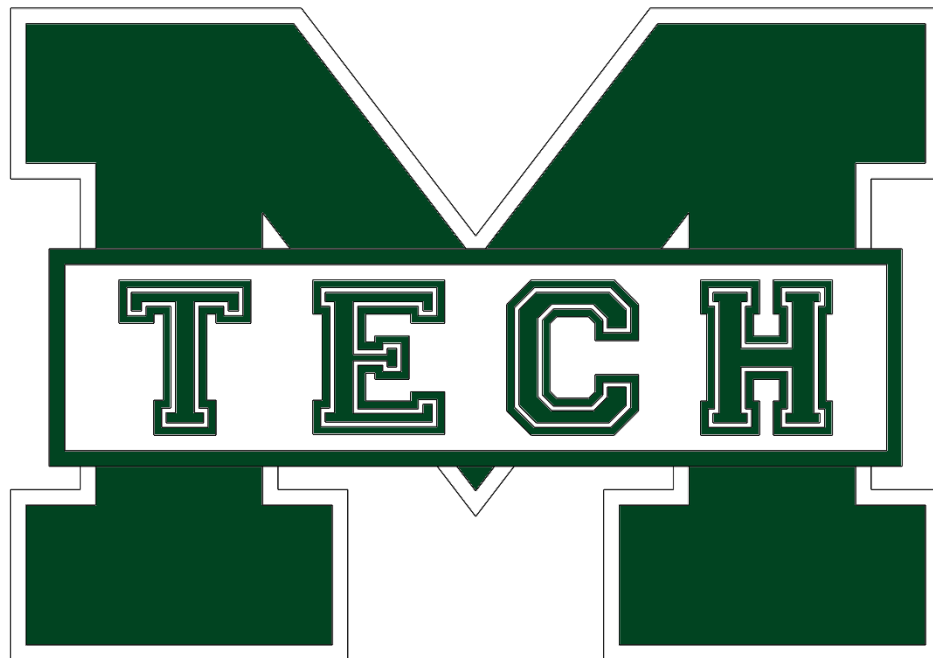


Northern Berkshire Vocational Regional School District

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

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