

WELLNESS POLICY

General Policy Statement

The Fairhaven Public Schools recognize the important relationship between wellness and academic success for students, staff and the entire school community. The intent of this policy is to outline the district's on-going commitment in support of wellness in the areas of nutrition, physical activity and other school-based activities that promote health and wellness. Using section 204 of Public Law 108-265 – June 30, 2004: Child Nutrition and WIC Reauthorization Act of 2004, Healthy, Hunger – Free Kids Act of 2010 and recommendations by the Massachusetts Departments of Education and Public Health, the following beliefs guide our efforts:

- Communication with parents/guardians, staff and students is essential. We will seek opportunities to educate the school community on trends and information related to health and wellness. We encourage community partnerships that assist the district in this effort.
- Consistent with current federal and state nutrition regulations, the Fairhaven Public Schools will continue to increase the availability and sale of nutritious selections.
- Opportunities for physical fitness, both structured (K-12 physical education curriculum) and activity (recess, movements, extracurricular activities and sports teams/clubs) will be supported and strongly encouraged. The Fairhaven Public Schools encourage community partnerships that assist the district to support an active, healthy community of learners.
- Opportunities for staff in-service education to share best practices which incorporate activity and wellness across the curriculum will be offered. Encouraging a healthy lifestyle for school employees further supports the overall objective of a healthy school community.

It is the policy of the school district to adhere to the revised Nutrition Standards for Competitive Foods and Beverages in Public School regulations (105 CMR 225.000) effective August 1, 2012.

Adopted: 6/28/2006

Revised: 8/14/2013

Legal Refs: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789