

SCHOOL DISTRICT WELLNESS PROGRAM

Peabody Public Schools (PPS) is committed to providing a school environment that enhances learning and develops lifelong wellness practices. Driven by the district's core value to develop the whole child, and recognizing the relationship between student well-being and student achievement, this wellness policy has been developed by the district wellness committee in accordance with federal and state guidelines.

Wellness Committee

The school district will establish a wellness committee that meets a minimum of four (4) times per year which consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The school committee designates the following individual(s) as wellness program coordinator(s): _____(title). Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meeting minutes will be taken and posted for public review.

The mission of the PPS wellness committee is threefold

1. To provide a guideline for a "whole school/whole community/whole child" approach to physical, mental, social, and emotional health;
2. To foster an innovative learning environment that promotes the development of healthful knowledge and skills;
3. To maintain a supportive and health-literate climate for all students, teachers, staff, and community.

Nutrition

Peabody Public Schools will:

1. Provide reimbursable student meals that meet state and federal guidelines;
2. Offer a variety of nutritious, affordable, and appealing foods that accommodate the health and nutrition needs of all students;
3. Follow nutrition guidelines for all foods available on each school during the school day,
4. Monitor foods available on all school campuses to assure adherence to these guidelines;
 - Ensure profit generation will not take precedence over the nutritional needs of students. The school meals program will aim to be self-supporting; however it is important to note that the program is an essential educational support activity.
 - Ensure that all students will have affordable access to a variety of nutritious foods needed to stay healthy and learn well. The Peabody Schools will make every effort to eliminate the social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced meals.

- Will provide students with enough time to eat and schedule meals at appropriate times.
- When possible, schedule lunch periods to follow recess periods at the elementary level.
- Provide students access to hand washing/sanitizing before and after meals and snacks.

Nutrition Education

Peabody Public Schools will ensure:

- Nutrition education is aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades.
- students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- Division health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g. math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training
- The level of student participation in the school breakfast and school lunch programs is appropriate.

Physical Education

Peabody Public Schools will implement a planned, sequential, pre-K to grade 12 physical education curriculum that addresses the physical, social, emotional, and cognitive development of all students following the Mass Physical Education Frameworks and the National Physical Education Standards. This program will provide a variety of developmentally appropriate activities interwoven with sound standards, benchmarks, and assessments to focus on student learning. Opportunities will be provided for learning experiences in a variety of activity areas, including physical education, teams and sports clubs, recess in K-8, and co-curricular activities. Daily, directed physical movement will be promoted at all levels.

Health Education

Peabody Public Schools will implement a planned, sequential, pre-K to grade 12 curriculum that addresses the physical, mental, social, and emotional dimensions of health. This curriculum will be in alignment with the Mass Health Frameworks, the National Health Education Standards, and existing district policies. Standards for the pre-K to grade 12 curriculums will be aimed at increasing knowledge and reducing at-risk behaviors; these standards will address subjects including nutrition; sexuality; tobacco, alcohol, and other drug use; social and emotional development; and violence prevention.

Other Activities that Promote Student Wellness

- **Guidance and Counseling** - create a planned, sequential, pre-K to grade 12 guidance workshops and counseling services following the Massachusetts Model for Comprehensive School Counseling Programs. School counselors will promote social and emotional competencies that support lifelong wellness practices for students and the larger school community.
- **Health Services** - provide preventative care and intervention strategies in accordance with Massachusetts School Health Services and Massachusetts Department of Public Health policies and guidelines as well as existing district policies.
- **Health Promotion and Professional Learning for Staff** - identify and recommend informal opportunities and resources that support school staff as they model healthy wellness practices within the district.
- **Healthy School Environment** - promote safe, healthy, well-maintained surroundings that support a culture of caring, respect, and responsibility.
- **Family & Community Involvement** - make efforts to gather resources, define services, provide programs, and respond to the health needs of PPS students and families.

Policy Review and Revision

This policy will be reviewed by school administration every three years for compliance with state and federal law. Ongoing review and revision of wellness policies and procedures shall occur on an as-needed basis by the district wellness.

Evaluation

The Wellness Committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually.

1st Reading: September 30, 2025
2nd Reading: October 14, 2025
Revision Approved: October 28, 2025