**File: ADF -****WELLNESS****POLICY**

The Bedford Public Schools are committed to providing a school environment that enhances learning and the development of lifelong wellness practices.  The schools strive to meet the goals as set forth by the Massachusetts School Nutrition Task Force:

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  To provide children with access to adequate and healthy food while at school.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  To promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  To provide children with access to appropriate nutrition services

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  To establish this school-wide policy, involving input from a wide variety of representatives from the school community.

The goals of the Bedford Public Schools are to provide students with opportunities to learn and practice a variety of physical activities within the school curriculum and encourage the pursuit of physical activities for enjoyment and a life-long wellness.

**Goals for Nutrition Education**

Through Health Education, the goals of the Bedford Public Schools are to provide a basis for nutrition education, guided by the Massachusetts Comprehensive Health curriculum framework, and elaborated upon in Family and Consumer Sciences through connections with overall wellness and physical activity.

The Bedford Public Schools aim is to help students develop base knowledge about healthy food choices, and to affect behavior around foods.  The Bedford Public Schools also emphasize the connection of physical activity, healthy food choices, and overall wellness.  To realize these goals, the Bedford Public Schools will:

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Provide written Health Education curricula that guide educators in providing instruction in Nutrition for students.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Include Nutrition Education in the schools´ educational program grades K-12.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Include Nutrition Education in Health classes with instruction on a food guidance system (e.g., MyPlate).

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Ensure that students learn to:

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  make healthy food choices for meals and snacks.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  identify healthy food choices through nutrition labels.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  identify healthy, high-energy foods to aid in participation in physical activity including extracurricular activities.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  recognize the relationship between food choices and diet and disease.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  prevent disease through proper food choices and nutrition.

**Goals for Physical Activity**

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  The schools have written Physical Education curricula that guide physical educators in providing instruction and physical activity for students.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  All students grades K-12 receive physical education instruction each week for the full school year.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  State licensed physical educators teach all physical education classes.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Physical education includes instruction in fitness concepts as well as physical activity that promotes fitness.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Physical activity/exercise is not used as punishment.  Physical activity is not withheld as punishment for inappropriate behavior in other classes.  This does not preclude Physical Educators from having a student sit out from an activity for inappropriate behavior during the activity.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Each school has a budget so as to provide equipment for students during physical activity.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Students are given instruction in a variety of physical domains including recreational, competitive, and non-competitive activities to encourage life-long participation in health enhancing activities.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  Students in grades K-5 are given opportunities for physical activity during daily recess.

**Goals for School -Based Activities that are Designed to Promote Student****Wellness**

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  The schools have adequate facilities to provide extracurricular activities for all students who are interested without overcrowding or safety risks.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  The schools provide after school access to facilities for students to engage in physical activity outside of the school day when students are involved in appropriately supervised, school-sponsored events.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  In collaboration with the Recreation Department, the elementary schools provide after school recreational programs for students.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  The middle school provides an intramural program for students after school.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  The high school provides an extensive extracurricular athletic program for students after school.

**Nutrition Guidelines for Foods Available at Schools During the School Day**

The Bedford Public Schools will meet or exceed USDA guidelines and standards when ensuring nutritionally sound choices in all schools.  School lunches must meet Federal nutrition requirements, but decisions about what specific foods to serve and how they are prepared are made by local school food authorities.  The USDA regulations set forth nutrition standards for school lunch service.

In addition to food provided through the School Lunch Program, types of foods available during the school day may include:

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  *A la carte* foods that are typically sold in the cafeteria by the school food service department.  They are separately and individually priced and are not usually part of the National School Lunch Program.

https://z2policy.ctspublish.com/masc/FileViewer.jsp?z2collection=bedford&filetype=image&location=html&showset=bedfordset&name=img00000.jpg  *Competitive foods* that are foods and/or beverages sold or provided to students that compete with the school´s operation of the National School Lunch Program.  Items include those sold in vending machines, student stores, provided by parents, school staff, or an outside company or organizations.

The school day beings with the arrival of the first student at school and ends after the last scheduled instructional period.  As specified in Massachusetts School Nutrition Standards for Competitive Foods and Beverages, any foods or beverages sold or provided 30 minutes before school begins through 30 minutes after school ends comply with the nutrition standards.  Vending machines comply with the standards at all times.  Healthy foods and beverages are provided in vending machines, school stores and other venues within the schools´ control.  The Bedford Public Schools follow guidelines that promote the availability of foods and beverages that contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans, as articulated by Massachusetts Action for Healthy Kids.

**Assurances**

The Bedford Public Schools assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779), section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(ff)(s), 1766(a)0, and Massachusetts School Nutrition Standards for Competitive Foods and Beverages (MGL 111, section 223) as those regulations and guidance apply to schools.

**Plan for Measuring, Implementing and Monitoring****Policy**

These guidelines will take effect August 1, 2012, and will be implemented with the start of school in September 2012.  Principals, with assistance from the Program Director for Physical Education, Health, Family and Consumer Science and the Director of Food Services, will be responsible for the implementation and monitoring of the guidelines set forth in this policy.

**Wellness Council**

This policy was developed by the Bedford Public Schools with the advice and support of the Wellness Council.

*Approved:  May 23, 2006*

*Revised:  May 8, 2012*