



SHREWSBURY PUBLIC SCHOOLS

Department of School Nursing

Noelle Freeman, BSN, RN, NCSN - Director
Tel.: 508-841-1226 Fax: 508-841-1227
nfreeman@shrewsbury.k12.ma.us



Date: 5/20/2022

To: School Committee

Re: Local Wellness Policy

Federal Law ([PL 108.265 Section 204](#)), the [Healthy Hunger Free Kids Act 2010](#), and the [USDA final rule of 2016](#) require each local education agency (LEA) participating in the National School Lunch and/or School Breakfast Program to develop a [local wellness policy](#) and establish a plan for measuring the implementation of the policy. Per Massachusetts law, a [School Wellness Advisory Committee](#) must be in place to ensure that the 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 Shrewsbury Wellness Advisory Committee (SWAC) is composed of Shrewsbury Public Schools (SPS) administrators, staff members, students and parents, members of the larger Shrewsbury community and local public health representatives. The committee meets 4-5 times each school year to discuss topics related to the health and wellbeing of students and staff in our schools. SWAC provides oversight of the Local Wellness policy and is one means for assessing and promoting a healthy environment for SPS.

Review of the policy by SWAC should occur every 3 years with revisions made as needed. The last formal review of the Local Wellness Policy was in 2013. Recognizing that our policy was in need of updating, the district applied for and was accepted to participate in the [SY21/22 Massachusetts School Wellness Coaching Program: Perfecting Policy](#). This Department of Elementary and Secondary Education program provided a consultant from the John Stalker Institute at Framingham State University to work with SWAC in evaluating and revising our current Local Wellness policy to comply with state and federal standards. Under the direction of the consultant, the committee utilized the Wellness School Assessment Tool (WellSAT 3) to identify strengths of the current policy as well as areas for improvement.

The draft policy that is included in your School Committee book is a major revision of the current policy. The proposed policy is based on committee feedback, consultant recommendations, and best practice documents including the [Alliance for a Healthier Generation Model Policy](#). The goal in revising the policy was to create a document that reflects the district's current wellness practices, including not only the required categories of physical wellness (nutrition, physical activity, physical education), but also social-emotional aspects of health.

SWAC is presenting this updated draft to the School Committee for your consideration. Dr. Erica Pratt, Director of Health, Physical Education, & Family Consumer Science and I will be available at your May 25 meeting to present an overview of the updated policy and answer your questions.

Respectfully,

Noelle Freeman
SWAC Committee Chair

The Shrewsbury Public Schools, in partnership with the community, will provide students with the skills and knowledge for the 21st century, an appreciation of our democratic tradition, and the desire to continue to learn throughout life.