

Harvard School District Wellness Policy

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

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 Act, the USDA Dietary Guidelines for American, and the Harvard Life Threatening Food 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/health/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 physician 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 be in charge of the implementation and evaluation of this policy. The School Committee designates the following individuals as wellness program coordinators: School superintendent, school business coordinator, and school building administrators.

Other School-Based Activities

The wellness program coordinators, in consultation with the wellness committee, are 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 assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's education goals and standards. Wellness program coordinators 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. Wellness program coordinators will report to the School Committee annually.

ADOPTED: May 22, 2006

Amended: March 23, 2015

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](#)