

## **Wellness Policy:**

The Chelsea Public Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the following wellness policies are adopted in accordance with the USDA's Healthy, Hunger-Free Kids Act of 2010, Section 204 of the of Public Law 111-296 and the Commonwealth of Massachusetts' "Act Relative to School Nutrition" of 2010.

### **I. NUTRITION EDUCATION AND PROMOTION**

- Students in grades Pre K-12 will receive nutrition education that follows the Massachusetts Comprehensive Health Education Frameworks.
- Schools will engage in nutrition promotion in a developmentally appropriate and culturally relevant way to encourage healthy, lifelong habits and reduce rates of obesity within the community.
- Schools will engage in activities that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, community and media. Schools will partner with community-based organizations/coalitions (ie: Healthy Chelsea, UMass Nutrition Education Program) to bridge the gap between school-based nutrition education and nutrition initiatives within the larger community.

### **II. NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

- To the maximum extent practicable, all Chelsea Public Schools will participate in available federal school meal programs in accordance with current USDA Dietary Guidelines (including the School Breakfast Program, National School Lunch Program, After-School Snacks Program and the Summer Food Service Program).
- The guidelines adopted herein, as they pertain to reimbursable school meals, shall not be less restrictive than the 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(f)(1), 1766(a)0, and the Healthy, Hunger-Free Kids Act of 2010, as those regulations and guidance apply to schools.
- Chelsea Public Schools will adhere to current dietary guidelines for competitive foods established by the Commonwealth of Massachusetts' "Act Relative to School Nutrition" of 2010 and the City of Chelsea's Board of Health regulation enacted on July 9, 2013 entitled "A Regulation Prohibiting the Sale and/or Distribution of Foods Containing Artificial Trans Fat in the City of Chelsea".

### **III. PHYSICAL ACTIVITY**

All students in grades Pre K-12 will have opportunities, support, and encouragement to be physically active on a regular basis to enhance learning, academic achievement, and to foster the understanding of short and long-term benefits of a physically active and healthy lifestyle. Schools will encourage parents/guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- Students shall receive opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, daily physical activity in the classroom for Pre-K – 4 students, before and/or after-school programs, intramural, and interscholastic athletics.
- Weight Training is available to high school students three times per week 1 hour before and after school.
- Recess and playtime are vital to a child’s social, emotional and educational development; therefore, *to the maximum extent possible*, they will not be taken away from students (as punishment or other reasons)
- *To the maximum extent possible*, classrooms pre-k to grade 4 will incorporate at minimum 15 minutes of activity into daily agenda

#### **IV. PHYSICAL EDUCATION**

Chelsea Public Schools recognizes that the Center for Disease Control and Prevention recommends children and adolescents get 60 minutes (1 hour) or more of physical activity each day. To this means, CPS maintains, at minimum, Physical Education:

- Twice per week for 40 minutes at the Kindergarten level
- Once per week for 40 minutes at the elementary level;
- 45 minutes every 6 days at the Clark Middle School, 50 minutes daily for one quarter (9 weeks) of the school year at the Wright and Brown Middle Schools
- 45 minutes daily for one semester each year at the high school levels; with a total of four semester credits to be completed over four years as part of the CPS graduation requirement.
- *To the maximum extent possible*, students will not have their PE time interrupted for other purposes
- *To the maximum extent possible*, PE classes will not be displaced or cancelled so that other entities can use the gym

#### **IV. OTHER HEALTH PROMOTING SCHOOL-BASED ACTIVITIES**

- All students shall be provided a safe and secure learning environment.
- Resources shall be available at each school to support the physical and emotional well-being of all of our students. Chelsea Public Schools shall adopt policies that reflect these commitments including policies against hazing, bullying, discrimination, and harassment and policies that support a zero tolerance for weapons, drugs, tobacco, and gang activity on school grounds or during school functions.

#### **V. MONITORING AND EVALUATION PLAN**

- The superintendent or designee(s) will establish a plan for measuring implementation of established district-wide nutrition and physical activity wellness policies.
- In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee(s)
- The superintendent or designee will develop a summary report annually on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from

schools within the district. That report will be provided to the school committee and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

- One component of this plan will include, but not be limited to, the continuance of the Wellness Committee (as defined by Massachusetts' Act Relative to School Nutrition of 2010) to help implement, review, and provide updates about the policy to internal stakeholders and the public.