CAMBRIDGE PUBLIC SCHOOLS

135 BERKSHIRE STREET, CAMBRIDGE, MASSACHUSETTS 02141

26-233

November 17, 2026

TO THE HONORABLE MEMBERS OF THE SCHOOL COMMITTEE:

Approval of Revisions to the Cambridge Public Schools Wellness Policies and Implementation Procedures [File: ADF] & Rescission of the Current Cambridge Public Schools Administrative Wellness Policy Guidelines & Implementation Procedures (last updated July 17, 2025) & File ADF: Cambridge Public Schools Wellness Policy (adopted March 19, 2024)

Recommendation: That the School Committee approve the revisions to the Wellness Policies and Implementation Procedures in the attached documents, and rescind the current Cambridge Public Schools Administrative Wellness Policy Guidelines and Implementation Procedures (adopted August 13, 2014) and File ADF: Cambridge Public Schools Wellness Policy (adopted March 19, 2024).

Description: These revisions to the Wellness Policies and Implementation Procedures are being recommended after a review of the current policy was conducted by the Cambridge Public Schools Wellness Council. This is the first reading of revisions to the Wellness Policies and Implementation Procedures.

Supporting Data: Summary of Changes and Wellness Policies and Implementation Procedures; Cambridge Public Schools Administrative Wellness Policy Guidelines and Implementation Procedures (last updated July 17, 2025); and File ADF: Cambridge Public Schools Wellness Policy (adopted March 19, 2024).

Respectfully submitted,

David Murphy
Superintendent of Schools

The Cambridge School Department is an equal opportunity / affirmative action employer.

Summary of Changes to Local Wellness Policy Document

Introduction:

In SY 2025-2026, the Wellness Policy Council Core Group, consisting of representatives from Cambridge Public Schools (CPS) and the Cambridge Public Health Department (CPHD), worked on updating the policy. The first step completed was merging the prior existing policy and implementation guidelines into one document. This was done after (1) discussion with the council in the prior SY, and (2) researching other districts neighboring Cambridge or similar to Cambridge in population demographic. The decision to merge the two documents was met to allow a comprehensive and clear version of the policy to be available and accessible for the public.

The Core Group worked with a coach through the John Stalker Institute Massachusetts School Wellness Coaching Program to ensure all elements of an optimal wellness policy would be present. The merge of the two documents was verified by the coach to be a good choice and is considered best practice. Other changes in the policy were a result of adhering to the Department of Elementary and Secondary Education (DESE) requirements, best practices, and addressing concerns from colleagues supporting student wellness at CPSD. The changes made to bring the policy to the current draft are specified by each subsection outlined below.

Changes Made:

I. Policy
   1. Added introductory sentence to define the Wellness Policy more clearly.
   2. Additional language for addressing food brought from outside during the school day.
   3. Added Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools nutrition standards

II. Wellness Council and Policy Development
   1. Added sentence indicating principal involvement in implementation for each school.
   2. Standards for School Wellness Advisory Committee added.
   3. Meeting minutes are required to be made available to the public. Link added for where minutes will be shared.

4. Specified which unit (Healthy Eating Active Living - HEAL) from CPHD is represented on the Wellness Policy Council.
5. Listed who from the district and community will be included as council members.
6. The policy, triennial assessment, and goals of the council to be made public. Link added.

III. Food, Beverages, and Nutrition

1. Named the National School Lunch and/or Breakfast program specifically.
2. Required section on student privacy during meals was added.
3. Language on "minimally processed meal options" added for scratch cooking methods that are already employed.
4. Guidelines to support increased food provisions title included.
5. Language on professional learning and specific hours according to National Professional Standards added.
6. Water access moved to this section and includes water safety protocols according to the CPS Facilities Department and Cambridge Water Department (CWD).
7. Other Foods, Beverages, and Competitive Foods: Includes definition of school day, compliance requirements, links and references for regulations, fundraising, vending machines, and food provided to students during the school day outside of the school meals program. Language reinforces strict requirements and encourages collaborative work with the school nutrition department. Classroom safety is emphasized, particularly by informing both the Food Service Director and the School Nurses.

IV. Physical Education and Physical Activities

1. Added language for learning skills to be physically active before and after school.
2. Scheduling requirements updated based on current practices in the district.
3. Added "will strive to provide" for the 20 minutes of recess guideline to account for flexibility for the schools.
4. Added language to encourage each school to determine scheduling for recess and lunch time.
5. Language added for safe and active play.
6. Language added for weather decisions and Child Care Weather Watch link.
7. Active Transportation section expands language on active transportation.

V. Youth Mental Health

1. Entire new section to support mental health as a part of total student wellness.

VI. Health Promotion

1. Introduction sentence under Health Education is more clear.
2. Language for Health Education to align with state and national standards.
3. Details on what the health curriculum will include is added. An emphasis on nutrition education is included for the health education curriculum.
4. Details added under Student Health Services to identify exactly which school health professionals will provide student health support and health screenings. Addresses involvement of school nurses for students with dietary needs.
5. Language added for staff wellness. Includes encouraging all staff meetings, events, and celebrations to follow nutrition standards in alignment with the district.

VII. Discipline, Rewards, and Punishment

1. Language modified with not using recess as a form of punishment.
2. Added accommodation considerations for food to be used as a reward or denied, depending on a student's IEP and/or service plan.

VIII. Monitoring and Evaluation

1. Link added for sharing goals and progress to be available to the public.

File: ADF

Wellness Policies and Implementation Procedures

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I. Policy

This Wellness Policy is a document that includes guidelines, responsibilities, expectations, and recommendations for Cambridge Public School administration, faculty, and staff. The Cambridge School Committee prioritizes a comprehensive Wellness Policy for the Cambridge Public Schools that supports the whole child by fostering rigorous, joyful, and culturally responsive learning, and by promoting students' physical, social, and emotional well-being. The Wellness Policy adheres to relevant state and federal regulations and laws, as will be established below. The School Committee actively protects the health, well-being, and ability of students to learn through designing a school environment that promotes healthy choices.

The Policy is required by federal and state law to address:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Policies for other foods and beverages made available on the school campus during the school day (e.g., in classroom parties, classroom snacks provided by parents, or other foods given as incentives).

- Nutrition guidelines for all foods and beverages available or for sale on school grounds during the school day that are consistent with federal and state laws and regulations.
- Policies for other foods and beverages, outside of food offered directly through the School Food and Nutrition Department, available on the school campus during the school day (e.g., in classroom parties, snacks brought by parents, or foods given as incentives).
- Health education.
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School and the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools nutrition standards.

II. Wellness Council and Policy Development

The Superintendent of Schools is designated as the Wellness Policy Coordinator, responsible for establishing a Wellness Council and assigning appropriate staff to implement the policy. The Wellness Council is advisory to the Superintendent. Principals of each school will be responsible for implementation of the policy. In accordance with the Standards for School Wellness Advisory Committees, the Wellness Council will meet at least four times throughout each school year and will ensure meeting minutes are made available to the public. The Council will be coordinated and facilitated jointly by representatives designated by the Cambridge Public Schools and the Healthy Eating Active Living (HEAL) Unit of the Cambridge Public Health Department (CPHD). Members of The Wellness Council will include school staff, family, students, and community members.
Principals will review the Wellness Policy and share requirements with staff annually. To ensure adherence, principals will be asked to sign an attestation of reviewing the policy and agreement of implementation.
The Wellness Council will be tasked with monitoring the implementation of the Wellness Policy and giving periodic updates to the participants, the Food Service Director, and to the Superintendent. The Council will create an annual action plan, including measurable goals, and a process for monitoring and evaluating progress. This policy, in addition to the triennial assessment report and the goals of the council, will be made publicly available.

III. Food, Beverages, and Nutrition

All students in grades K-12 will have opportunities, access, support, and encouragement to make healthy nutritional choices throughout the school day.

A. School Food Service & Meals

School administration will ensure all schools participate in available federal school meal programs, including the National School Lunch and/or Breakfast Program, and, to the maximum extent practicable, other relevant federal and state programs.

The school Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods and beverages that:

- Meet or exceed the School Nutrition Standards, including National School Lunch and/or Breakfast and the Massachusetts School Nutrition Standards for Competitive Foods and Beverages.
- Meet inclusive meal pattern, nutrient level, and caloric requirements for the grades served.
- Represent and celebrate the religious, ethnic, and cultural diversity of the student body through accommodations in meal planning.
- Provide clean, safe, and pleasant settings for student mealtimes.
- Ensure every K-12 student shares the same welcoming meal experience regardless of their family's ability to pay.

Student Privacy During School Meals:

- As of 2024, school breakfast and lunch will be offered at no cost to all students who select a complete meal.
- Students who would otherwise qualify for free or reduced-priced meals are ensured privacy and protected from stigma, embarrassment, or disciplinary action due to unpaid meal debts.

Food Provision:

The Food and Nutrition Services Department will offer a varied menu, maximizing the use of fresh whole food, scratch cooking methods, and minimally processed meal options. The department will maximize purchasing fresh fruits and vegetables from Massachusetts and regional farms using a Farm-to-School approach.

Additional guidelines to support increased food provisions include:

- Alternative breakfast service models such as "Breakfast in the Classroom" will be offered as feasible.
- Unlimited servings of fruits and vegetables will be offered to students who have been served a school meal, but no extra helpings of other items.
- Family Involvement: The Food Service Department will provide the community, including parents/guardians, staff, and students, with the opportunity to provide input on menus and choices, including local, cultural, and ethnic preferences.
- The schools will support the provision of additional food to students and families in need through participation in community programs such as the weekend backpack program and free markets organized by Food for Free.
- Maintain school gardens as a health and nutrition resource, including edible organic fruits and vegetables. Food Service staff will utilize produce from City Sprouts school gardens as feasible.
    - In collaboration with the CitySprouts School Garden program, Food Service staff are given opportunities and training to harvest fruits, vegetables and herbs from the school garden to use in meals.
- In accordance with National Professional Standards, staff who administer school meals will receive the required hours for professional learning (12 hours for directors, 10 hours for managers, and 6 hours for staff).

B. Meal Timing and Environment

Students will have adequate time to eat; a minimum of 20 minutes for lunch and a minimum of 10 minutes for breakfast after sitting down.

Guidance:

- Meals will be served to students in a pleasant environment.
- Principals will develop and implement a plan to foster a culture of respect in the dining rooms.
- Principals will organize the daily schedule to facilitate lunch and recess time as set forth in the Wellness Policy.

C. Water Access

All water stations have a filter to keep water safe to drink. Bottle fillers have light indicators informing when the filters need to be changed. Additionally, the Cambridge Water Department (CWD) conducts regular testing of water. If the taste or flavor of water is reported as abnormal, the Facilities Department takes samples and has the water tested through CWD.
Water will be made available and accessible without restriction to students at no charge when meals are served. Students will not be restricted from having access to free, safe, unflavored drinking water throughout the school day.

D. Other Foods, Beverages, and Competitive Foods

These standards apply to foods and beverages sold or provided to students during the school day, defined as from midnight the night before to 30 minutes after the last bell of the school day. Foods and beverages sold in vending machines must comply with the standards at all times.

Competitive Foods:

- Competitive Foods are defined as foods that do not qualify as reimbursable meals under the National School Lunch and/or Breakfast Programs.
- This policy requires that all competitive foods and beverages sold in schools to students during the school day, such as those sold a la carte (inside and outside of the school meals program) and in vending machines, school stores, snack bars, and school-sponsored or school-related events, meet or exceed USDA Smart Snacks In School standards and the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools, whichever is stricter.
- Follow the A-List for specifically permissible single-serve vending and snack products available through distribution or direct ship from manufacturer. For questions about products not on the A-list, the MASSNETs tool can help in determining if the products in question meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages and USDA Smart Snacks in School, whichever is stricter.

Fundraising, Classroom Snacks, and Celebrations:

- The policy outlines the district's standards for foods and beverages provided, but not sold, to students during the school day outside of the school meals program. These standards will require that all foods and beverages provided in public schools to students, such as at classroom parties (like birthday or holiday parties), or school-wide celebrations, during the school day will meet or exceed USDA Smart Snacks standards and the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools, whichever is stricter.
- Events such as parties or school-wide celebrations will make an effort to work with the school nutrition department to organize the foods and beverages served at these events.
- Schools will encourage healthy, non-food based items at any school-based fundraisers during the school day. Any food based fundraising will follow the Smart Snacks standards. Fundraisers include booster sales, concession stands, bake sales, and any other form of fundraising.
    - Candy and/or soda is strictly not allowed for any fundraising during the school day, including bake sales.
- All food and beverages in classrooms will support the student's learning, healthy growth and development, and healthy eating behaviors, as indicated by the Massachusetts Standards.

- Principals will educate families on the importance of sending healthy snacks.
- Principals will educate staff and families on non-food celebrations and establish a process to ensure that contributions for celebrations that include food are predominantly healthy foods.
- Faculty will not allow the distribution of candy and/or soda if brought inside the classroom.

Classroom Safety:

- Celebrations (e.g., holiday, birthday parties) in the classroom should be discussed with the school administration ~~Food Service Director~~ to maximize student safety~~ and increase potential for reimbursable meals~~.
- School Nurses will be made aware of celebratory events in classrooms where a student has a food allergy. In the event of an emergency, the faculty will make the nurse aware of the situation immediately.
- Annually, faculty and staff will be reminded of proper techniques for food-related emergencies, food allergens, and refraining from bringing in food from out of the school in to the classroom.

Vending Machines:

- Vending machines are not allowed in elementary schools, except in staff-only areas that are not accessible to students.
- Products in student-accessible vending machines must meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages at all times.

Mobile Food Vendors:

- Principals will not allow the sale of food by mobile food vendors on school grounds and will work with City departments to prevent permitting of mobile food vendors near schools.

E. Marketing and Promotion

The school department does not allow the marketing or advertising of any food or beverage that does not meet the federal Smart Snacks in School nutrition standards.

Guidance:

- Principals will restrict the use of marketing on school property in accordance with the Cambridge School Committee's Advertising in Schools Policy.
- Food Service leadership will collaborate with the CPHD and City Sprouts staff to actively market healthy foods and school garden grown produce.

IV. Physical Education and Physical Activities

The department's goal is that all students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis throughout the school day through physical education (PE) classes, and will have access to learning the skills needed to be physically active before and after school.

A. Physical Education Classes

The Health, Physical Education and Athletics departments will provide all students, including students with disabilities and special health care needs, with access to a variety of opportunities for physical activity. These

activities will adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework and other federal/state standards. The school department will ensure that physical education is taught by qualified educators who are certified by the Commonwealth of Massachusetts.
Curriculum & Time:

- The curriculum is based on the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education Standards and the SHAPE America National Standards.
- PE classes will have at least sixty percent (60%) or more of moderate to vigorous physical activity.
- Scheduling Requirements: PK-12 principals schedule physical education classes twice a week for 45 minutes; grades 6-8 principals schedule physical education for two blocks per cycle; the high school principal schedules Physical Education for at least one block for a semester each year.

B. Recess and Activity Breaks

There will be daily recess periods with active play for PK-12 students. All CPS students in grades PK-8 will strive to provide 20 minutes of recess actively supervised by trained staff, preferably outdoors.
Guidance:

- Each individual school will be encouraged to determine scheduling of recess and lunch time based on what is best for their students' needs.
- Adults who monitor recess are expected to encourage safe and active play and intervene when a child's safety is at risk.
- Classroom teachers will be encouraged to incorporate, as appropriate, physical activity as part of classroom activities and to provide short physical activity breaks between lessons or classes.
- Teachers should give students periodic opportunities to stand and stretch during extended sedentary activities, such as mandatory testing.
- Principals are encouraged not to cancel recess due to weather, unless absolutely necessary, and will follow a basic framework for weather decisions from the Child Care Weather Watch.

C. Active Transportation (Walking/Biking)

The policy supports active transportation (walking, biking, taking public transportation, and using other non-motorized personal mobility devices to travel to and from school). The school department will ensure in-school training for all 2nd, 4th, and 6th grade students on active transportation to ensure they have the tools necessary to walk or bike to school safely and comfortably.
Guidance:

- Principals will seek to support walking and biking by providing resources, including participating in National Walk, Bike and Roll to School Days, and joining the MassDOT Safe Routes to School Program.
- Principals will collaborate with the Cambridge Traffic, Parking & Transportation Department to provide information, ensure plentiful safe and convenient bike parking, and educate parents about safe driving.

V. Youth Mental Health

- In addition to physical health, the Wellness Council will emphasize the importance of youth mental health and supporting students facing stress, anxiety, burnout, disengagement, and other forms of mental health concerns.

- Faculty, administration, and staff will be made aware of how to be a Caring Adult to students.
    - The Caring Adult 101 Guide will be provided to those interested in becoming a Caring Adult or learning more.
- The Wellness Council will actively engage with organizations and members, such as the Family Policy Council and the Youth Wellness Working Group, of the Cambridge community to support youth mental health.

VI. Health Promotion

A. Health Education

Cambridge Public Schools will provide comprehensive health education to equip students with the knowledge and skills to support lifelong wellness. Health messages will be consistent across the school program.

Guidance:

- Health Education will be aligned with state and national standards.
- The health curriculum will be taught by licensed health education teachers.
- The health curriculum will include and support nutrition, physical, mental health, and social-emotional education and skills, in accordance with the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education Standards and the National Health Education Standards.
- Nutrition education will be incorporated into the health education curriculum. Nutrition education will be integrated across many areas, such as health education, other class subjects, and school gardens.
- All K-8 students receive a minimum of one semester of health education in grades 2, 3, 5, 6, 7, and 8. High school students must pass Health 1 and Health 2 to graduate.
- In collaboration with the CPHD, the school district will provide information to families to encourage healthy eating and physical activity and other healthy behaviors at school and at home.
- Educators will be made aware of the school garden as a health and nutrition resource and have opportunities to incorporate it in district-wide teaching as well as offer hands-on learning.

B. Student Health Services

The Cambridge Public Health Department (CPHD) will provide school health services, including full-time nurses, nutritionists, oral health, and other specialists.

Guidance:

- CPHD and School Nurses will ensure mandated health screenings (e.g., vision, hearing, dental) are completed annually with any necessary follow-up.
- School nurses will ensure plans are in place for students with special dietary needs (e.g., allergies, diabetes, celiac disease).
- School nurses will ensure that staff, including food services, administrators, and classroom teachers, are aware of special dietary needs and plans.

C. Staff Wellness

CPS will promote the health and wellness of all staff members by supporting initiatives that encourage a healthy lifestyle.

Guidance

- CPS Human Resources will annually publicize services available through the Employee Assistance Program.
- CPS administration will support employee wellness activities requested by staff.
- All staff meetings, celebrations, and events will be encouraged to follow nutrition standards that align with the entire school. This will be to model behavior for students, in addition to supporting staff health and wellbeing.

VII. Discipline, Rewards, and Punishment

- Physical activity or recess will neither be denied nor required to finish projects, make up work, conference with teachers, or be used as a form of punishment.
- Students will not be kept from recess or excluded from a Physical Education class except if the removal is necessary to protect the health, safety, and welfare of students/staff or is related to conduct in violation of established codes of conduct.
- Food or beverages may not be used as a reward or denied as a form of punishment. The exception to this is in instances where accommodations are made based on a student's IEP and/or service plan. Should a student's IEP and/or service plan include food reward systems, using food as a reward is acceptable.
- Principals will provide suggestions for non-food rewards.

VIII. Monitoring and Evaluation

- The Superintendent of Schools is responsible for ensuring that schools meet the goals of the Wellness Policy. Compliance will be ensured by the principal or designee at each school.
- School principals and designated staff from the food service, health, physical education, and athletic departments will work with the Wellness Council to review and update the Wellness Policy every three years. A report assessing progress toward meeting the goals, compliance, and comparison to model policies will be prepared and made available to the public.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265, as amended, and related regulations The Richard B. Russell National School Lunch Act, 42 U.S.C. §§1751et seq, as amended, and related regulations The Child Nutrition Act of 1966, 42 U.S.C. §§1771 et seq, as amended, and related regulations, including without limitation, 7 C.F.R. § 210 et seq.; Healthy, Hunger-Free Kids Act of

2010, Public Law 111-296, 111th Cong. 2010, 124 Stat. 3183, Section 204; M.G.L. c. 111, § 223; 105 C.M.R. 215.00: Standards for School Wellness Advisory Committees; and 105 CMR 225.000.

Adopted:

Last Updated: July 17, 2025

Cambridge Public Schools

Administrative Wellness Policy Guidelines and Implementation Procedures

In accordance with the Cambridge School Committee's Wellness Policy, the Cambridge Public Schools ("CPS") has issued the following administrative guidelines and procedures.

I. School Nutrition

1.1 School Food Service

In addition to meeting state and federal regulations for school meals, the CPS Food Service Department will:

Food Sourcing

- Offer a varied menu for school meals, maximizing the use of fresh whole foods, local produce and scratch cooking methods
- Maximize the purchase of fresh fruits and vegetables from Massachusetts and regional farms using a Farm-to-School approach based upon seasonal availability, according to the preference established by the City Council and the School Committee in accordance with Massachusetts General Law Chapter 30B and the School Nutrition Bill.

Breakfast

- Offer alternative breakfast service models such as "Breakfast in the Classroom", "Second Chance Breakfast", and "Grab and Go" to all schools as feasible, in order to maximize student access to healthy breakfast.
- Limit cereals offered to those varieties that contain 2 grams or more of fiber and/or 6 grams or less of sugar per serving.

School Meals

- Post all school menus in school dining facilities and on the CPS website.
- Offer unlimited servings of fruits and vegetables to students who have been served a school meal
- Students who have been served a school meal will not be given extra helpings of items other than fruits and vegetables.
- Obtain student feedback on new products and recipes before integrating into the school menu.
- Encourage food service staff to utilize produce from City Sprouts school gardens as feasible.
- Implement self-serve and choice as much as possible and age appropriate.
- Minimize the use of products containing artificial colorings and flavorings.
- Work with the Cambridge Green Schools Initiative to integrate composting/recycling programs in school dining facilities as feasible.

Food Service Staff

The Food Service Director will ensure that:

- Staff is evaluated on food presentation and trained in food preparation methods to maximize flavor and attractive presentation of food items.
- School food service staff are properly qualified according to current professional standards and regularly participate in professional development activities regarding food

preparation and presentation, nutrition, safety and medical emergencies.
- In collaboration with the CitySprouts School Garden program, Food Service staff is given opportunities and training to harvest fruits, vegetables and herbs from the school garden to use in meals.
- Food safety is practiced at the highest standards in all schools.

Family Involvement
CPS Food Service Department will:
- Provide the community, including parents/guardians, staff and students with the opportunity to provide input on menus and choices, including local, cultural, and ethnic preferences.
- Coordinate with representatives designated by the Cambridge Public Schools and the Cambridge Public Health Department to facilitate the School Wellness Policy Council.

Lunch/Recess Aides
- Principals will ensure that lunch aides receive yearly training to update skills and knowledge, including safety and first aid skills, recess and dining room management and how to foster a culture of respect at lunch and recess.

Eating Environment
Meals will be served to students in a pleasant environment. The Principals of each school will:
- Develop and implement a plan to foster a culture of respect in the dining rooms, including expectations for how all staff will model behavior and how students will treat food service staff and each other.
- Ensure all students have sufficient time to eat lunch, including washing hands before eating with assistance from school personnel.
- Organize the daily schedule to facilitate lunch and recess time as set forth in Wellness Policy.

1.2 Other food at school, including after school and community events

In addition to providing healthy food through school meals, other food in school will support healthy choices. Foods and beverages made available in the CPS will adhere to the Massachusetts School Nutrition Standards for Competitive Foods and Beverages, "Healthy Students, Healthy Schools." Competitive foods are defined as foods and beverages provided in school cafeterias offered as à la carte items; school buildings, including classrooms and hallways; school stores; school snack bars; vending machines; concession stands; booster sales; fundraising activities; school-sponsored or school-related events and at any other location on school property.

These standards apply to foods and beverages sold or provided to students from 30 minutes before the beginning of the school day until the late bus arrives or 30 minutes after the school day ends, whichever is later. Foods and beverages sold in vending machines must comply with the standards at all times. To consistently promote a healthy school environment, schools and out of school programs are encouraged to offer healthy choices in all settings. The complete standards and a summary can be found in the Massachusetts "Healthy Students Healthy Schools" guidance document.

Bake Sales
The Principals of each school will:
- Not allow bake sales on school campus from 30 minutes prior to the start of school until 30 minutes after the school day ends or until the late bus arrives, whichever is later.

- Not allow inclusion of candy or soda at any bake sale.

Booster Sales/Concession Stands

The Principals of each school will:

- Not allow booster sales/concession stands on school campus from 30 minutes prior to the start of school until 30 minutes after the school day ends or until the late bus arrives, whichever is later.
- Not allow candy or soda and encourage healthy items at booster sale/concession stands at any school hosted event where children will be in attendance, including but not limited to, extra-curricular events such as school performances and athletic events.

Classroom Snacks and Celebrations

All food and beverages in classrooms will support the student's learning, healthy growth and development, and healthy eating behaviors, as indicated by the Massachusetts Standards. Principals will:

- Educate families on the importance of sending healthy snacks in appropriate portions to facilitate their child's learning and optimize healthy development.
- Provide a list of recommended snack ideas in six languages. The Guide to Healthier Snacking can be found at: https://www.cambridgepublichealth.org/resources/materials-on-healthy-eating-for-families/
- Educate staff and families on non-food celebrations (see the Massachusetts guidance document, "Healthy Students Healthy Schools" above) and establish a process to ensure that contributions for celebrations that include food are predominantly healthy foods, and that any less healthy options are served in smaller portion sizes.
- Educate families to check with classroom teachers and/or school nurse regarding students with food allergies.

Fundraising

The Principals of each school will:

- Discourage the use of food for fundraising on campus and not allow the sale of candy or soda for fundraising.
- Not allow food-based fundraising on school campus from 30 minutes prior to the start of school until 30 minutes after the school day ends or until the late bus arrives, whichever is later.

Rewards

The Principals of each school will:

- Not allow staff to give food or beverages as reward, nor withhold food or meals as punishment.
- Provide suggestions for non-food rewards. A list of alternative rewards can be found in the Massachusetts "Healthy Students, Healthy Schools" guidance document, above.

Vending Machines

The Food Service Department and Principals will:

- Not allow vending machines in elementary schools, except in staff-only areas of the building that are not accessible to students.
- Ensure that products provided in vending machines to which students have access meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages at all times.

1.3 Marketing and Promotion

Principals will promote that students make healthy nutrition choices.

- Principals will restrict the use of marketing on school property in accordance with the Cambridge School Committee's Advertising in Schools Policy
- Food Service leadership will collaborate with the CPHD and City Sprouts staff to actively market healthy foods and school garden grown produce, for example via taste testing and signage, so that students know about these foods and are motivated to try them.
- Food Service leadership will collaborate with the CPHD to develop and post "family size" recipes for selected healthy Food Service recipes.

1.4 Water

Principals will ensure water is made available, not restricted, and accessible to all students at meals and during the day without charge.

- Students will not be restricted from having access to free, safe, unflavored drinking water throughout the school day.

1.5 Mobile Food Vendors

Principals will not allow the sale of food by mobile food vendors on school grounds and will work with City departments to prevent permitting of mobile food vendors near schools.

Health, Nutrition and Physical Education

The physical education curriculum will help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives. The Health and Physical Education Department's curriculum is based on the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education Standards and the SHAPE America National Standards.

The Health and Physical Education Department will:

- Ensure that all physical education classes will have at least sixty percent (60%) or more of moderate to vigorous physical activity.
- Promote the participation in physical activity opportunities that are offered by community organizations, such as the Department of Human Services and youth sport organizations and the use of active transportation as a healthy lifestyle choice.
- Reduce/minimize sports related injuries with use of appropriate safety and protective equipment for physical education classes.
- Ensure that Physical Education will not be substituted by other activities and that physical activity will not be used for punishment. For example, students will not run laps as a punishment.
- Provide a wide range of cooperative, competitive and lifelong physical activities,

including Orienteering, Project Adventure (i.e., team building, positive risk-taking), swim classes, Latin-Hip Hop and bicycle instruction and safety training.

- Teach students active games for recess time and safe ways to use playground equipment
- Assess the Physical Fitness of students in grades 6-12.
- Provide tools and knowledge for fitness self-assessment in grades 6-12.
- Ensure that JK-5 principals schedule physical education classes twice a week for 45 minutes, grades 6-8 principals schedule physical education for two blocks per cycle, and the high school principal schedules Physical Education for at least one block for a semester each year and require all students to pass a swim test before graduating.
- The Health, Physical Education and Athletics Department will provide all students, including students with disabilities, special health care needs and those in alternative educational settings, with access to a variety of opportunities for physical activity.

Physical Education Opportunities Before and After School

- The Athletic Department and Physical Education Department in collaboration with all elementary, upper schools and high schools, as funding permits, will offer extracurricular physical activity programs before or after school in an effort to increase the students' overall physical activity time. It is also the expectation that the CPS Athletic Department will offer a range of activities that meet the needs, interests, and abilities of all students.
- As much as possible, after school child care and enrichment programs should encourage daily periods of moderate to vigorous physical activity for all participants.

Athletics

The CRLS Athletics Department develops and maintains a culturally sensitive, comprehensive interscholastic sports program as an integral component of the total educational process. Currently, students in grades 6-12 are provided the opportunity to participate in a number intramural, competitive athletic teams or club sport activities.

Health and Nutrition Education and Social-Emotional Learning

Health and Nutrition Education at all levels will be taught using effective, research-proven programs aligned with the Massachusetts Curriculum Framework for Comprehensive Health and Physical Education Standards and the National Health Education Standards and the National Sexuality Education Standards. JK-12 curriculum will be taught by licensed health education teachers. Social emotional learning is included in the health curriculum and through other district and school based social emotional learning programs.

Principals will ensure that:

- All K-8 students receive health education as a separate special in grades 2, 3, 5, 6, 7 and 8 for a minimum of one semester and that all high school students take and pass the mandatory Health 1 and Health 2 courses prior to graduation.
- Professional development opportunities are provided for teachers in comprehensive health education.

The Health and Physical Education (HPE) Department will:

- Ensure that classroom health education complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

- Provide resources to support the teaching of health education and ensure that nutrition education is included in every health education course.
- Work with principals to ensure that each school is in compliance with the parent/guardian notification law for sexuality education.

Family Health Education

- In collaboration with the CPHD, the school district will provide information to families to encourage healthy eating and physical activity and other healthy behaviors at school and at home and to be role models.
- Principals will inform families about the Wellness Policy including types of foods and beverages that can be sent to school for their students.

Health Services

School health services and screenings are provided by the CPHD through an agreement with the CPS. Supervision and oversight of the School Health Program is provided by the CPHD's Director of Public Health and School Health Nursing Services, the Clinical Manager of School Health Services, and the Medical Director of School Health Services, and the Oral Health Division.

The school health services program is dedicated to helping students stay healthy and in school so they can participate in classroom and athletic activities and reach their academic potential. Program staff includes registered nurses, nutritionists, vision and hearing specialists, and health aides.

- School nurses provide first aid, medication administration, chronic and acute disease management, health counseling, and health education. The school nurses are responsible for linking families to primary care providers, advising school staff, and ensuring that all school children are appropriately immunized. The school health services program provides full-time coverage in all public schools.
- CPHD nutrition staff work to help create a healthy nutrition environment in the schools
- and collaborate with the CPS Food Service Program to make healthy and appealing food choices available to students. Nutrition staff also provides education and outreach to students, family and staff.
- Hearing and vision specialists provide state-mandated screenings to CPS children in order to detect health conditions that may affect learning. This service is provided in grades K-3, 7, and 9. Parents/guardians are always notified if/when further medical attention is required.
- Dental hygienists, as part of the Cambridge Healthy Smiles Program, provide dental screenings and in-class oral health education for grades pre-K, 1, 3, 6 and 9.

- Staff in the school health services program offer families medical referrals and other health resources.
- Nurse case manager to assist families with overcoming barriers to health care, support for various medical conditions and additional resources.

CPS will collaborate with the CPHD School Health Program to:

- Ensure plans are in place for students with special dietary needs, such as life-threatening food allergies, diabetes and celiac disease, recognizing that children have access to food in the classroom and school garden as well as the cafeteria.
- Ensure mandated health screenings (including height, weight, Body Mass Index (BMI)) in grades 1, 4, 7 and 10, postural in K-9, hearing in K-3, 7, 9, vision in K-5, 7, 9 and dental in pre-K-4) are completed on an annual basis with appropriate follow-up when

indicated.
- Enforce the communicable disease policy.

4. Integrating Physical Activity into the School Day

Recess

- Principals will encourage the scheduling of extra recess for preschool and kindergartners.
- Principals will strive to schedule recess before lunch, especially in the younger grades.
- Recess will be supervised by school staff in such a way as to encourage safe and active play. Adults who monitor recess are expected to intervene when a child's physical or emotional safety is at risk. Bullying or aggressive behavior will be prohibited in accordance with the School Committee's Anti-Bullying Policy and Bulling Prevention and Intervention Plan and the CPS' *Rights and Responsibilities Handbook* and all safety rules will be enforced.
- As opportunities arise, Principals will work with the City's Community Development Department to upgrade school playgrounds to include equipment that enhances children's development of eye-hand coordination, posture and the ability to focus.
- Principals will encourage professional development opportunities for staff involved in recess supervision in the following areas: promotion of active games and play, first aid, cardiopulmonary resuscitation, universal precautions, conflict management and bullying prevention.
- Classroom and Physical Education teachers will teach students safe ways to use playground equipment and to play together.
- Students will not be kept from recess or excluded from a Physical Education class except if the removal is necessary to protect the health, safety and welfare of the student, other students and staff and/or is related to the students engaging in conduct that is in violation of the codes of conduct set forth in the *Cambridge Public Schools Rights and Responsibilities Handbook* and/or in school-based rules or other Cambridge Public School policies (e.g., anti-bullying policy, anti-hazing policy, anti-discrimination policy), or the permission of the student's parent/guardian has been given for the student's removal or exclusion.
- Physical activity or recess will neither be denied nor required as a form of punishment.
- All CPS students in grades K-8 will have at least 20 minutes of recess actively supervised by trained staff, preferably outdoors, during which the schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Students will not be denied recess to conference with teaching staff, finish projects or make up work unless under unusual circumstances.
- Students and staff will be encouraged to engage in active transportation (e.g., walking, bike riding, etc.) to and from school and to support a healthy and active lifestyle from an early age by working to make bicycling and walking to school a safe and more appealing mode of transportation.

Physical activity in the classroom

Principals will seek to put measures into place to encourage that:

- The Health and Physical Education Department will provide professional development opportunities for classroom teachers to incorporate physical activity into daily instruction.
- Classroom teachers will be encouraged to incorporate, as appropriate, physical activity as part of classroom activities and to provide short physical activity breaks between lessons or classes.

- Educators are aware of the school garden as a health and nutrition resource and have opportunities to incorporate it in district-wide teaching.

Reduce Inactivity

- Principals will support and encourage that teachers give students periodic opportunities to stand and stretch during extended sedentary activities, such as mandatory testing.
- Principals will limit the use of screen time in classroom instruction and promote recreational screen time reduction by providing information and resources to families in order to promote decreasing student inactivity and increasing student physical activity.

Walking/Biking to School

Principals will seek to support walking and biking by providing resources, including but not limited to:

- Undertake activities to promote walking and bicycling, for example by participating in National Bike to School and Walk to School Days, and joining the MassDOT Safe Routes to School Program.
- Collaborate with the Cambridge Traffic, Parking & Transportation Department to:
  - Provide information, including walking maps, about safe walking and biking to school to families and students.
  - Ensure there is plentiful safe and convenient bike parking at schools.
  - Educate parents and caregivers about the importance of safe driving to ensure the safety of children walking and bicycling.
  - Ensure that adults who drive to school do not park in ways that impede the safety of children (for example, on sidewalks, in bike lanes).
  - Ensure that there are crossing guards at appropriate intersections along key elementary and middle school walking and biking routes.
  - Make any changes in crossing guard locations on the basis of a traffic analysis.

5. Safety

Play areas, facilities and equipment

It is the expectation of the CPS that play areas, facilities and equipment used for physical activity on school grounds shall meet accepted safety standards for design, installation and maintenance.

- The CPS through the principals and central office will work with the City of Cambridge Department of Public Works to ensure that recess equipment and facilities are checked regularly for safety.
- Principals will identify a school staff member who will check the playground regularly for broken glass and other dangerous objects.
- Anyone who finds equipment worn, broken or in need of repair will promptly report this to the principal.

Injuries

Student injuries sustained during the school day will be assessed by school staff present, and by the school nurse when needing further assessment and/or treatment.

Winter Weather Safety

6. Principals are encouraged not to cancel recess due to weather, unless absolutely

necessary. Each principal or designee will determine whether the temperature or wind chill are severe enough to cancel recess. A basic framework for weather decisions is the following:

Below 10 degrees: Indoor Recess
Below 32 degrees: Coat, long pants, gloves/mittens & hats as appropriate

More detail (including wind-chill) can be found through the Child Care Weather Watch at: http://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf.

- Students who do not have appropriate winter or rain wear may need to be kept inside, but other students are expected to participate in outside recess. Principals will inform parents/guardians to send students to school dressed appropriately for the weather and that any families that need help obtaining winter outerwear should contact their school's family liaison.
- During outdoor activities, principals will put measures into place to:
  - Promote or require student use of protective items such as clothing (long pants, coat, hats and gloves/mittens).
  - Notify families prior to field trips and prolonged outdoor events that they are expected to prepare their child accordingly for activities in winter weather.
  - As needed, consider substituting indoor activities that take place when temperature, wind chill or weather are severe.

Heat and Sun Safety

During outdoor activities, Principals will put measures into place to:

- Promote or require student use of protective items such as clothing, hats, sunglasses, sunscreen, and lip balm.
- Notify families prior to field trips and prolonged outdoor events that they are expected to prepare their child accordingly for activities in sun or heat.
- Provide adequate hydration for students.
- As needed, consider rescheduling outdoor activities that take place during the hours of peak sun intensity and/or heat.

7. Health Assessment

CPS and CPHD, along with the Cambridge Department of Human Services, will continue to collaborate to assess youth health and risk behaviors through two bi-annual surveys, the Teen Health Survey and Middle Grades Health Survey. The surveys are administered during the school day and scheduled in collaboration with the Principals. Results of the surveys are analyzed and a summary of the results is shared with both the school and the community at large through various dissemination efforts.

8. Staff Wellness

The CPS Human Resources will annually publicize the services available through the CPS Employee Assistance Program. The CPS administration will seek to support staff efforts to provide other employee wellness activities requested by staff.

Last updated: July 17, 2025

Adopted: March 19, 2024

File: ADF

Cambridge Public Schools Wellness Policy

The Cambridge School Committee prioritizes the importance of a comprehensive Wellness Policy for the Cambridge Public Schools that provides students with rigorous, joyful and culturally responsive learning, as well as social and emotional supports to achieve wellness as it relates to the whole child. The Wellness Policy adheres to relevant state and federal regulations and laws. The School Committee actively protects the health, wellbeing and ability of students to learn through designing a school environment that promotes healthy choices.

The Wellness Policy is required by federal and state law to address the provision of:

- goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness,
- policies for other foods and beverages available on the school campus during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives)
- health education,
- nutrition guidelines for all foods and beverages available or for sale on the school grounds during the school day that are consistent with federal and state laws and regulations, and,
- policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Wellness Council

The School Committee designates the Superintendent of Schools as the Wellness Policy Coordinator who will be responsible for establishing a Wellness Council and assigning appropriate staff to implement the policy. The Superintendent of Schools will appoint a designee to serve as a liaison between the Wellness Council and the Superintendent of Schools. The school department's Wellness Council will be coordinated and facilitated jointly by representatives designated by the Cambridge Public Schools and the Cambridge Public Health Department. The Wellness Council's role is advisory to the Superintendent of Schools and shall permit and encourage representatives from a wide range of school and health-related disciplines, including school health professionals, school administrators, school nutrition, health and physical education educators, community agencies serving youth, parents/guardians/caregivers, students, school committee, local board of health, local health care providers, other City of Cambridge

departments and members of the general public and, to the extent possible, reflect the cultural, linguistic and ethnic composition of the community. The Wellness Council will meet at least four times each school year. The Wellness Council may also serve as a resource to schools in connection with the implementation of this Wellness Policy.

Development of Guidelines

The Superintendent of Schools in consultation with the Wellness Council will develop Implementation Procedures consistent with this Wellness Policy. Principals will review the Wellness Policy and related implementation procedures and share Wellness Policy requirements with staff on an annual basis to ensure implementation and adherence.

Nutrition

The school department's expectation is that all students in grades K-12 will have opportunities, access, support and encouragement to make healthy nutritional choices throughout the school day All schools will adhere to the school department's Administrative Wellness Policy Guidelines and Implementation Procedures, as applicable.

This includes:

- Occasions that integrate food, such as nutrition education in the health education curriculum, special occasions/celebrations, and school-sanctioned events.
- Nutrition promotion will support and enhance classroom nutrition education through eating experiences in the school cafeteria. This is provided by the Director of Food Services in partnership with the Cambridge Public Health Department and through opportunities to grow, harvest and taste organically grown fruits and vegetables in school gardens.

  The school department does not allow the marketing or advertising of any food or beverage that does not meet the federal Smart Snacks in School nutrition standards.
- The School Food Service program will provide students with access to a variety of affordable, nutritious, and appealing foods and beverages that:

    - Meet the health and nutrition needs of CPS students and adhere to or exceed the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable;
    - Meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages, as applicable, which exceed the USDA Smart Snack Standards
    - Make water available and accessible without restriction to students at no charge when meals are served;
    - Represent and celebrate the religious, ethnic and cultural diversity of the student body through accommodations in meal planning;
    - Provide clean, safe and pleasant settings for student mealtimes.

- Ensure that every K-12 student shares the same welcoming meal experience regardless of their family's ability to pay.

- School administration will ensure:
  - All schools will participate in available federal school meal programs including the school breakfast program, national school meal program; and, to the maximum extent practicable, summer food service program, fruit and vegetable snack program and child and adult care food program.
  - Schools adhere to the nutritional standards set by the Massachusetts Department of Public Health for competitive foods and beverages including vending machines, a la carte items offered in school cafeterias, school stores and school-sponsored or school-related events.
  - The schools will maintain the same Massachusetts Food and Beverage Standards for Extended Day programs, concession stands, booster sales, fundraising activities and school-sponsored or school-related events.
  - Students have adequate time to eat; and a minimum of 20 minutes for lunch and a minimum of 10 minutes for breakfast after sitting down.
  - Where practicable, maintain school gardens as a health and nutrition resource and all gardens will include edible fruits and vegetables and use organic practices.
  - Students will not be restricted from having access to free, safe, unflavored drinking water throughout the school day.
  - The schools will support the provision of additional food to students and families in need through participation in community programs such as the weekend backpack program and the free markets organized by Food for Free.

<u>Physical Education and Physical Activities</u>

The department's goal is that all students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis throughout the school day through physical education (PE) classes, and before and after school. Such opportunities include, for example, intramurals, interscholastic athletics, active transportation (walking, biking, taking public transportation, and using other non-motorized personal mobility devices to travel to and from school) and physical activity integrated into the academic curriculum where appropriate. Additionally, there will be daily recess periods with active play for K-8 students. Schools will collaborate with the City of Cambridge Community Development Department on the Safe Routes to School program.

- The Health, Physical Education and Athletics departments will provide all students, including students with disabilities, special health care needs and those in alternative

educational settings, with access to a variety of opportunities for physical activity. These activities will:

- Adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework, the National Association for Sport and Physical Education Standards, and the MassDOT Safe Routes to School Curriculum.
- Ensure that students learn skills for lifelong activities
- Provide students with the opportunity to participate in physical activity through a range of programs including but not limited to, commuting options that promote active transportation, intramurals and competitive interscholastic athletics, and activities that are available to all students, regardless of skill level, such as intramurals and physical activity clubs.
- Include in-school training for all 2nd and 6th grade students on active transportation to ensure that students have the tools necessary to walk or bike to school safely and comfortably.

- The school department will ensure that physical education is taught by qualified educators who are certified by the Commonwealth of Massachusetts to teach physical education. In addition, as part of a quality physical education program, all physical education teachers will be expected to participate regularly in professional development activities.
- The school department will ensure that equipment and facilities specifically used for Physical Education are adequate and conform to safety standards.
- All CPS students in grades K-8 will have at least 20 minutes of recess actively supervised by trained staff, preferably outdoors, during which the schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- School administration will work to make active transportation to and from school a safe, accessible and appealing mode of transportation. School administration will encourage and support the use of active transportation modes by students and staff.

Health and Nutrition Education and Promotion

The following are the school department's goals for health education activities:

- Students will receive encouragement, support and education to adopt and maintain healthy behaviors through standards-based health education, including nutrition education and social emotional learning and within a coordinated school health program in line with the CDC's Whole School, Whole Community, Whole Child framework.
- Students receive health education that teaches the skills they need to adopt and maintain healthy behaviors.
- Students receive consistent health messages from all aspects of the school program.

- Health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education curriculum. Staff who provide health and nutrition education will have appropriate training.
- Health and nutrition education curriculum will be aligned to the Massachusetts Comprehensive Health Curriculum Framework, National Health Education Standards and the National Sexuality Education Standards and will establish linkages between health education, school meal programs and related community services. Kindergarten through grade 5 staff will attend school department health education training.
- The school department will ensure that specialist staff who teach health education in middle and high school are qualified educators who are certified by the Commonwealth of Massachusetts to teach health education.
- Principals will provide training to enable school staff to value and promote physical health and nutrition education, healthy eating and opportunities for students to be physically active and will ensure that school staff adheres to the Wellness Policy and related administrative guidelines and procedures.

- Schools are encouraged to provide nutrition and physical activity information for families and to build community support for wellness practices.

Discipline: Rewards and Punishment

- Physical activity or recess will neither be denied nor required as a form of punishment.
- Students will not be denied recess to conference with teaching staff, finish projects or make up work.
- Food may not be used as reward or denied as a form of punishment.

Monitoring and Evaluation

The Superintendent of Schools shall be responsible, including operational responsibility, for ensuring that schools meet the goals of the school department's Wellness Policy. Compliance with the Wellness Policy and implementation procedures will be ensured by the principal-or designee at each school, and, at the school department level, by leadership of the School Food Service and Health and Physical Education departments.

As required by the Child Nutrition Reauthorization of 2010, USDA Food and Nutrition Services Final Rule, 7 C.F.R. §210.18(1)(8), and the Massachusetts Standards for School Wellness Advisory Committees the Wellness Policy Council will be tasked with monitoring the implementation of the Wellness Policy and giving periodic updates.

The Mobility Education Coordinator, Cambridge Community Development Department, will work with schools to ensure compliance with the Safe Routes to School program.

The Superintendent of Schools also will be responsible for ensuring that students, parents/guardians/caregivers, educators food service professionals, school health professionals, school administrators, and other interested community members are engaged in developing, implementing, monitoring and reviewing school department-wide nutrition and physical activities policies through the wellness council and for making information about the content, implementation and evaluation of the Wellness Policy available to the public. The Wellness Policy will be reviewed every three years, and a report assessing the school department 's progress toward meeting the goals of this policy, compliance with this policy and to the extent which this policy compares to model wellness policies will be prepared and also will be made available to the public. Necessary updates will be made by the Wellness Council to the policy as a result of the triennial reviews.

The Wellness Council will create an annual action plan, including measurable goals and objectives and a process for monitoring and evaluating progress made towards reaching the school department's annual goals and objectives of the Wellness Policy. The Wellness Council will include a review of membership and participation from the previous year and, as appropriate, a request to the Superintendent for replacements. School principals and designated staff from the school department's food service, health, physical education and athletic departments, as determined by the Superintendent of Schools, will work with the Wellness Council so that it may develop an annual compliance report for submission to the Superintendent of Schools, and this report also will be made available to the public.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265, as amended, and related regulations The Richard B. Russell National School Lunch Act, 42 U.S.C. §§1751-1769h, as amended, and related regulations The Child Nutrition Act of 1966, 42 U.S.C. §§1771-1789, as amended, and related regulations, including without limitation, 7 C.F.R. § 210 et seq.; Healthy Hunger-Free Kids Act of 2010, Public Law 111-296, 111th Cong. 2010, 124 Stat. 3183, Section 204; 105 C.M.R. 215.00: Standards for School Wellness Advisory Committees.

Adopted: March 19, 2024