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File: ADF (also EFAB) - WELLNESS POLICY ON PHYSICAL ACTIVITY, NUTRITION AND MANAGEMENT OF LIFE-THREATENING ALLERGIES

Mission Statement:

The Whitman-Hanson Regional School District is committed to providing each student with a high quality education that promotes responsible citizenship.

To this end, the Whitman-Hanson Regional School District is committed to providing school environments that promote and protect children's health, well-being, and access all education and education- related benefits. Therefore, in collaboration with parents and the community, it is the policy of the Whitman-Hanson Regional School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, physical activity and life threatening allergy policies and guidelines.
- Building based education and training for staff will be provided on an annual basis and include the topics of: management of student allergies, recognition of the signs of an allergic reaction, activation of emergency plans, the understanding of an Individual Health Care Plan (IHCP) related to the needs of particular students, and the administration of epinephrine via auto injector.
- The school nurse, in collaboration with a student's family/care providers, will develop an Individual Health Care Plan (IHCP) including necessary accommodations for prevention, management and emergency response for each student identified with a medically diagnosed life threatening allergy.
- All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served during the school lunch program will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. Food and beverages sold outside of the school lunch program will adhere to local, state, and federal mandates. The need to manage and plan for life threatening allergies will be taken into consideration when exposing students to a variety of food items.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The Manager of Food Services will maintain documentation verifying participation in food allergen training recognized by the Massachusetts Department of Elementary and Secondary Education and the Department of Public Health.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs following all state and federal mandates regarding those programs. Students will be afforded access to the school meal programs as required by regulation.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Linkages between health education and school meal programs as well as related community services will be established.

References: <http://www.doe.mass.edu/cnp/allergy.pdf>

http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf

LEGAL REFS.: 105 CMR 210.000: The Administration of Prescription Medications in Public and Private School

Massachusetts General Law, Chapter 71: Section 54B. Administration of Medication in School Settings (regulation)

American with Disabilities Act (ADA) section 504