



Foxborough Regional Charter School Wellness Policy

Children need access to healthful foods and educational content and experiences that promote wellness. Good health fosters student attendance and educational success. Obesity rates and chronic diseases continue to increase and challenge maximum academic performance, and participation in vigorous physical activity, quality physical education, nutrition education and balanced food choices fosters life long health habits leading to longer healthy lives.

The purpose of the policy is to insure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of nutritious and appealing foods that meet the health and nutrition needs of the students.

The goals of the school wellness policy are:

- **Nutrition education and food selections offered in the Foxborough Regional Charter school will teach, encourage and support life-long healthy nutritional behaviors.**
- **The Foxborough Regional Charter School will provide programs that support physical, social and emotional health and well-being of students and staff.**
- **The Foxborough Regional Charter School will provide a safe environment that supports academic success.**

The Director shall prepare and present to the Board of Trustees a program that supports these goals and the Board shall, on a regular basis, review the program to ensure its adherence to the policy.

**Foxborough Regional Charter School
Wellness Policy Procedures**

I. Nutrition

A. Beverages

- With the exception of carbonated water, carbonated beverages without nutritional value will not be available on campus for student purchase.

B. Foods

- Snacks made available on school property will meet the following MA Action for Healthy Kids Guidelines:
 1. Ensure that healthy snacks and foods are provided in vending machines, school store and cafeteria.
 2. Increase the availability of appealing nutritious food and beverages while minimizing the availability of high-caloric/low nutrient counterparts.
 3. At least 50% of a la carte items must provide high nutritional value (100% fruit juice, skim and 1% milk, etc.). Foods of high nutritional value will naturally have a significant amount of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber.
- Snacks may be brought from home for children's own consumption, with the understanding that some classrooms may need to restrict some types of recess snacks due to specific allergies that classmates or staff may have, such as peanut allergies. Parents are encouraged to send healthy snacks that will provide the "fuel" for effective learning. Foods of high nutritional value will naturally have a significant amount of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber.
- Parents are to refrain from sending snacks to be shared. This is because every school has children who have severe, life-threatening allergies of all kinds. No child shall be put at risk of having an allergic reaction to foods brought into school.
- No fundraising activities or school store sales involving food will occur during the lunch period.
- Any corporate sponsor or corporate partnerships shall meet all previously stated guidelines and shall not compromise the Foxborough Regional Charter School Local Wellness Policy.
- All food provided for classroom celebrations will be from the safe snack list, which can be obtained in the front office.

C. School Meals

- Reimbursable school meals must meet, at a minimum, the regulations of the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (ACT U.S.C. 1779) and sections 9(f) (l) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f) (l), 1766(a), the USDA Nutritional Standards and the American Dietary Guidelines.
- Menus will be prepared and foods will be served to incorporate variety, appeal, taste and safety to ensure high quality meals.

- Nutritional meal data is available.
- Meal times and scheduling: lunch periods are scheduled as near the middle of the day as possible.

D. Environment:

- Creative, innovative construction should be applied to minimize noise level within the eating area. The eating environment should be located such that there is convenient access to hand-washing facilities before meals. The food service area design should minimize the time students are waiting in line.

E. Nutrition Education

- The health educational department will implement nutrition education based on the Massachusetts curriculum frameworks for Health and Physical Education into its K-12 curriculum.
- Health Educators and other staff responsible for nutrition education will be adequately prepared to teach nutrition education and will participate in regular professional development.

II. Physical Fitness

- A. Physical Education is taught by a physical education teacher.
- B. All students in grades K-12, including students with disabilities and special health care needs will participate in physical education.
- C. The physical education curriculum is consistent with the Massachusetts state frameworks.
- D. All elementary school students will have a total of 30 minutes (on average) of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity. When weather or mandatory tests requires students to be indoors, periodic breaks will be allowed for stretching, movement will be encouraged.
- E. A range of physical activities are offered to meet the needs, interests and abilities of middle and high school students, including students with disabilities and students with special health care needs. The district will assess and if needed and to the extent possible make needed improvement to after school programs.
- F. No form of physical exercise shall be used as a punishment. (This guideline does not apply to extracurricular sports teams.)
- G. No form of physical education will be taken away from students as a punishment.
- H. Information regarding activities held at the school, recreation departments, and the YMCA will be communicated to families to encourage participation by all members of the community.

I. The Foxborough Regional Charter School will provide programs that support physical, social and emotional health and well-being of students and staff to build a healthy school environment by:

- Providing a supportive environment that includes nursing, guidance and/or counseling services that encourage students, families and staff to seek assistance as needed to linkage to school or community resources.
- Providing students with skills via a variety of educational and extracurricular opportunities to express thoughts and feelings in a responsible manner and to give and receive support from others.
- Encouraging students and staff to balance work and recreation, and helping them become aware of stressors, which may interfere with healthy development. Resources shall be available in the nurse's, guidance and counseling offices and through formal programs such as *The Wellness Program*.
- Collaborating with state, community and other health resources such as Norwood Hospital, Foxboro Board of Health, MA DPH, to promote health and wellness for students, families, staff and the school community.
- Identifying opportunities to improve the health and wellness of students, staff and families utilizing computerized health office data frequency and type of encounters, results of mandated screenings (vision, hearing, postural, height and weight measurements/Body Mass Index) surveys and other community health information.

III. Foxborough Regional Charter School strives to provide a safe environment that supports academic success by:

- Providing school buildings and grounds and equipment that meet required health and safety standards (including environmental air quality) keeping them inviting, clean, safe and in good repair.
- Creating an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.