

Upper Cape Cod Regional Technical School

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Upper Cape Tech Wellness Policy

1. PHILOSOPHY

Upper Cape Tech's wellness policy promotes and emphasizes positive lifelong health, personal fitness, safety, and nutritional behavior for all enrolled students and staff. These outcomes are attainable through ongoing promulgation and programming of a healthy lifestyles through health instruction, medical and mental health services through our school-based health center and school nurses, guidance and counseling services, physical education classes, nutrition education, and healthful meals, beverage, and snack offerings.

All aspects are espoused in our wellness plan, including physical, dietary, cognitive, behavioral, and social aspects of wellness. By providing focused and measurable programs and activities, students should develop positive attitudes and increasing levels of personal wellness during their adolescent and adult lives.

GOALS

- To develop school-wide strategies and initiatives which will promote healthy lifestyles for students and staff.
- To increase the number of students who meet state health standards in physical activity, fitness and nutrition as measured by the standards specified in the Massachusetts Health Curriculum Framework.
- To improve health-related fitness levels of students through cardiovascular, flexibility, muscular strength/endurance, body composition/weight management activities.
- To develop positive student social cooperative skills through participation in activities aimed at teamwork and group participation.
- To provide system wide outreach and collaboration activities through regular educational programs in the educational curriculum, school-wide programs, and media.

FUTURE GOALS

- Design and construct a wellness/fitness center on Upper Cape Tech's campus. Students and staff will be provided access to multiple fitness facilities and quality programs located at the school to balance work and recreation. These resources will promote physical well being, reduce stress, and enhance socialization.

2. NUTRITION

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). The District is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.

Water

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

- Students will be allowed water in clear plastic, transparent containers in classrooms unless otherwise posted.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

3. HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to the promotion of good health and disease prevention.

- The health curriculum shall be aligned with the learning standards outlined in the Massachusetts Health Curriculum frameworks.
- The health curriculum shall include the teaching skills in communication, goal setting, and decision making that enhances personal, family, and community health.
- Students shall have the opportunity to learn behaviors that enhance health and/or reduce health risks throughout the school day, and during, before and after school programs.
- All students shall have the opportunity to participate in extracurricular activities, i.e., interscholastic athletics and social development.

4. PHYSICAL EDUCATION AND ACTIVITY

Physical education and physical activity are essential elements of the Upper Cape Tech curriculum. The program will provide an opportunity for all students to develop skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. Physical Education will be taught by a certified PE instructor.

- **Physical Education Program.** The program is designed to stress physical fitness and encourage healthy active lifestyles in accordance with the Massachusetts Health Curriculum Frameworks. The program consists of physical activities of at least moderate intensity and is for a duration that is sufficient to provide a significant health benefit to students. The program is easily adaptable for all students.
 - Students are required to have a change of clothes for class. Students will be issued a locker room locker to safely keep their change of clothing throughout the school year.
 - Students will be taught the basics in the following areas: body composition, flexibility, muscle strength and endurance, and cardiovascular endurance.
 - Students will be taught proper techniques and procedures for the fitness room and all other physical activities.
 - Students will be taught the importance of goal setting and how to set up and modify an individual wellness plan.

- Students will be required to keep an activity log during their off time from physical education.
- Students will be given varied opportunities to learn to adapt a healthy active lifestyle.

5. HEALTHY AND SAFE ENVIRONMENT

Upper Cape Tech is committed to providing a safe and healthy learning and working environment for both students and staff. The district will continue to provide opportunities and develop policies and procedures which will foster and contribute to improve each individual's quality of life.

- School buildings, grounds and facilities will meet all current health and safety standards, including environmentally clean air, kept clean, safe and are in good repair.
- The school district's office and grounds will maintain an environment that is free of tobacco, alcohol and other drugs.
- Appropriate safety training procedures will be provided for all students and staff to support personal and occupational safety standards.
- All classrooms, shops and school wide facilities will offer educational services in a non-violent and harassment free environment.
- Every work site, classroom and shop shall work to create an environment where students, parent/guardians and staff are respected valued and accepted with high expectations for personal behavior and accomplishments.
- The school district will foster healthy behaviors by providing nutrition and health intervention support services.
- All students and staff will be offered social and emotional support systems to ensure optimal health.

6. SOCIAL AND EMOTIONAL WELL-BEING

Upper Cape Tech shall support and encourage programs and services that support and value the social and emotional well being of students, families and staff to build a healthy school environment.

- Upper Cape Tech shall provide comprehensive services to students including guidance, special education, nutrition, fitness, nursing and school based health center services.
- Students shall feel comfortable expressing their thoughts and feelings in an appropriate and responsible manner.
- Upper Cape Tech students shall be taught to understand and respect differences through a coordinated program focusing on respect. Students and staff shall learn how to build positive interpersonal relationships.

7. HEALTH SERVICES

Upper Cape Tech will promote academic and vocational achievement by implementing a health delivery system which employs qualified health care implementing a health care delivery system which employs

qualified health care providers. Upper Cape Tech strives to improve the mental physical health of students and families by providing these services.

- Health services shall be coordinated through a registered nurse with the support and direction of Upper Cape Tech administration and the Massachusetts DOE and DPH.
- Upper Cape Tech shall collaborate with community liaisons and resources to promote the health and wellness for students, families, staff and the community.

8. FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP

Upper Cape Tech shall encourage the engagement of students, parents/guardians, and all staff members of the district in developing, implementing, monitoring, and reviewing nutrition and wellness policies. The family, school and community partnerships allow for the mission of the school to be aligned with the system wide changes being made within the district.

- All approved students cooperative employment opportunities shall be approved through Upper Cape Tech to maintain healthy and safe work environments for all students and staff.
- Family, students and community partners shall be included on ongoing bases in school wellness planning. All committees pertaining to student wellness shall have student, parent/guardian, and community representatives.
- Upper Cape Tech shall develop and maintain diverse community partnerships through a variety of programs, projects, activities, and events.
- Upper Cape Tech shall develop and support the engagement of students, families, and staff in enhancing activities and events throughout the community.

9. STAFF WELLNESS

Upper Cape Tech shall provide information about wellness resources and services and establish a wellness committee to assist in identifying and supporting the health, safety and well being of staff.

- Upper Cape Tech shall be in compliance with drug, alcohol and tobacco free policies.
- Upper Cape Tech shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupational safety and health laws, policies and rules.

10. WELLNESS COMMITTEE

The school district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food services representative, School Committee member, School Administrator, member of the public and other community members as appropriate. If available a qualified, credentialed nutrition professional will be a member of the wellness committee.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the districts wellness policy.

First Review: June 13, 2013

Final Adoption: July 11, 2013

Reviewed by Policy Sub-Committee: January 22, 2020

Cross Refs: EFC, Free and Reduced-Cost Food Service
IHAMA, Teaching About Alcohol, Tobacco and Drugs
KHA, Public Solicitations in the Schools
KHB, Advertising in the Schools
Massachusetts Department of Public Health
Massachusetts Department of Elementary and Secondary Education
Harvard School of Public Health
Upper Cape Cod Technical Regional School District Health Committee

Legal Refs: The Child Nutrition and WIC reauthorization Act of 2004, P.L. 108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. § 1771-1769h
The Child Nutrition Act of 1966, 42 U.S.C §§ 1771-1789