

## **WELLNESS POLICY**

### **POLICY**

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the main causes of obesity. The School Committee recognizes that schools play a critical role in promoting the health and safety of young people. Good health fosters student attendance and education. Students need nourishing foods, physical activity, and knowledge to make informed, healthy decisions.

The School Committee acknowledges the necessity for the school to ensure that the school environment promotes and protects students' health and ability to learn by providing nutrition education, physical activity and a variety of food and beverage choices. The linkage between health education and school meal programs, and related community services, will be established. It also recognizes the need for education re: substance use, sex, bullying, stress reduction, and safe shop practices. The School Committee believes Montachusett Regional Vocational Technical School (MRVTS) has a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain healthy lifelong habits.

### **PURPOSE**

The purpose of this policy is to provide direction to MRVTS for promoting student wellness through nutrition education, physical activity, and the selection of nourishing foods and beverages and to fulfill the requirements of Public Law 108-265, Section 204, June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004 and Healthy, Hunger-free Kids Act of 2010, and Public Law 111-296.

The Policy will be made available to the community via the Monty Tech website.

### **STANDARDS**

#### **Nutrition Education**

The school system will update and implement a curriculum in nutrition education as part of the system's instructional program in comprehensive health education

- A. Nutrition education will be offered and designed to enable students to meet graduation requirements, and to select health education electives in grades 10-12.
- B. Nutrition education will be aligned with the National Health Education Standards and the MRVTS curriculum.
- C. Nutrition education will be included in appropriate curricular areas. Montachusett Regional Vocational Technical School

## **Physical Education**

The school system will continuously update and implement a curriculum in physical education in accordance with the Massachusetts Framework Curriculum. All physical education classes will be taught by a certified physical education teacher.

- A. A physical education program will be offered each year for all students in grades nine through twelve. Program offerings will be provided to enable students to select physical education electives.
- B. Physical education will be aligned with the Massachusetts Framework Curriculum and with guidelines of the National Association for Sport and Physical Education Standards. Each student will be encouraged to develop a personal fitness plan. Every effort will be made to ensure that at least 50% of PE time is spent in moderate to vigorous activity.
- C. Physical education will be included in appropriate curricular areas.

## **Physical Activity**

- A. MRVTS will provide an interscholastic athletic program in accordance with Massachusetts Interscholastic Athletic Association (MIAA) policies.
- B. Classroom and technical teachers will strive to incorporate physical activity breaks into each class, e.g., stretching, running in place, and walking around the classroom/technical area.
- C. Teachers and other school and community personnel will not use physical activity (running laps, push ups) or withhold opportunities for physical activity as punishment.
- D. Staff will be encouraged to exercise through the offering of after-school programs.

## **Health Education**

- A. Health education covers a myriad of subjects to include bullying, eating disorders, substance abuse, reproductive health, sexually transmitted diseases, tobacco dangers, victimization, violence, injuries and mental health issues.
- B. Health education and physical education will be reassessed with changes made to reflect current nutrition and physical activity guidelines that will best serve the student

## **Foods and Beverages**

The following standards apply to all foods and beverages made available to students in schools or through school-sponsored events during the school day.

- A. General
  - 1. Qualified nutrition professionals will administer the school meal programs
  - 2. Fresh local produce will be used when available.

3. MRVTS considers wellness issues and student allergies when planning incentive and promotional activities. Montachusett Regional Vocational Technical School
4. Foods and beverages should not be used as an education tool except when indicated in a student's IEP.
5. Foods and beverages should not be offered as a reward or withheld as a punishment.
6. Adequate amounts of water will be available to all students throughout the day.
7. Students will have access to hand washing or hand sanitizing before eating meals or snacks.

#### B. School Meals

1. The school's Food Service Department will provide meal pattern breakfasts and lunches, as well as a la carte items, to students each day that school is in session consistent with the Federal and State regulations.
2. MRVTS will promote decreased sugar intake through the incorporation of low sugar food items and education.
3. Water, seltzer without caloric sweeteners, fruit and vegetable juices, fruit based drinks that contain at least 100% fruit juice and do not contain additional caloric sweeteners, low fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) will be provided. Soft drinks, sports drinks, iced teas, fruit based drinks that contain less than 100% real fruit juice, beverages containing caffeine and whole milk will not be sold.
4. A variety of fruits and vegetables will be offered daily. A minimum of half grains served will be whole grain.
5. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections 9a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section (9)(f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1776(a), as those regulations and guidance apply to MRTS.

#### C. Competitive Foods

- D. Staff will establish procedures to ensure that the sale of foods and/or provision of foods free of charge to students on school campuses 30 minutes before the beginning of the school day, during the school day, and 30 minutes after the end of the day meet the intent of this policy.
  1. Fundraising activities that involve food will follow State and Federal recommendations. MRVTSD will encourage fundraising activities that promote physical activity.
  2. Foods and beverages offered or sold at school-sponsored events outside the school day will follow State and Federal guidelines. Montachusett Regional Vocational Technical School

## **COMPLIANCE**

- A. The Superintendent-Director/designee shall develop, implement and monitor a process for the development and review of the school system's curriculum and assessment programs that comply with state and local requirements and provide sufficient academic rigor for students.
- B. The Superintendent-Director/designee is responsible for providing for annual notification of this policy and procedures to staff, students and parents.
- C. The school-based instructional staff and administrators are responsible for the delivery of the written curriculum in the classroom.
- D. The Superintendent-Director/designee will ensure that opportunities for physical activity are provided during the school day in accordance with this policy.
- E. The Superintendent-Director/designee, Food Service Department, and Principal will ensure that all foods and beverages made available to students in school or through school-sponsored events are in compliance with this policy and follow Federal and State recommendations.

## **DELEGATION OF AUTHORITY**

The Superintendent-director/designee is authorized to develop procedures for the implementation of this policy.

### Legal Refs:

Healthy, Hunger-free Kids Act of 2010 and Public Law 111-296 The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265.

The Richard B. Russell National School Lunch Act, 42 U.S.C

1751-1769h

The Child Nutrition Act of 1966, 42 U.S.C. 1771-1789

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