

Harvard School District Wellness Policy
File: ADF

The Harvard School Committee recognizes the relationship between student wellbeing and student achievement. We value the academic, physical, social, and emotional growth and development of all of our students. To support our students and community, the District is committed to the implementation of a comprehensive Wellness Program at all levels that includes the following elements:

- A safe and nurturing climate
- Nutritional standards for foods provided in schools
- Coordinated programs of counseling and Health care, student assistance programs, mentoring, and peer programs for students
- Educational and support programs for staff and community
- Curriculum, Instruction and Assessment - a coordinated K-12 wellness curriculum including:
 - Nutrition education
 - Substance abuse prevention
 - Human sexuality
 - Prevention of bullying and violence
 - Building healthy relations
 - Social and emotional health
 - Physical education and activities
 - Online Safety

The Wellness Committee, with the support of the Harvard School Committee commits to the following goals:

1. Foods available in the Harvard Public Schools during the school day will meet the National School Lunch program, the USDA Dietary Guidelines, and the Student Allergy Policy and Guidelines.
2. Nutrition education to teach, encourage, and support healthy eating will be offered as part of a sequential, comprehensive, standards-based curriculum, as will all other aspects of the wellness curriculum specified above.
3. All students in the Harvard Public Schools will receive physical education or health and wellness instruction each year, taught by a certified physical education/health/wellness teacher, with additional opportunities for physical activity through daily, supervised recess in elementary schools and before and after school programs in secondary schools.
4. The Harvard Public Schools will continue to have a District Wellness Committee to monitor, review, and as necessary revise this Policy for School Committee approval.
5. Physical education is compulsory for all students, except that no student will be required to take part in physical education exercises if a health care provider certifies in writing that such exercises would be injurious to the student.

Wellness Committee

The wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. The Wellness committee will annually review the implementation and evaluation of this policy.

Other School-Based Activities

The wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness.

1. Physical activities and/or nutrition services or programs designed to benefit staff health.
2. Training to enable staff to promote enjoyable, lifelong physical activity among students.

Evaluation

The wellness committee will review all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's education goals and standards. The wellness committee shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the aforementioned goals of the district wellness policy. Regular updates will be provided to the school committee by the school committee member that serves on the Wellness committee.

ADOPTED: May 22, 2006

Amended: February 27, 2023

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 CROSS REFS: EFC, Free and Reduced-Cost Food Services IHAMA, Teaching About Alcohol, Tobacco and Drugs KI, Public Solicitations/Advertising in District Facilities