

# West Springfield Public Schools

## West Springfield, MA

### Wellness Highlights

The West Springfield School District is committed to providing a consistent message that student health is a priority. The Wellness Advisory Committee has developed a wellness policy and regulations which are consistent with federal and state regulations to address school nutrition, education, physical activity, and related issues and an action plan for the current school year. These highlights are not intended to replace familiarity with the full regulations, but rather, to support compliance.

Highlights include:

- Foods sold or provided to students during and after the school day will meet the nutrition and portion size standards outlined in the wellness policy.
- School fundraising activities will be limited to no more than one food-based fundraiser, per school, per school year (to be determined by the principal).
- WSHS Athletics teams will be limited to no more than one food-based fundraiser, per team, per school year.
- No bake sales will be allowed during the school day.
- Foods and beverages should not be used as rewards or discipline.
- Candy will not be given to students.
- Celebrations and classroom parties should not have a food focus. Celebrations that involve food during the school day are limited to one party per class per term. A list of foods and ideas suggested for celebrations will be provided by the district on the [Healthy Celebrations link](#).
- Schools found to be in violation will be required to purchase food for celebrations through food services.
- Developmentally appropriate nutrition education and promotion will be offered at all grades.
- Whenever possible, physical activity breaks should be offered between lessons or classes as appropriate.
- Schools should encourage parents to pack healthy lunches and snacks.
- Each school should establish and maintain a building-based wellness committee to promote staff health and wellness.
- Staff members are encouraged to model healthy eating behaviors for all students.
- Elementary students should have recess daily.
- Schools should discourage extended periods of inactivity.
- Whenever possible, schools should offer extracurricular physical activity opportunities.
- Physical activity (i.e. running laps or push-ups) will not be used as punishment.
- Withholding opportunities for physical activity (i.e. recess or PE) will not be used as a punishment.
- All school meals meet local, state and federal statutes and regulations.
- Plain potable water will be readily available to all students during the school day at no cost.
- Reminder about consequence regarding food served during celebrations.