy eating patterns. An environment that promotes lifelong, sound nutrition practices will be fostered.

Suggested Action Steps and Activities:

- Schedule meal periods so that other school activities will not conflict with lunch
- Schedule elementary recess before lunch so that children will come to lunch less distracted and ready to eat.
- Utilize creative, innovative methods to keep lunch noise levels appropriate.
- Provide a dining area that is safe, comfortable, pleasing and allows ample time and space to purchase and eat meals. Furniture should be the correct size for students.
- Maintain food preparation areas that meet all health and safety codes.
- Maintain school drinking fountains in working order at all times.
- Consider the needs of the dining/kitchen areas and food service equipment in renovations or new construction.
- Encourage and educate parents about the benefits of providing a variety of nutritious foods to students who bring lunches and snacks from home.
- Only allow advertising of food and beverages in the student areas that are consistent with established nutrition standards.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables and dairy products.
- Serve a la carte foods that meet the nutrition standards for competitive foods in the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools and the USDA's Smart Snacks Nutritional Standards, whichever is stricter.
 - a. [A Guide to Smart Snacks in Schools](#)
 - b. [Healthy Students, Healthy Schools; Revised Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages](#)
- All meals served through the school lunch and breakfast programs will be in compliance with the [Nutrition Standards in the National School Lunch and School Breakfast Programs](#).

Dedham Public Schools

Nutrition Standards

School Food Service Suggested Action Steps and Activities:

- Complies with all Federal, State and Local requirements and is accessible to all students.
- Assure that all foods adhere to food safety and security guidelines.
- Assure that all School Food Service staff are qualified according to current professional standards and participate in making decisions and policies that affect the school nutrition environments.
 - a. [Professional Standards for School Nutrition Programs Personnel as Required by the Healthy, Hunger-Free Kids Act 2010](#)
- Serve a la carte foods and beverages that meet the nutrition standards for competitive foods in the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools and the USDA's Smart Snacks Nutritional Standards, whichever is stricter.
 - a. [A Guide to Smart Snacks in Schools](#)
 - b. [Healthy Students, Healthy Schools; Revised Guidance for Implementing the Massachusetts School Nutrition Standards for Competitive Foods and Beverages](#)
- Price and market school meals that appeal to all students.
- Encourage students to choose and consume the complete, balanced meal.
- The Food Service Program aims to be financially self-supporting. Budget neutrality or profit generation should not take precedence over the nutritional needs of the students.
- Promote nutrition education through the School Food Service program utilizing foods offered and marketing initiatives.
- Food Service Department will consult with registered dietitians/health professionals as needed.
- Consult parents, students and staff advisory groups in menu planning using surveys, taste tests and focus groups.
- Conduct nutritional analyses of school lunch menus and post on the Dedham Public Schools web site.
- For meals sold in the school lunch and breakfast programs the major eight allergens will be identified and posted on the Dedham Public Schools web site.
- Provide a variety of meats, fresh fruits, vegetables and whole grains on a daily basis.
- Provide training for School Food Service staff in appropriate food substitutions to maintain the nutritional goals of the program.

Dedham Public Schools

Nutrition Education

Goal

The Dedham Public Schools Nutrition Education program will meet Massachusetts' curriculum standards and guidelines for grades Pre-K to 12. The Nutrition Education program will impart to each student "the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases."

Nutrition Education Suggested Action Steps and Activities:

- Nutrition Education is integrated into the core academic curriculum.
- Culturally sensitive and consistent messages about good nutrition will be delivered in the classroom, the cafeteria and throughout the school.
- Staff providing Nutrition Education will have appropriate training in the Michigan Model and the Dietary Guidelines for Americans; published by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.
- Staff providing Nutrition Education will conduct activities and promotions about good nutrition that involve parents, students, and the Dedham community.
- Students will be introduced to new nutritious foods and recipes through taste tests conducted in conjunction with the MA Harvest of the Month.

Dedham Public Schools

Physical Activity

Goal

The Physical Activity and Fitness Program of the Dedham Public Schools will meet the Massachusetts Curriculum Standards and Guidelines for students pre-kindergarten through grade 12. Dedham Public Schools will increase students' awareness of the benefits of physical activity and fitness to identify the relationship between exercise and overall health and empower students to continue to be physically active into adulthood.

Physical Activity Suggested Activities and Action Steps:

- Dedham Public Schools requires physical fitness opportunities within the school day.
- Students are periodically assessed for attainment of physical fitness goals. Assessment will include but not limited to:
 - President's Fitness Challenge (elementary and middle school level)
 - Participation (all levels)
 - Growth exams (all levels)
- Resources related to physical fitness, such as equipment and information, will be readily available for students and teachers.
- Students will be provided many choices of physical activities, including cooperative games and non-competitive sports.
- Physical activities will take into account gender and cultural differences as well as varying physical abilities.
- Opportunities will be provided for staff and families to participate in wellness activities.
- Recreational facilities are safe, clean and accessible for all students.
- Student will be offered before and/or after-school fitness opportunities.
- Opportunities for movement will be incorporated into the regular classroom curriculum.
- Opportunities for physical activity will be provided during indoor recess.
- Physical activity will not be used as a reward or punishment.
- Fitness opportunities offered to students before or after-school will be supervised by appropriately trained personnel.
- Dedham Public Schools encourages teachers and other adults in the school setting to serve as role models for students.
- Dedham Public Schools will provide contact information regarding before and after school and community-based fitness opportunities.

Dedham Public Schools

Other School Based Activities

Goal

The Dedham school system will provide an environment for students with healthy food choices and options for physical activity.

Other School Based Activities suggested activities and action steps:

- Schools and school personnel will not use food as a reward or punishment.
- Food shall not be used as a teaching aide unless food is integral to the concept being taught.
- Food provided by the school or in the school, including fundraising efforts and extra-curricular activities, must meet the Nutrition Standards of the Dedham Public Schools.
- Classroom celebrations will not include food.

Dedham Public Schools

Committee Members

Designated Sub Committees

1. Nutrition Education
2. Nutrition Standards
3. Physical Activity
4. Other School Based Activates

Committee Members

School Administrator/Chairperson	Michael Welch	Superintendent
Food Service Director	Jeanne Johnson	Food Service Director
Teachers of Physical Education	Mark Carney	Department Head- Wellness
School Health Professionals	Gail Kelly	Director of Health and Human Services
School Committee Member		
General Public		
Youth Commission	Robert Blaney	Director of the Youth
Student		
Student		
Parent		
Parent		
1-5 School Adjustment Counselor	Elaine Sheehy	Riverdale
K School Adjustment Counselor	Jenna Callahan	ECEC School
Psychologist	Ashley Dube	HS Psychologist
HS Vice Principal	James Forest	HS Principal
MS Principal	Karen Hillman	MS Principal
MS Health Teacher	Tom McLeish	MS Health Teacher
Elementary Principal	Ed Paris	Riverdale Principal
Elementary Principal	Ashley Bodkins	Greenlodge Principal
Elementary Health Teacher	Mary Torchio	Greenlodge Health
Food Service Manager	Mary Watson	Avery FS Manager