

ERVING ELEMENTARY SCHOOL**WELLNESS POLICY****Purpose and Rationale:**

Healthy eating patterns, quality physical education, and activity programs positively impact student's academic, physical, social, and emotional health. Current research indicates that students should have greater opportunity to maximize their academic performances as well as their physical, social, and emotional health through well-planned and well-implemented nutrition, physical education, and activity programs. The Erving Elementary School will provide an environment that promotes healthy behaviors and decision-making, and encourages lifelong patterns of balanced nutrition, exercise, emotional, and physical wellbeing.

School Food and Nutrition Promotion:

The Erving Elementary School supports lifelong healthy eating habits for all students and staff, and is committed to addressing the increasing rates of diet-related health consequences among these groups. Erving Elementary School shall promote healthy lifestyles and appropriate nutritional practices for all students.

Components of this approach include:

- Periodic review and assessment of foods available in school meals to ensure safety, quality, visual appeal, cultural proficiency and accessibility, and that it is consistent with recommendations from the USDA School Meals Initiative for Healthy Children in nutritional content.
- Identification of opportunities to teach healthy eating habits in health education, physical education, and to integrate these practices into the Common Core through cafeteria, and other school-wide promotions.
- Identification of opportunities to provide support to all students around appropriate nutritional practices for meals and snacks.
- Identification of opportunities to support teachers, school staff, and parents around modeling healthy eating habits and appropriate nutritional standards as well as encourage non-food alternatives for school fundraisers, student rewards and reinforcement, and school/classroom celebrations.
- Promotion of health and nutrition messages consistent with research-based findings that encourage the consumption of fruits and vegetables, whole grains, healthy fats, low-fat dairy products, and water.

Comprehensive Physical Activity and Physical Education:

Erving Elementary School recognizes and promotes the benefits of a program where quality physical education is a cornerstone, and additional physical activity is integrated throughout the school day in an effort to improve both physical and academic performance.

Erving Elementary School provides a minimum of 60 minutes of weekly physical education (PE) for students in Kindergarten through grade 6. Activities will be structured to meet the needs, interests, abilities and cultural diversity of all students, including students with disabilities and health related challenges.

Healthy School Environment:

Erving Elementary School, through the school-based Wellness Committee, shall comply with town ordinances and District policies related to promoting and managing a healthy school environment, including but not limited to, the use of green cleaners, integrated pest management, recycling, composting, infection prevention and control, implementation of a Tobacco-Free Environmental Policy, environmental inspections/audits, biannual water testing, and chemical inventory.

Safe and Supportive School:

Prevention and intervention-based work will address and integrate social health, emotional health, mental health, behavioral health, physical health, violence prevention, bullying and cyber bullying prevention,

emergency preparedness, and school safety. These efforts will create a safe and supportive learning environment that optimizes academic outcomes for all students.

Community Wellness:

All members of our community are strongly encouraged to promote a school environment that is supportive of healthy behaviors by modeling positive behaviors in all settings, especially on school property and at school-sponsored meetings and events.

First Reading: 05/16/06

Second reading, first vote: 06/20/06

Final Vote: 09/19/06

First Reading: 05/19/15

Second reading, first vote: 06/16/15

Final Vote: 09/15/15