WELLNESS POLICY

The Rockport School Committee recognizes the relationship between student health and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate nutritional, social-emotional and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The school district will establish a Wellness Committee which meets at least four times a year and consists of at least one (1): parent, teacher, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Superintendent will invite individuals to serve on the Committee for a term of two years. Once established, the Committee will choose a Wellness Coordinator(s).

Healthy Eating and Nutrition

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. The Rockport Public School District will increase the availability and sale of nutritious, well-balanced, and varied selections from our School Nutrition Program and discourages the sale and consumption of beverages and foods low in nutritional value during regular school hours. The offerings by the School Nutrition Program will consider the needs of all students with specific food allergies, medical issues, and food intolerances.

Health Education and Consumer Science

The Rockport Public School District will maintain a planned, evidenced based, sequential K-12 curriculum that encourages students to make healthy life-style choices and addresses the importance of physical, social-emotional, nutritional, preventative, personal and community health. The curriculum will be aligned with the Massachusetts Health Education Frameworks, the standards established by the USDA’s National School Lunch and School Breakfast Program, and existing district policies. Standards for nutrition education will be included within the K-12 health education curriculum.

Physical Fitness

The Rockport Public School District will maintain a planned, sequential K-12 curriculum that addresses the physical, social, emotional, and cognitive development of all students and that is aligned with the Massachusetts Physical Education Frameworks, the standards established by the Dept. of Elementary and Secondary Education, and existing district standards.
The District will provide and encourage opportunities for physical fitness, both structured (K-12 physical education curriculum) and activity-based (recess, movement, extracurricular activities, and sports teams/clubs), and encourages the integration of physical activity into the academic curriculum wherever possible appropriate.

**School Health Services**

The Rockport School district through its qualified professional School Nurses shall promote the well-being of students while providing a wide range of services to meet the biopsychosocial needs of our school population. Health assessments, education, disease prevention and health promotion shall be at the core of all skilled nursing interventions, consistent with government regulations and based on best practices in research.

The District's qualified health providers will administer emergency care, student and staff health education, surveillance and notification of contagious diseases, mandated screenings, referrals to prevent and control disease, and referrals for counseling and access to information. The school health services will promote choices that lead to lifelong wellness practices.

**Counseling and Psychological Services**

The Rockport Public School District promotes students' mental, emotional, and social health by providing all students access to counseling and psychological services. These services are to be provided by a sufficient number of highly trained and qualified professionals who support and value the social and emotional well being of students, families, and staff and who help to create programs which foster a healthy school environment.

**Healthy School Environment**

The Rockport Public School District will provide safe, healthy, and well-maintained grounds and facilities that are tobacco, alcohol, and drug free. Professional practices and policies will foster a culture of caring, respect, and responsibility.

**Community**

The Rockport Public School District will educate the school community on trends and information related to health and wellness and encourage community partnerships that assist in this effort. The Rockport School Committee believes that the successful development of lifelong wellness practices requires the combined efforts of families, schools and community.

**Evaluation**

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are
charged with operational responsibility for ensuring that schools meet the goals of the
district wellness policy. Wellness program coordinators will report to the School
Committee annually. The Wellness Policy will be reviewed annually.

Adopted: May 10, 2006

Revised: April 16, 2014

Sources: Current policy, MASC policy, Lynnfield Public Schools policy

LEGAL REF: The Child Nutrition and WIC Reauthorization Act
of 2004, Sec. 204, P.L. 108-265
The Richard Russell National School Lunch Act, 42 U.S.C. §§ 1751-1769h