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| POLICY MANUAL | Ipswich Public Schools FILE CODE: JHC |
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NUTRITION AND WELLNESS

We recognize the relationship between student well being and student achievement as well as the importance of a comprehensive, district wellness program. We are committed to provide, given adequate financial resources, developmentally appropriate and sequential nutrition, health and physical education as well as opportunities for physical activity.

The Ipswich Public School District encourages all members of the school community to create an environment which supports lifelong healthy habits, positive nutritional choices and increased physical activity. We will strive to reduce the availability of minimally nutritious foods to students through school meals, programs, and vending machines.

Healthy Eating and Nutrition

All students shall have access to healthy food choices during school and at school functions including classroom projects, curricular based food experiences, and celebrations. The district will restrict student access to foods of minimal nutritional value during the school day. All foods offered by the district’s food service department including a la carte items, will follow USDA regulations and meet Massachusetts standards. Fresh fruit, fresh vegetables and whole grains will be provided for lunches within the portions established by the USDA. An adequate amount of time will be allowed for students to eat meals in clean and appropriate lunchroom facilities. All students shall have access to nourishing food regardless of their economic means. Vending machines shall provide a choice of healthy snacks and beverages including choices containing reduced sugar, fat and salt that follow USDA regulations and meet Massachusetts standards. Vending machines shall provide a choice of beverages. Beverage vending machines located in the cafeteria will not include carbonated beverages. Student access to vending machines will be limited during the school day.

Health Education

The district provides for an age appropriate, interdisciplinary, sequential health education program based upon state standards and benchmarks that provide the knowledge and skills necessary to make healthy lifestyle choices. The K-12 curriculum will address the physical, mental, emotional and social dimensions of health and information about disease prevention.

Physical Education

The program will provide a variety of developmentally appropriate activities that are interwoven specific to standards, benchmarks, and assessments which focus on student learning. Opportunities for physical fitness, both structured (K-12 physical educational curriculum) and activity (recess, movement, extra curricular activities such as sports, teams and clubs) will be supported and strongly encouraged.

Healthy School Environment

The Ipswich Public Schools will provide safe, healthy, well maintained surroundings that are tobacco, alcohol and drug free and foster a culture of caring, respect and responsibility.

Evaluation

The Wellness Subject Area Committee will assess education curricula and materials pertaining to wellness for balance and consistency with the state and district's educational goals and standards. The Wellness SAC will be responsible for devising a plan for implementation and evaluation of the district wellness policy.

The Ipswich Public School system is committed to providing a school environment that enhances the learning, and development of lifelong wellness practices.

Adopted: June 7, 2007

Reviewed by Policy Subcommittee on January 12, 2009