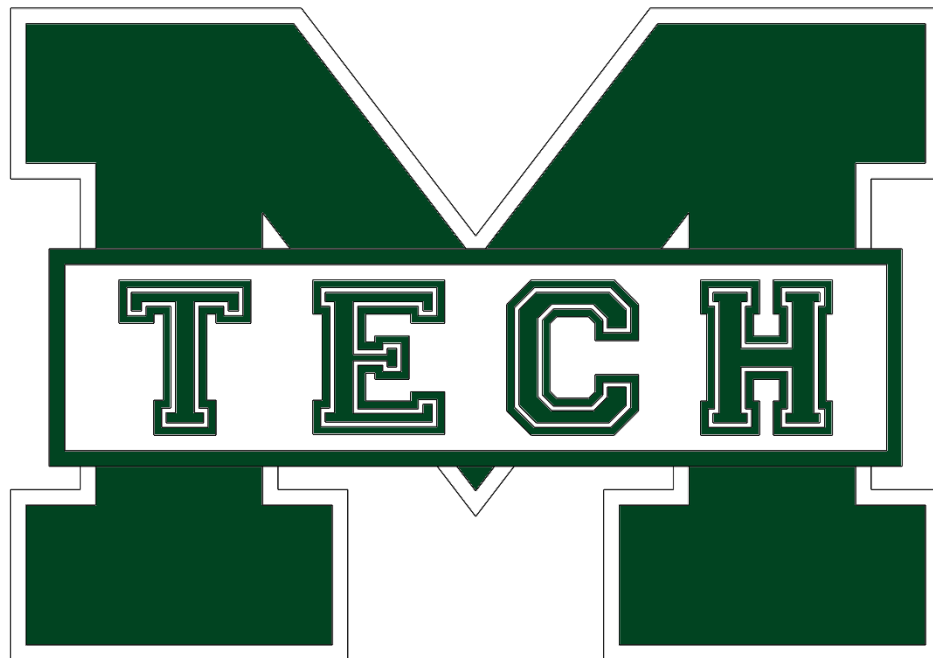


**Northern Berkshire Vocational Regional School District**

**McCann Technical School**



**Wellness Policy**

**2024-2025**

## **Wellness Policy**

### **McCann Technical School**

McCann Technical School will set goals to create:

- A well rounded, healthy school environment that supports the physical, mental, emotional and social well-being and safety of all its members.
- Student Support Programs to help address students' physical, emotional, social and cognitive needs. These programs include, but are not limited to, extracurricular activities, peer programs, student assistance programs and mentoring.
- Adult Support Programs to provide information and support to adults directly involved in the care and education of the students. These programs will include professional development for staff, parent education and support programs and employee assistance and wellness programs.
- Family and community connection between schools, the community and the families that live and work within them. These relationships involve networking, cooperation, coordination and collaboration on health promotion and youth development
- Support the health of all students, staff and faculty with a full time registered nurse available during school hours. The nurse's duties are to provide safe care, medication administration and state mandated health care screenings. The nurse also serves as a resource to staff in helping provide a better learning environment for students.

### **Health Education**

McCann Technical School will support a Health Education Program that will:

- Encourage students to understand human development as it relates to the physical, emotional, and social well-being of the individual. This includes building an awareness of the dangers of substance abuse, sexually transmitted diseases and bullying.
- Emphasize learning healthy behaviors and practice the skills learned to lead a healthy lifestyle.
- Be appropriate to students' developmental levels, cultural backgrounds and genders.
- Encourage students to become more aware of their personal health habits, set goals for improvement and resist peer and social pressures.
- Involve parents and families in students' lifestyle choices and learning

### **Physical Education**

McCann Technical School will support a Physical Education program that will:

- Promote an appreciation of lifetime health and fitness.
- Provide a variety of different physical activities.

- Provide competitive games that promote cooperation
- Provide options for students who have differences in athleticism, culture and gender
- Educate the importance of fair play and sportsmanship
- Promote participation in physical activity outside of school
- Physical education staff will not use physical activity as a form of discipline or punishment
- Work with the community to provide a safe way for students to bike or walk to school

## **Nutrition**

McCann Technical School will:

- Comply with the current United States Department of Agriculture guidelines for Americans including: vending machines, A La Carte, fundraisers and concession stands
- Follow nutrition guidelines that require the use of food products that are high in fiber and protein, low in added fats, sugar and sodium and served in appropriated portions.
- Implement a production system to reduce the use of processed foods and increase the use of fresh foods that emphasize fruits, vegetables, whole grains, and dairy products which are low in fat, added sugars and sodium.
- Allow students to decline a certain number of meal items that they do not intend to consume.
- Implement nutrition policies and guidelines for reimbursable meals that shall not be more restrictive than federal or state regulations require.
- Provide A la cart offerings that shall be nutritious and meet appropriate standards, and not allow any home prepared meals
- Recognize the importance of this policy and work to ensure its compliance.
- Ensure that students do not share food or beverages with each other.
- Incorporate nutrition education, proper eating techniques and proper social eating behavior into the curriculum.
- Allow time for students and staff to have optimum access to hand washing or sanitizing before consuming meals.
- Provide students least 10 minutes after sitting down, for breakfast, and 20 minutes for lunch.
- Administer the school food program through qualified nutrition professionals.
- Provide access to professional development for all food service staff and ensure each staff member maintains appropriate certifications.
- Not allow vending machine sales of soda or candy to be permitted during the school day
- Not use food as a part of any student incentive or awards program
- Not permit fundraising activities that sell candy, snacks, soda, or sweets

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school building. The District will make drinking water available where school meals are served during mealtimes.

## **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often include an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/athletics department, parents reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

## **Health Services**

McCann Technical School will:

- Ensure full time nursing services are available during school hours
- Provide direct nursing care as directed by the school's primary care physician
- Ensure all health service staff are properly trained in basic CPR/First Aid/AED
- Comply with all Department of Public Health standards and regulations. This is not limited to, medication administration and delegation, immunization requirements and state mandated health screenings.
- Communicate effectively with the local Public Health Department in promoting health and wellness and reporting any communicable diseases that may be present in the school.

## **Wellness Committee**

The school district and/or individuals within the district will create, strengthen or work within the existing Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The committee will also serve as resource to health, nutrition and physical education services. The committee will meet four times per year and as needed to discuss, evaluate and change the policy as needed to promote the healthiest school environment as possible.

## **Wellness Committee Members**

James Brosnan, Superintendent

Justin Kratz, Principal

Meghan Kaiser, School Nurse

Robin Finnegan, Health/Physical Education Instructor

Patrick Cariddi, Culinary Arts Instructor

Jennifer Bullett, Administrative Assistant

Erin Tatro, Parent

Carly Tatro, Student