



South Middlesex Regional Vocational Technical School District

Wellness Policy



JOSEPH P. KEEFE TECHNICAL SCHOOL
SOUTH MIDDLESEX REGIONAL VOCATIONAL TECHNICAL SCHOOL DISTRICT

750 Winter Street • Framingham, MA 01702 • 508-416-2100 • Fax 508-879-1059

Shannon Snow

Principal

ssnow@jpkeefebs.org

Letter of introduction and purpose from Principal

Wellness Policy

Mission Statement

The South Middlesex Regional Vocational 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, physical activity, and social/emotional well-being

Our Commitment

- ◆ Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy.
- ◆ Encourage and support the opportunities of all students in grades 9-12 to be physically active on a regular basis.
- ◆ Meet the nutritional professional standards of the *National School Lunch Program*.
- ◆ Provide students with access to a variety of affordable, nutritious, and appealing food that meet the health and nutrition needs of students through qualified child nutrition professionals.
- ◆ Provide clean, safe, and pleasant settings and adequate time for students to eat.
- ◆ Participate in available federal and state school meal programs to the maximum extent practicable.
- ◆ Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity

Compliance

The South Middlesex Regional Vocational School District will operate in compliance with:

- ◆ All applicable state and federal laws and regulations
- ◆ Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108-265, Section 204

Implementation

Wellness Policy Development Team

The school district has established a Wellness Policy Development Team to review and as necessary, recommend revisions to the school administration and school committee for the district wellness policy. This council will serve as resource to our school for implementing the policy. The Wellness Policy Development Team will consist of a group of individuals representing the school and community, including parents, students, and representatives of the school food authority, school administrators, teachers, health professionals, and members of the public.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch Program and Breakfast Program will meet the standards set through federal and state guidelines.

Qualified food service professionals will administer school meal programs.

School Responsibilities

- ◆ Share information with parents and students about the nutritional value of foods and meals through the monthly meal calendar posted on the district website and other areas within the building.
- ◆ Operate the School Breakfast Program so that students can take advantage of the program at the morning session before school starts and a second option for shop breaks (for those students in shop).
- ◆ Utilize a Point of Sale (POS) system with a confidential pin pad for identification that removes social stigma attached to students who are eligible for free and reduced-priced meals.
- ◆ Provide students with appropriate lunch times in which they can eat that do not conflict with school activities.
- ◆ Provide students with hand washing or sanitizing opportunities before eating meals or snacks.
- ◆ Provide clean drinking water in easily accessible locations during meal/snack times.
- ◆ Provide professional development opportunities for all food service professionals.
- ◆ Discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

- ◆ Foods sold outside of reimbursable school meals, such as through vending machines or a la carte items will also comply with the nutritional guidelines established by the National School Lunch Program.
- ◆ The school encourages participation and initiatives sponsored by Action For Healthy Kids of Massachusetts. www.actionforhealthykids.org.
- ◆ The school will follow guidelines consistent with state and federal regulations.
- ◆ The school will not serve ineligible food items during school hours and one-half hour before and after school times; including fund raising activities, club activities, boosters, etc.
- ◆ The school will not allow caffeinated beverages in accordance with state regulations.

Nutrition and Physical Activity Promotion and Food Marketing

- ◆ Nutrition education is offered at the High School levels as part of the Massachusetts Health Education Frameworks implementation.
- ◆ Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- ◆ Opportunities for physical activity may be incorporated into other subject lessons.
- ◆ The district will encourage parents' efforts to provide a healthy diet and physical activity for their children.
- ◆ School-based marketing will be consistent with nutrition education and health promotion that is outlined in the state guidelines.
- ◆ Fundraising activities will require administration approval of items to be sold.
- ◆ Keefe Tech will continue to meet guidelines regarding student health services and student monitoring.

Physical Activity Opportunities and Physical Education

- ◆ Physical Education (P.E.) 9-12: All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regularly scheduled physical education classes. A certified physical education/wellness teacher will teach all physical education. The principal may with special circumstances excuse students from physical education.
- ◆ Physical Activity Opportunities Before and After School: The high school will make every effort to offer extracurricular physical activity programs and intramural/interscholastic sports programs where appropriate. Our school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. The district will make facilities available for community groups to rent to offer physical activity opportunities for students.

- ◆ Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or unreasonably withhold opportunities for physical activity as punishment or as a corrective action.
- ◆ Safe Routes to School: The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district may explore the availability of federal “safe routes to school” funds, administer by the state department of transportation, to finance such improvements.

Other School-Based Activities that Promote Student Wellness

The District will provide health and wellness education at the high school level. The curriculum for this instruction will align with the Massachusetts Comprehensive Health Framework. An outline of the framework standards is as follows:

Growth and Development
 Physical Activity and Fitness
 Nutrition
 Reproduction
 Mental Health/ Suicide prevention
 Interpersonal Relationships
 Tobacco, Alcohol, and Other Substance Use/Abuse
 Violence Prevention
 Teen Sexuality including LGBT

Monitoring and Policy Review

- ◆ Monitoring: The superintendent or designee will ensure compliance with the established district-wide wellness policy. 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 superintendent. The District is subject to a student food service program review every three years. Any review findings and any resulting changes will be shared with the wellness and School Committees.
- ◆ Policy Review: The District will review the Wellness Policy at least annually to identify any concerns or revisions. The designated wellness committee will be charged with the process of reviewing the policy as frequently as may be needed based on federal, state or district-wide changes.