

WELLNESS POLICY

The Southampton School District (the “District”) recognizes the relationship between student well-being and student achievement, as well as the importance of a comprehensive district wellness program. Therefore, the District will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

The District is committed to providing a school environment that promotes the relationship between good nutrition and overall wellness by promoting nutritional practices that are consistent with the goal of healthy eating.

Southampton School District will endeavor to provide nutrition education to all students in grades Pre-K – 6. Nutrition education will be designed to provide learners with the knowledge and skills necessary to promote and protect their health.

The District is also committed to providing opportunities for students to engage in healthful levels of vigorous activity to promote and develop their physical, mental emotional and social well-being. The physical education program will be aligned with the Massachusetts Educational Frameworks.

The District will work to ensure that all school-based activities are consistent with local wellness policy goals.

Southampton School District will establish a plan for the implementation and evaluation of the Districts Wellness Policy in accordance with federal and state requirements.

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

Legal Refs: The Child Nutrition and WIC Reauthorizing Act of 2004, Section 204
P.L. 108-265 (June 30, 2004)
The Richard B. Russel national School Lunch Act, 42 U.S.C. && 1751-1769h
The Child Nutrition Act of 1966, 42 U.S.C. && 1771-1789

Approved: November 29, 2006