

## **WELLNESS POLICY**

Implementation of the Wellness Policy has the following goals in mind:

- Winthrop Public Schools are committed to promoting academic, physical, social and emotional growth and development of all our students.
- Educate and inform students, families and community of the ***Smart Snacks in School Nutrition Standards***.
- Educate, inform and encourage students, families and the Winthrop community of availability of physical activities offered before and after school, intramurals, and special events such as road races, March Madness, Open Gym and sports programs.
- Create one or more wellness liaisons in each school building who will support students, staff and parents on healthy choices and act as a reference for the ***Smart Snacks in School*** guidelines.

All food sold during breakfast or lunch will be in compliance with federal regulations for the ***National School Lunch Program*** or the ***School Breakfast Program***. Any nutritional vendor contracted with Winthrop Public Schools will have the same policies in place, complying with Federal law.

### Nutrition Guidelines for All Foods Available on Campus

\*To the maximum extent practicable, all Winthrop Public Schools will participate in the available federal school meal programs in accordance with current USDA Dietary Guidelines (including the School Breakfast Program, National School Lunch Program, After-School Snacks Program and the Summer Food Service Program).

\*The guidelines adopted herein, as they pertain to reimbursable school meals, shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C.179), section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758 (f)(1), 1766(a)0, and the Healthy, Hunger-Free Kids Act of 1020, as those regulations and guidance apply to schools.

Any and all food or beverage brought into school for classroom parties, bake sales, events or given as incentives will be in compliance with the ***Smart Snacks in School Nutritional Standards***.

Any vending machines in any Winthrop Public School or at any Athletic Field under the jurisdiction of the school district will only have items in compliance with the ***Smart Snacks in School Nutrition Standards***. Any marketing in or around school facilities will be in compliance with the ***Smart Snacks in School Nutrition Standards*** and promote healthy choices.

***Winthrop Public Schools***

This policy was written through the collaboration of the food services director, the athletic director, a member of the administration, school nurses, a member of the school committee, school guidance counselors, community members, and parents and teachers.

Each building principal has the authority and the responsibility to ensure compliance with the Wellness Policy. One or more Wellness Liaison(s) in each school building will also act as a resource for implementing the standards and assisting the school community to make healthy food and activity choices.

The school community will be informed and educated of this policy annually in the parent and student handbooks. Flyers including healthy nutrition and activities will be sent home at least twice per with the students. The Wellness Policy will be accessible to the community on the school website. During back to school or information nights, school leaders will address the Wellness Policy and have information available to families regarding healthy nutrition and physical activity programs and events.

Every three years this policy will be reviewed by the Winthrop School Committee. A log will be kept at each school with information and events related to dates when flyers were sent home, school leaders presented information at school events (back to school nights), physical activity type events were held, and Connect Ed information is used.

*First Reading:* 06/05/17  
*Second Reading and Adoption:* 06/19/17