

**Franklin Public Schools  
Franklin, Massachusetts 02038**

**Action Required**

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**Subject:** Policy – 2<sup>nd</sup> Reading/Adoption

**Date:** March 13, 2018

**Dept:** School Committee

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**Reason:** Required Vote

**Enclosure:** yes

**Recommendation:**

I recommend adoption of the following policies as discussed.

Policy CBD – Superintendent's Contract

Policy ADF – Wellness Policy

**Action Requested of the School Committee:**

Majority vote of the School Committee is required.

<u><b>Vote Tabulator</b></u>	
A. Bergen: Y / N	D. Schultz: Y / N
C. Douglas: Y / N	MJ Scofield: Y / N
D. Feeley: Y / N	G. Zub: Y / N
M. Linden: Y / N	Action: _____

## **SUPERINTENDENT'S CONTRACT**

The Committee, upon the appointment of a candidate to be Superintendent will enter into a written contract with the Superintendent which will meet the requirements of law and will protect the rights of both the Committee and the Superintendent. In accordance with said contract or, in the absence of specific contract language, by vote of the members, the Committee may choose to negotiate a successor contract with an incumbent Superintendent.

LEGAL REFS.: M.G.L. 71:41; 71:42

**NOTE: Under the laws of the Commonwealth, the School Committee may award a contract to a Superintendent of Schools for a period not to exceed six years.**

## WELLNESS POLICY

The mission of the Franklin Public Schools is to provide the environment and resources which enables all students to achieve success in reaching their emotional, intellectual and physical potential.

The Franklin Public Schools will:

- Ensure that all students have access to healthy food choices during the school day.
- Provide a pleasant dining environment for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria/dining area.
- Endeavor to enable all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
- In an effort to promote health and wellness, the Franklin Public Schools will review how nutritious food choices can be incorporated into the curriculum.
- Teachers and staff will not use food as a reward or punishment for students. When food is used in the classroom as part of the academic program, all foods shall comply with the competitive food standards listed below.
- Ensure all personnel review School Committee Policy JLCDD **Managing Life Threatening Food Allergies in the Educational Environment** annually.
- Promote and facilitate the practice of making good nutritional choices through a plan that focuses on reducing access to non-nutritional items and educating students about healthy foods.

### School Meals Program:

Foods or beverages provided as part of the National School Breakfast Program, or the National School Lunch Program shall be in compliance with Federal Guidelines. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require. Menus will be planned with input from students, family members and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals. Periodically, students may take part in food demonstrations and/or tastings.

Students will be encouraged to start each day with a healthy breakfast. All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive and of high quality. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium. Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

Information about the Massachusetts School Nutrition Program can be found at <http://www.doe.mass.edu/cnp/nprograms/nslp.html> and USDA's National School Lunch program at <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>.

### **Competitive Foods:**

Competitive foods are defined as foods and beverages sold or provided in:

1. School cafeterias, offered as a la carte items
2. School buildings, including classrooms and hallways
3. School stores
4. School snack bars
5. Vending machines (must comply 24 hours/day)
6. Concession stands
7. Booster sales
8. Fundraising activities
9. School-sponsored or school-related events
10. Any other location on school property

Competitive foods, including “A la carte offerings” to students shall be nutritious and comply with USDA and Commonwealth of Massachusetts school nutrition regulations. In cases where the USDA and Massachusetts school nutrition regulations differ, the stricter standard shall be required. These regulations apply to “foods and beverages sold from midnight before to 30 minutes after the school day.”

Organizations affiliated with the Franklin Public Schools and any other after-school events held on school grounds are required to follow these standards when foods/beverages are offered from midnight before until 30 minutes after the school day ends. They are encouraged to also follow these standards when offering foods/beverages outside of the 30-minute time period.

### **Nutrition Education:**

Students will have the opportunity to participate in a variety of nutrition education learning experiences in their health education courses. Nutrition education lessons are designed using instructional techniques and strategies to promote healthy eating. Nutrition education lessons are based on the most recent dietary guidelines for Americans developed by the USDA My Plate and are age appropriate based on the Massachusetts Health Education Curriculum Framework Standards. In health education, students will gain understanding of the following:

Nutrition knowledge: including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparation, handling and storage.

Nutrition related skills: including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising. Students will also assess their personal eating habits, set goals for improvement and develop a plan to achieve those goals.

### **Health Education:**

The Franklin Public Schools will strive to provide Health Education skills and concepts as part of the regular instructional program and will strive to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- In grades K-10 an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks shall be implemented. All health education lessons are age appropriate and are based on the Massachusetts Comprehensive Health Curriculum Frameworks.
- In grades K-5 units of study include: safety and injury prevention, interpersonal relationships, bullying and violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, tobacco, alcohol and other drugs, and growth and development.
- In grades 6-8 units of study include: safety and injury prevention, interpersonal relationships, bullying and violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, suicide prevention, tobacco, alcohol and other drugs, growth and development, and reproduction/sexuality.
- In grades 9 & 10 units of study include: safety and injury prevention, interpersonal relationships, bullying and violence prevention, physical activity and fitness, nutrition, disease control and prevention, mental health, suicide prevention, tobacco, alcohol and other drugs, growth and development, reproduction/sexuality, and community and public health.

### **Physical Education and Activity:**

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. The opportunity to participate in physical education is not withheld from students as a punishment for misbehavior.

### **Physical Education Program:**

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- Participation in such physical activity shall be required for all students in kindergarten through grade five no less than once per week.
- Instruction will be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school wide activities.
- High schools shall require four years of PE/Health for graduation.
- Students shall be supported in setting and striving towards personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

### **Healthy and Safe Environment:**

A healthy and safe environment for all, before, during and after school supports academic success. Safe communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- School and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

### **Social and Emotional Learning (SEL):**

The Franklin Public Schools utilizes a multi-tier system of supports to provide high quality, evidence-based instruction and interventions in the core competencies of SEL including: Self-Awareness, Self-Management, Responsible Decision Making, Social Awareness, and Relationship Skills.

The District's approach to implementing SEL includes:

- programming to develop positive and inclusive school climates and cultures,
- direct instruction for SEL skill acquisition,
- appropriate integration of SEL strategies into academic work, and
- targeted interventions designed to support students in acquiring skills.

The Franklin Public Schools offer a variety of curricular and non-curricular programs to help all students acquire SEL skills. At the elementary level, these include but are not limited to: Responsive Classroom, SEL Lessons, and our district-wide health and physical education program. At the secondary level, all students participate in advisory programming as well as developmental guidance, SEL lessons, Responsive Classroom, and our district-wide health and physical education program. Additionally, secondary schools offer a variety of clubs and activities.

### **School Wellness Advisory Committee:**

The Superintendent will establish and maintain a district-wide School Wellness Advisory Committee (SWAC). The purpose of this committee will be to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health. In addition, the SWAC shall encourage development of a program that actively promotes wellness in schools and maximizes the school district's opportunities for grant awards.

The Superintendent shall appoint committee members, including a designee to serve as a liaison between the committee and the Superintendent, and ensure the active functioning of the committee. The composition of the SWAC shall include school nurses, school nutrition and physical activity staff, community agencies serving youth, parents, students, administrators, and school committee members. The SWAC shall meet at least four times a year and minutes from meetings shall be kept in the Superintendent's office.

The SWAC shall develop and implement an Annual Improvement Plan that:

- Includes attention to nutrition, physical activity and obesity
- Has measurable, observable goals and objectives for the coming year to promote student wellness
- Explains how the SWAC will work with the district and school personnel to achieve its goals and objectives
- Includes recommendations concerning school-level wellness teams and initiatives
- Includes a process of monitoring and evaluating progress in reaching goals and objectives

The SWAC shall submit an annual report to the Superintendent and School Committee, indicating the progress toward achieving the goals and objectives of that year's annual plan. Such report may then be distributed to other interested parties and groups as the School Committee sees fit.

### **Implementation:**

The Principal or his/her designee will be assigned to ensure compliance with standards of this Wellness Policy in his/her school. The Director of School Food Services will ensure compliance with nutrition policies within the school food service areas

The SWAC will conduct ongoing assessment of the wellness program every three years to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, revise the Wellness Policy (ADF) and develop work plans to facilitate its implementation.

Legal References:     Healthy Hunger Free Kids Act of 2010;  
                              MGL 223 Ch. 111, 105 CMR 215.00;  
                              42 U.S.C. 11751 (Pub.L. 108-265, Title II and 204, June 30, 2004 118  
                              Stat. 78.0;

The Healthy Meals for Healthy Americans Act of 1994, P.L. 103-448,  
Section 9(b)(2)(C) of the National School Lunch Act (NSLA) 42 U.S.C.  
1751. CFR Part 210 National School Lunch Program.

Cross Reference: School Committee Policy JLCDD

Reviewed; Revised; Adopted:	2/26/2013
Reviewed; Revised:	12/11/2014
Reviewed, Revised; Adopted:	_____