



MASHPEE PUBLIC SCHOOLS WELLNESS POLICY

Submitted by:

Members of the Health Advisory Committee

5/6/2026

This Wellness Policy is available to the public on the Mashpee Public School District website. Navigate to it from the District webpage at www.mpspk12.org by clicking Wellness Policy under the Health Services tab or [Wellness Policy](#).

Wellness Vision Statement

The Mashpee Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Demonstrating commitment to the full development of our students and staff, the Mashpee School District endorses the following Wellness Policy developed by its Health Advisory Committee. This policy shall define the goals and means to further our students' understanding of the important role that good nutritional choices and physical activity will have on their lives. Central to this policy statement is the belief that success will be achieved from the combined efforts and encouragement of school staff and parents. We recognize wellness as a critical component to ensure a student's academic performance. Therefore, it is the policy of the Mashpee Public Schools that:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Reimbursable breakfasts, reimbursable lunches, and à la carte items will comply with the federal, state, and local regulations.
- Qualified 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The schools will continue to promote initiatives that contribute to the social-emotional well-being of every student.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutrition Education Goals

The primary goal of nutrition education is to foster lifelong healthy eating habits and other nutrition-related behaviors conducive to health and well-being. Nutrition education will be encouraged to be integrated across core content and specialized areas as appropriate, and the school cafeteria serves as a learning opportunity to allow students to apply critical thinking skills taught in the classroom.

- Nutrition education will include instruction related to awareness of media literacy as it relates to food advertising and its effects on health.
- Nutrition education will involve sharing information with families and the broader community, PTO, and School Councils to positively impact students and the health of the community. Mashpee Public Schools will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.

School staff will encourage parents to pack healthy lunches and snacks and to refrain from sending foods and beverages that do not meet the nutritional standards.

- Staff who are responsible for nutrition education shall be adequately prepared and will regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- School staff are encouraged to model healthy eating habits whenever in the presence of students.
- Nutrition education will align with state and federal standards.

Nutrition Guidelines

It is the policy of the Mashpee Public Schools that meals offered under the National School Lunch and School Breakfast Programs are consistent with the Healthy, Hunger-free Kids Act of 2010. Guidelines for reimbursable meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the law.

- National School Lunch Program (NSLP) & School Breakfast Program (SBG):
<https://www.fns.usda.gov/schoolmeals/nutrition-standards>
<https://www.govinfo.gov/content/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

Free and Reduced meals

Schools will make every effort to eliminate any social stigma attached to students who are eligible for free/reduced school meals.

Electronic identification of a student and a prepayment system will be used. This method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status).

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generations will not take precedence over the nutritional needs of the students.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal child nutrition programs (e.g. school lunch, school breakfast, and after-school snack when offered).
- The Food Services Department will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

- All food service personnel shall have adequate pre-service training in food service operations. All food service staff will meet the continuing education requirements as set forth by the [USDA Professional Development Standards](#).

Eating Environment

- The [Massachusetts School Meals Nutrition Standards Commission](#) recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Children should be encouraged to clean their hands prior to consuming food.
- At all schools, water is available for students at meals at no cost. At the Mashpee Middle-High School, bottled water is also available to students for an additional cost. Water quality testing and monitoring is conducted by Mashpee Department of Public Works.
- The consumption of unflavored bottled water by students throughout the school/classroom will be permitted during the school day, except where water could be deemed a hazard to equipment or an activity.

Competitive Foods Classroom Celebrations and Rewards

All food and beverages sold to students during the school day (from midnight to 30-minutes after the end of the official school day) must meet the [USDA Smart Snacks Standards](#), or [MA Standards for Competitive Food and Beverages Standards](#), whichever is stricter.

- This includes school stores, snack bars, and vending machines.
- Vending machines will be in compliance with MA Standards for Competitive Foods and Beverages in Public Schools at all times.

Celebrations and Rewards

All food and beverages provided to students including classroom parties and celebrations during the school day (from midnight to 30 minutes after the end of the official school day) must meet the USDA Smart Snacks Standards or MA Standards for Competitive Foods and Beverages, whichever is stricter.

Food Services can provide food for school sponsored events upon request, provided sufficient advance notice is provided. Massachusetts Nutrition Evaluation Tool for Schools

Mashpee Public Schools food services and school-sponsored activities are peanut/tree nut-safe. The MPS district follows the May 2016 [DESE Managing Life-Threatening Allergies in Schools guidelines](#). With concerns about food allergies and other restrictions on some children's diets,

the building principal and/or assistant principal will promote a “No Food Trading” and “No Utensil Sharing” standard in all schools with particular focus at the elementary school level.

- Rewards - Schools will not use food or beverages as direct rewards for academic performance or good behavior and will not withhold food or beverages as a punishment. Silent lunch is prohibited.
- Food items cited in a student’s IEP or required for a medical condition do not need to be in compliance with this Wellness Policy.

Fundraising

- All fundraising during the school day will meet the Smart Snacks Standards.
- Healthy fundraising is encouraged whenever possible.

Marketing

- Advertising and marketing messages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school. All food-based marketing will meet the USDA Smart Snacks Standards.

Other School-Based Activities

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- After school wellness-oriented programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals will be considered in planning school-based activities (such as school events, field trips, dances, assemblies).
- Support for the health of all students is demonstrated by hosting health screenings, helping to enroll eligible children in Medicaid, and other state children’s health insurance programs.
- The Mashpee School District’s wellness committee will be composed of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activities in the school environment.
- The opportunity for fitness activities and nutritional education workshops will be offered to the staff via Cape Cod Municipal Health Group and Mashpee Human Resources.

<https://ccmhg.com/category/wellness/> <https://www.mashpeema.gov/1282/Employee-Benefits>

Physical Activity Goals

The primary goal of physical activity is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.

- Physical activity should be integrated across curricula.
- A daily recess period will be provided for grades K-6, which cannot be withheld as a consequence of behavior. Recess will be held before lunch since research indicates that physical activity prior to lunch can increase nutrient intake and reduce food waste.
- Each school will provide a physical and social environment that encourages safe and enjoyable activities for all students, not limited by athletic ability.
- Promotional activities in schools are encouraged to be connected to activities that promote physical activity, academic achievement or positive youth development and are in compliance with Mashpee Public Schools policy.
- Information will be provided to families to help them incorporate physical activity into their children's lives.

Social Emotional Learning Goals

- The Mashpee Public Schools are committed to promoting the social and emotional well-being of all students. The following goals related to Social-Emotional Learning are essential to the well-being of students.

The Mashpee Public Schools will continue to foster a school culture of overall acceptance and respect for differences. The schools will continue to create an environment where it is safe to talk about differences and ask for help. It is important for all stakeholders in the Mashpee Public Schools that mental health issues be de-stigmatized, whether individuals have clinical diagnoses or are struggling with personal or family stresses or other social-emotional issues.

- The Mashpee Public Schools will continue to provide age-appropriate social and emotional literacy and education. The schools are committed to teaching effective strategies and practices to support mental health, resilience, and well-being throughout all grades, including skills that promote healthy behaviors in relation to nutrition, exercise, interpersonal relationships, stress management, mindfulness, injury prevention and substance abuse.
- Mashpee Public Schools remains committed to educating students, families, and staff on the signs of mental health, social-emotional, and substance abuse concerns.
- The schools will continue to provide training on how to reach out to students and help them access support and treatment services. It is important that all school staff are trained on emergency procedures, including when to report concerns to administration and support staff.
- The Mashpee Public Schools will continue to ensure that in-school support services (including counselors, psychologists, and nursing staff) are accessible to all students presenting with social, emotional, mental health and substance abuse issues for screening, referral and ongoing

counseling in school as needed. Trained licensed clinical staff will be available to respond to social service and psychiatric emergencies during school hours.

- The Mashpee Public Schools will continue to promote well-being and balance by addressing the policies and practices around the intersection of academic expectations/achievement and student mental health.

Monitoring and Evaluation

- The School Committee will ensure compliance with the Mashpee Public Schools' Wellness Policy. In each school, the Principal or designee will ensure compliance with the Mashpee Public Schools' Wellness Policy and will report on the school's compliance to the Superintendent or designee.
- School food service staff at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Food Service Director. In addition, the school district will report on the most recent Healthy, Hunger-Free Kids Act review findings and any resulting changes.
- A district-wide Wellness Committee, chaired by the Superintendent or designee(s), will be maintained and meet at least four times per year; membership may include parents, students, food service representatives, school committee members, administrators, teachers, health professionals, and community members, and will support the development, implementation, and monitoring of the Wellness Policy.
- The Wellness Committee will review the policy annually and present any recommended modifications to the School Committee for approval.
- The Wellness Committee will meet at least four times a year and official minutes of each meeting will be kept and posted on the District website. Members of the Wellness Committee will be appointed by the Superintendent of Schools.
- The Superintendent or designee shall ensure compliance with established district wide wellness policy. In each school, the building administrator or designee shall ensure compliance.
- The Wellness Committee will establish measurable goals and objectives based on review of public health data as well as input from school staff and the community as a whole.
- The Mashpee School District's wellness committee will be composed of families, teachers, administrators, and students to plan, implement, and improve nutrition, physical activities and social emotional well being in the school environment.
- Members of the Wellness Committee will report to the School Committee on the progress being made at a public meeting at least twice annually.
- The district's Wellness Policy is accessible to the public via the District's Web Page. The triennial progress report per DESE required review will be posted on the district website. The report will include an assessment on compliance with the LWP, progress made in attaining the goals of the LWP and the comparison to model wellness policies, as recognized by the state, and progress made in achieving the annual goals set by the Wellness Committee.

- Every three years members of the Wellness Committee will assess the implementation of the Wellness Policy using the most current policy assessment tool.
- Based on the results of the assessment, the district's Wellness Policy will be reviewed by the School Committee every three years.
- At least one staff member from each school should serve on the District Wellness Committee and ensure that there is ongoing communication at the building level.

References

- a. The Healthy, Hunger-Free Kids Act of 2010

<https://www.usda.gov/about-usda/news/press-releases/2014/05/20/fact-sheet-healthy-hunger-free-kids-act-school-meals-implementation>

- b. Massachusetts School Nutrition Standards for Competitive Foods and Beverages: <https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter111/section223>

- c. The Child Nutrition Act of 1996, 42 U.S.C. 1771-1789

- d. DESE Office for Food and Nutrition Programs

- e. USDA Final Rule Summary f. Some language has been adapted from this Model Local School Wellness Policy from the Alliance for a Healthier Generation at this site. <https://www.healthiergeneration.org/>

- f. National School Lunch Program (NSLP) & School Breakfast Program (SBP): <https://www.govinfo.gov/content/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

- g. Smart Snacks In Schools: <https://www.fns.usda.gov/cn/fr-072916d>