

## Wellness Protocol Andover Public Schools

This protocol is intended to be a living document that will evolve with progress towards our goals. Goals or statements that require additional budgetary or human resources describe a desired direction and do not imply a policy requirement.

The Andover Public Schools supports the adoption and implementation of a coordinated school based program at all schools. The Andover Public Schools will work in cooperation with parents, who are the primary teachers and caregivers for their children, and healthcare professionals.

Andover Public Schools will strive to create:

- A Healthy School Environment that supports the physical, mental, emotional and social well-being and safety of all it's members.
- Student Programs - to help address students' physical, emotional, social and cognitive needs. These programs include, but are not limited to, extracurricular activities, peer programs, student assistance programs and mentoring.
- Adult Programs – providing information and support to adults directly involved in the care and education of students. These will include professional development for staff, parent education and support programs, and employee assistance and wellness programs.
- Family and community connections- consisting of the various formal and informal working relationships between schools, the greater community and the families that live and work within them. These relationships involve networking, cooperation, coordination, and collaboration on health promotion and youth development.
- Support the health of all students with be presence of a school nurse in every building to provide safe nursing care, administer medication and monitor health and safety of staff and students. Nursing staff will also perform state mandated health screenings, be a resource in assisting parents to enroll eligible children in Medicaid and other state children's health insurance programs and be a resource for classroom education.

The Health Education Program will:

- Utilize educational theories and methods that have credible evidence of effectiveness;
- Emphasize learning and practicing the skills students need for healthful living
- Build functional knowledge and skills from year to year (i.e be sequential and incremental in design)
- Be appropriate to students' developmental levels, personal behaviors and cultural backgrounds
- Be consistent with community standards
- Focus on the behaviors that have the greatest effect on a persons health and emphasize the short term and long term consequences of personal health behaviors

- Encourage students to assess their personal behaviors and habits, set goals for improvement, and resist peer and wider social pressures to make unhealthy choices and be accepting of other's differences.
- Address students' health related concerns
- Involve parents and families as active partners in their children's learning.

## Physical Education

Andover Public Schools will support a Physical Education program that will:

- Emphasize knowledge and skills for a lifetime of regular physical activity
- Provide many different physical activity choices
- Feature cooperative as well as competitive games
- Provide options for gender and cultural differences in students interests and those students who are not athletically gifted
- Teach self-management skills as well as movement skills
- Actively teach cooperation, fair play, and responsible participation in physical activity
- Promote participation in physical activity outside of school
- Focus at the high school level on helping adolescents make the transition to an active adult lifestyle

Teachers will aim to develop students self confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical Education staff will not use physical activity as a form of discipline or punishment.

Schools will work with the community to create ways for students to walk, bike rollerblade or skateboard safely to and from school.

## Nutrition

Andover Public Schools will:

- Comply with the current United States Department of Agriculture guidelines for Americans including: vending machines, A La Carte, beverage contracts, fundraisers, concession stands, student stores, and vendors parked on school property.
- Be sensitive to the school environment in displaying food provider's logos and trademarks on school grounds
- Include healthy choices and age appropriate selections for food and beverages sold at fundraisers at elementary, middle and high schools.
- Be consistent with established nutrition environment standards with the advertising of foods or beverages in the areas accessible to students during mealtimes.

- Ensure profit generation will not take precedence over the nutritional needs of the students. The child nutrition program will aim to be self-supporting, however, the program is an essential educational support activity. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods with minimal nutritional value or compete nutritionally with program meals.
- Serve foods to students that comply with all state and local food safety regulations.
- Ensure all students have access to affordable and varied nutritious foods that are needed to stay healthy and learn well.
- Emphasize that food not be used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan
- Explain to students the relationship among dietary intake, eating behaviors, physical activity and emotional health.

## Health Services

### Andover Public Schools will

- Ensure nursing services are available in each school to provide direct nursing care as directed by the primary care physician.
- Ensure all health services staff are appropriately trained to provide basic first aid and initiate emergency response protocols, and those protocols are communicated with staff on a yearly basis.
- Comply with all Department of Public Health standards and regulations. These include, but are not limited to, medication administration and delegation, immunization requirements and health screening requirements.
- Collaborate effectively with the Andover public health department in monitoring compliance, promoting health and wellness and reporting of communicable diseases.

## **District Guidelines on Foods and Food Practices During School Hours**

- Soda and Candy will not be available for sale to students in any school
- Nuts and nut products, peanuts and peanut products are restricted foods. Allowances of these foods will be based on health concerns in each school. Decisions in regard to these foods rest with the Principal, School Nurse and Director of Food Services and shall reflect District policies and guidelines issued by the Massachusetts Department of Public Health.
- Food shall not be used as a punishment or reward or given out as a treat by school staff at any time with the exception of four school approved celebrations/curriculum events; and in situations where food is part of an Individualized Education Plan. All food served must meet USDA guidelines.
- Staff may not provide candy to students unless indicated in a child's health/IEP/504 plan or as directed by a medical professional.

- The use of food as a manipulative will be limited to uncooked items, such as dry pasta, rice, beans etc. provided the food does not endanger or exclude a student with life-threatening food allergy or other health concern, such as Celiac's disease or Diabetes. Candy, cereal, cookies, crackers etc. will not be used as manipulatives.
- No food items will be used as part of birthday celebrations. Alternatives to food, such as recognizing the birthday child, will be building-based decisions.
- A student will not be deprived of recess or physical education as a form of disciplinary action during learning time.
- Food provider's logos or trademarks must not be displayed on school grounds.
- During the school day, profit generation will not take precedence over the nutritional needs of students. (school stores, fundraisers, vending machines, ice cream trucks)
- Food served must comply with local food safety regulations.
- Foods or beverages, high in sugar, fat or sodium served during school hours for celebrations should be discouraged e.g. cookies, cupcakes, doughnuts, brownies, ice cream, pies.
- The following foods shall be encouraged: fresh fruit, whole grain products, milk, vegetables and foods on Massachusetts A La Carte and Food Beverage standards list.
- Because of the prevalence of allergies and other serious medical ailments, foods for elementary school celebrations must be planned in advance, allowing parental/nursing involvement.
- No food shall be sold or served in competition with the school breakfast and/or lunch program.

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