



Greenfield Public Schools

Wellness Program

March 2024

GREENFIELD PUBLIC SCHOOLS
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The Greenfield Public School District is a place where every child is supported on their path to success.

Endorsed by the Greenfield School Committee: March 13, 2024

The Wellness Committee 2023/2024 membership for the district includes:

1. Melissa Bednarski, Nurse Leader; Wellness Committee Coordinator; melbed1@gpsk12.org
2. Greta Shwachman, Food & Nutrition Services Director; greshw1@gpsk12.org
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GREENFIELD PUBLIC SCHOOLS WELLNESS

The Greenfield Public Schools (GPS) is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental and social success, we must create positive, safe, health-promoting learning environments at every level, in every setting, throughout the school year. The Greenfield Public Schools will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

Greenfield Public Schools recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school 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 GPS wellness policy outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff and schools in the district.

DISTRICT WELLNESS COMMITTEE

The purpose of [105 CMR 215.000](#) is to set standards for the establishment and operation of School Wellness Committees. These committees are intended to ensure that each public school district has an established group of school staff and community representatives to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.

The District Wellness Committee will meet at least four times a year to establish goals for and oversee school health and safety policies and programs – including the development, implementation and periodic review and update of this local school Wellness Program Policy ADF.

Committee Membership

The Superintendent, or designee, who is currently the District Nurse Leader, will convene the District Wellness Committee, facilitate development of procedures and programs to implement the District Wellness Policy and monitor each school's compliance with the policy and program. The names and contact information of the District Nurse Leader and the District Wellness Committee members will be made readily available to the public on the GPS Website under Health and Wellness. The District Wellness Committee will consist of at least one parent/guardian, nurse, school food service representative, School Committee member, school

administrator, athletic department representative, members of the public, and other community members as appropriate. GPS students are encouraged to participate.

District Wellness Committee

The district will strive to build a School Health Advisory Committee at each school. If established, these committees will collaborate with the District Wellness Committee.

The district will inform caregivers and the public each year of basic information about the School District Wellness Policy and program, including the names and contact information of Committee members and any updates to the Wellness Program.

NUTRITION GUIDELINES

Greenfield Public Schools will ensure that all foods and beverages made available on campus during the school day are consistent with the School Lunch Program nutrition guidelines.

Foods and beverages must comply with whichever standard (state or federal) is more strict. GPS will participate in the National School Lunch Program and the School Breakfast Program and will provide meals that meet the nutrition standards by including the following:

- Fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas and legumes)
- Grains (whole grain-rich)
- Meats and meat alternatives
- Fat-free and low-fat milk
- Access to free drinking water

In addition, GPS will ensure the following:

- Compliance with all federal and state nutrition standards for all foods served in GPS schools. All food items served or offered to students from midnight the night before until 30 minutes after the school day ends, meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- Access to vending machines will be off limits for students during the school day as defined as, from midnight the night before until 30 minutes after the school day ends. Sports and other extracurricular activities outside the normal school day hours, beyond 30 minutes after school ends, may access the vending machines.
- All vending machines will be compliant with the [MA Competitive Food and Beverages Standards at all times.](#)
- School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA.
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Students will be allowed an adequate amount of time to eat meals in adequate lunchroom

facilities.

- Implementation of a plan to protect student privacy. Cafeterias are cashless - all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.
- Schools will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
- Applications for free/reduced priced meals will be sent home to all families at the beginning of the school year, when applicable. The application will also be available on the school website.

Related Programs

Other nutrition related programs offered outside of the National Lunch Program and School Breakfast Program that may be provided include the following:

- Farm-to-school
- School gardens

The district and/or schools will strive to:

- Develop nutrition lessons that are integrated into the curriculum at all grade levels (PreK-12). Plan to include reading food labels and menu planning that provide skills necessary to promote health
- Offer a variety of foods and beverages that are appealing and attractive to children
- Prohibit the use of food as a reward or the withholding of foods as punishment
- Post menus on the district website and/or individual school websites and include nutrient content and ingredients
- Ensure that students are served lunch at a reasonable and appropriate time of the day
- Ensure that students have at least 20 minutes to eat lunch
- Encourage staff to model healthy eating behaviors
- Implement the following farm-to-school activities: incorporating local or regional foods into school meal programs; hosting promotions or special events, such as tastings, that highlight the local/regional foods; reinforcing messages about agriculture and nutrition throughout the learning environment; and hosting school gardens.
- Provide the opportunity for students to attend field trips to local farms where produce is purchased for school meals
- Promote healthy food and beverage choices using specific marketing and merchandising techniques (displaying whole fruit options in attractive bowls or baskets instead of chafing dishes or hotel pan); displaying daily fruit options in the line of sight and reach of students; giving creative or descriptive names to all available vegetable options; bundling daily vegetable options into all grab-and-go meals available to students; training all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options in their meal; highlighting alternative entree options (e.g.salad bar or yogurt parfaits) on posters or signs within all service and dining areas; conducting student surveys and taste testing opportunities and using them to inform menu development, dining space decor and promotional ideas; using daily announcements to promote and market menu options
- Ensure al a la carte food items will comply with MA Competitive Food [regulations](#)
- Permit students to bring and carry approved water bottles filled with only water before, during and after the school day across the school campuses.

- Ensure all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.
- Ensure there will be no food-related fundraisers held during the school day
- Ensure beverages containing caffeine will not be offered or sold to students on any school campus.
- Endeavor to provide food and beverages served to students in before and aftercare programs, meet CACFP nutrition standards or Smart Snacks standards
- Limit marketing of any food item that does not comply with the [Smarter Snack standards](#)

Meals served in Greenfield Public Schools are in accordance with the [National School Meals Programs](#). Federally-funded child nutrition programs must comply with the [nutrition standards](#) for school meals.

The district shall use the USDA's Smarter Lunchroom tools and other resources available on the [USDA website](#).

Allergy Precautions

The district will implement the following nut allergy precautions:

- Maintain a nut-safe school environment. All food that the Food Services Department provides will be peanut and nut-free.
 - Students may be allowed to bring nut-containing items to school to be eaten at lunch. Due to individual allergies, please check with your child's school nurse and classroom teacher to determine if nut products are allowed.
- Maintain a designated nut-free area in each school's cafeteria, if needed.
- Prohibit students sharing food or beverages
- Prohibit students from eating while on school transportation.
- Ensure free, safe and unflavored drinking water is available to students in school buildings

Click [HERE](#) for more information on the Life-Threatening Allergy Policy JHCDA.

Celebrations and Rewards

Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Given our role to promote student health, non-curriculum related classroom celebrations will be food free. No outside food that is for sharing will be allowed during the school day.

PHYSICAL ACTIVITY

The school district will provide physical education aligned with the standards established by the Massachusetts Department of Elementary and Secondary Education (DESE).

The district will ensure that a combination of physical activity opportunities are offered to students in the form of the following:

- Classroom physical activity, elementary and middle school recess, physical education

- Opportunities for physical activity through a range of before- and after-school programs, which may include but not be limited to, interscholastic athletics, and physical activity clubs.
- Schools will strive to provide creative ways for students to walk, bike, or skateboard safely to and from school.

Daily Recess

- Recess will be offered at all elementary schools for 20 or more minutes on all full school days during the school year which will complement, not substitute for, physical education class.
- Schools and students will be provided with adequate spaces, facilities, equipment and supplies for recess.
- Spaces and facilities for recess will meet or exceed recommended safety standards in collaboration with the City.
- Staff will provide opportunities for students with special needs or disabilities to participate in recess.

Physical Education

The district will ensure all PE classes are based upon age-appropriate, sequential physical education curricula that are consistent with national and state standards, promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

Physical education shall be taught as a required subject in all grades for all students in the public schools for the purpose of promoting the physical well-being of such students. Though important for increasing physical activity, other other physical activity experiences such as recess, sports or recreational endeavors should not be used as a replacement for physical education.

Schools may not allow students to be exempt from required physical education for other courses or training. There will be no substitutions allowed for the physical education time requirement.

The district will strive to meet the following goals:

- All PE classes are taught by licensed teachers who are certified or endorsed to teach PE.
- PE teachers provide appropriate accommodations to ensure that all students, including students with disabilities, are provided with an equal opportunity to participate.

National Standards for Physical Education

The Physical Education curriculum is aligned with both the Massachusetts Health Literacy Frameworks and the [National Physical Education standards](#). Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

The national physical education standards address five essential areas of a physically educated individual:

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The district will integrate wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms and physical activity areas.

- Schools in the district will offer school-sponsored events, whether before, during or after school, and will adhere to the Wellness Policy guidelines and include physical activity and healthy eating opportunities when appropriate throughout the school year.
- A critical issue facing schools is the increase in the use of e-cigarettes. Schools are being called upon to teach students about the health risks of e-cigarettes and offer tobacco prevention education.
- School district will strive to develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students.

Social and Emotional Learning

The district is committed to creating a positive social- emotional climate across all schools during the school day and school sponsored activities

The district will promote a positive social-emotional climate in the following ways:

- Conduct and promote participation in school climate surveys, sharing data with stakeholders, and utilizing data to improve school climate.
- Identify and implement school-wide approaches to prevent and address harassment, bullying and cyberbullying.
- Review school safety and violence prevention policies and strategies.
- Connect social and emotional learning competencies and academic standards.
- Ensure that school and school-based out of school time (OST) staff are promoting positive relationships between students and employees.
- Ensure that school and OST staff are trained in diversity and inclusion practices.
- Train school and school based OST staff on the use of positive behavioral interventions and supports and minimizes exclusionary discipline practices such as suspensions and expulsions.
- Ensure that school and school-based OST staff teach, model and reinforce social-emotional learning (SEL) competencies.
- Train school and school-based OST staff on trauma informed care

Supporting Cultural and Linguistic Diversity

Greenfield Public Schools strives to support students by creating affirming environments where students feel seen, engaged in deeper learning, and are held to high expectations with targeted support. Culturally and linguistically sustaining practices are essential for all students in the classroom, regardless of their background, culture, or identity. All students benefit from an approach that is intended to meet the needs of diverse learners.

HEALTH SERVICES

Student Wellness

The district will support students' physical health through:

- Conducting assessments and planning for the individual chronic disease management needs of students.
- Ensuring students have access to a highly qualified nurse in the school setting and referrals to and collaboration with community services as needed.
- Coordinating with caregivers and community medical providers Ensuring that school-based health staff consult and collaborate with teachers and other school and school-based OST staff regarding required student health information
- Disseminating health information resources to students and caregivers (e.g., pamphlets, flyers and posters)
- Providing student physical health screenings (e.g., vision and hearing)
- Addressing management of acute health incidents (e.g., allergic reactions, asthma attacks and low blood sugar) in the school setting
- Providing education regarding high-risk behaviors such as sexual activity and substance use

Staff Wellness

The Greenfield Public Schools care about the well-being of staff members and understand the influence that staff actions have on all student health behaviors. Adults are encouraged to model healthy behaviors, especially on school property and at school-sponsored meetings and events. Schools are encouraged to support staff wellness initiatives.

The district promotes insurance sponsored health initiatives that include discounts and reimbursement to a variety of healthy lifestyle choices and activities.

Staff have the opportunity to purchase a staff lunch daily that includes a variety of healthy food choices.

PHYSICAL ENVIRONMENT

The district is committed to ensuring that the school environment protects the health and safety of students and staff. The district will support healthy and safe school environments in the following ways:

- Identify regular cleaning and maintenance practices and ensure compliance with safety standards.
- Address the physical condition of buildings and grounds (e.g., lighting, noise, ventilation, and air quality).
- Establish tobacco-free buildings and grounds
- Specify physical safety measures and procedures (e.g., locked doors and windows, surveillance of hallways, check-in/check-out systems for visitors and safe transport).
- Establish a district safety team with representative from each school
- Specify a crisis preparedness and response plan for the district and assist each school in developing a plan.
- On an ongoing basis, Facilities Management will provide technical assistance to principals on environmental problems and other building-related issues.
- Prohibit advertising on school property of foods and beverages that are not available for sale in district schools
- Recommend that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

FAMILY ENGAGEMENT AND COMMUNITY INVOLVEMENT

The district is committed to encouraging caregiver engagement in the following ways:

- Ensure that caregivers are actively recruited for inclusion in the Wellness Committee with attention to diversity of representation in terms of race, ethnicity, gender identity, and disability status, etc.
- Ensure that schools and school-based OST staff provide opportunities for ongoing, sustained family engagement throughout the school year.
- Ensure that schools and school-based OST staff provide opportunities for two-way communication with caregivers
- Support schools in aligning caregiver engagement activities with district wellness objectives
- Ensure that schools use culturally responsive practices to engage caregivers
- Disseminate health information resources to caregivers (e.g., pamphlets, flyers, and posters)
- Provide school-based volunteer opportunities for caregivers (e.g., PTO, school council, school wellness committee)
- Develop relationships with community organizations to identify community-based opportunities for student service-learning

ACCOUNTABILITY

At least once every three years, the district will assess the Wellness Policy by measuring the following:

- The extent to which the Wellness Policy meets the requirements of the final rule
- The extent to which schools in the GPS district are complying with the Wellness Policy
- The progress made in attaining the goals of the Wellness Policy
- The extent to which the Wellness Policy compares to model wellness policies

Policy and Program Updates

The district will update the Wellness Policy based upon the following:

- The results of the triennial assessment
- District priorities
- Community needs
- The results of school health assessment
- School-level implementation progress
- Emerging scientific information
- New federal or state regulations or guidance

Resources:

Healthy Schools Program Framework of Best Practices

<https://www.healthiergeneration.org>

Nutrition Standards for Competitive Foods and Beverages in Public Schools

https://massschoolwellness.org/wp-content/uploads/2023/10/20230907102042_MA_Competitive_Foods_Memo_September_2023.pdf

USDA

<https://professionalstandards.fns.usda.gov/>

Massachusetts Department of Elementary and Secondary Education

<https://www.doe.mass.edu/sfs/bullying/>

<https://www.doe.mass.edu/instruction/culturally-sustaining/default.html>

WellSat: 3.0 Wellness School Assessment Tool

<https://www.wellsat.org/>

