

**SOUTH MIDDLESEX REGIONAL VOCATIONAL SCHOOL DISTRICT
(KEEFE TECH)
WELLNESS POLICY**

This Local Wellness Policy (LWP) outlines Keefe Tech’s approach to ensuring environments and opportunities for all students to learn and practice healthy habits. Keefe Tech is committed to providing a school community that promotes and protects the health and well-being of students and staff by supporting healthy eating, physical activity, health and physical education, and wellness initiatives. The district recognizes that support of these objectives is essential to maximize full academic and technical potential and achieve lifelong health and well-being.

The Wellness Committee is responsible for establishing and measuring the implementation of the District's Wellness Policy. The Superintendent will ensure compliance with recommended state guidelines. Committee members work collaboratively and offer multiple perspectives to assure that the Wellness Policy is designed to optimize the health and well-being of students and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) and the amendments within the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). This policy is also developed in accordance with federal USDA regulations (United States Department of Agriculture 7CFR 210.31 a-f). The Wellness Committee is composed of a multi-discipline group of participants who meet at least 4 times per year. The Wellness Committee will seek out collaboration with parents as well as students routinely to best support the development, revision, and implementation of the Wellness Policy within our school community. The Local Wellness Committee will represent all grade levels 9-12 and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program ; physical education teachers; health education teachers; school health professionals, mental health and social services staff; school administrators; school board members; the school physician; and the general public.

The policy is accessible online for the Keefe Tech community and a hard copy can be requested via the main office.

Overall District Wellness Goals:

- Students will have increased access to locally sourced produce on a more routine basis through our food service program.
- Keefe Tech will display new and increased visuals in the building that include nutritional index information in both the Health Office and food service areas to enhance nutritional education, nutritional literacy, and healthy choice-making.
- The students will engage in regular movement to improve physical health, reduce sedentary behavior, help prevent childhood obesity, and promote overall physical, mental, and social-emotional wellness.
- The human resource department will collaborate with our health insurance provider to offer health promotion and wellness opportunities throughout the year for staff as we acknowledge that supporting the health and wellness of our staff enhances their abilities to help students be most successful in their academic and technical learning endeavors.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Keefe Tech will use a variety of tools to complete school-level assessments of implementation of this plan. Based on the results Keefe Tech will create an action plan, implement the plan, and generate an annual report. Committee meeting summaries and annual reports will be made available to the Keefe Tech

Updated 05/29/2024

community. Keefe Tech will retain paper records to document compliance with the requirements of this LWP in Keefe Tech's main office.

Keefe Tech will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The school will make this information available via the school website (***add link***) and through school communications. Annually, Keefe Tech will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the KT community can get involved with the Committee. Additionally, Keefe Tech will disseminate this LWP to parents through posting it in the school health office, the cafeteria, on the school website, and through routine school communications.

Revisions and Updating the Local Wellness Policy: This policy will be reviewed at least once every 3 years using the WellSAT 3.0 (or current version) and/or additional established tools/resources such as but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;

The Wellness Committee will update or modify this LWP based on the results of Keefe Tech's annual self-assessment and on other variables, including if/when Keefe Tech's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and/or new federal or state guidance/standards are issued.

Nutrition Education Standards and Goals

Keefe Tech will teach, model, encourage and support healthy eating by all students. Keefe Tech will provide a standards-based health education curriculum, and educational topics shall be integrated across other academic and technical programs (e.g. Sciences courses, Health Careers, Dental, Horticulture, etc.). Nutrition education will also be offered as an elective course. Nutrition education at Keefe Tech will strive for the following goals:

- Incorporate lessons that promote media literacy for reading food labels, menu planning, and making healthy nutrition choices.
- Lessons will aim to be enjoyable, developmentally appropriate, culturally relevant and include participatory activities;
- Learning opportunities will emphasize caloric balance between food intake and energy expenditure thus also promoting physical activity/exercise;
- The Nutrition program will aim to link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- The nutrition education elective course will strive to collaborate with other school programs to promote increased Farm-to-Table initiatives and promote healthy lifestyle choices throughout the school environment.

Standards for USDA Child Nutrition Programs and School Meals

Updated 05/29/2024

The Keefe Tech Nutrition Program will follow the USDA nutrition standards that are consistent with the requirements set forth by federal regulations 210.10 and 220.8 for school meal programs (<https://www.fns.usda.gov/nslp> and <https://www.fns.usda.gov/sbp/school-breakfast-program>). Keefe Tech is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs. Keefe Tech is committed to serving healthy meals to students with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy. The school meal program aims to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns and support healthy choices while aiming to accommodate cultural food preferences and special dietary needs. The Director of Food Services shall ensure that the meals and snacks offered by the school food service program meet all legal requirements for participation in the USDA's National School Lunch and School Breakfast Programs, including compliance with nutritional standards. The Keefe Tech nutrition and food services program will meet the following criteria:

- Accessible to all students. Keefe Tech will provide free school breakfast and lunch in accordance with the Massachusetts universal free meal program for students.
 - All students, regardless of the type of payment they use for school meals/snacks, are provided with a code to enter at the cash register.
 - All students will also be provided with a meal, even in the event of any unpaid balances. The Business office will communicate with families privately regarding any unpaid balances.
 - Students qualifying for free or reduced priced meals are not overtly identified in any way. Any applications for free or reduced lunch are kept private.
- Food options are appealing and attractive to students.
- Meals are served in clean and pleasant settings.
- Meal options will meet or exceed current nutrition requirements established by local and federal statutes and regulations.
- Students are afforded sufficient time during the lunch period for every student to pass through the service line and consume their meals. Students have 25 minutes allotted for lunch. Students are also provided with sufficient time prior to the first bell for breakfast. Students are also afforded a breakfast break during shop weeks. This breakfast break is at least 10 minutes in duration.
- Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- All food service personnel will have adequate training in food service operations. The school food services director and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals (<https://www.fns.usda.gov/cn/professional-standards>)
- To promote hydration, free, potable drinking water will be available to all students and staff throughout the school day and during lunch. A water fountain with a filter is available in the cafeteria. Additional water stations are available at the gym as well as in the math and ELA wings. Additionally, Keefe Tech will also ensure the following:
 - All water sources will be maintained on a regular basis to ensure good hygiene and health safety standards as overseen by the Facilities Department.
 - Students will be allowed and encouraged to bring and carry water bottles filled with only water with them throughout the day.
 - Keefe Tech prohibits the sale of caffeinated beverages on campus.

Updated 05/29/2024

- Keefe Tech will aim to promote healthy food and beverage choices by using *Smarter Lunchroom* techniques (see reference), such as the following:
 - Whole and sliced fruit options offered in attractive, accessible settings;
 - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
 - Initiate the implementation of student surveys and taste testing opportunities to inform menu development;
 - placing white milk at the front of the coolers;
 - menus will be posted on the Keefe Tech website and will include information about ingredients and nutritional content;
 - Participation in Federal child nutrition programs will be promoted among students and families to ensure that families know what programs are available in the school and the local community. This information is provided via school enrollment documents, the school website, and the school bulletin.
 - Keefe Tech will work to accommodate students with special medical dietary needs per their medical providers orders.

Additional promotion techniques that Keefe Tech may employ include recommendations from the Smart Foods Planner via the Alliance for Healthier Generations, <https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>

Keefe Tech will strive to implement the following Farm to School activities:

- Local and/or regional products are incorporated into the school meal program.
- Field trips are offered to local farms for our Culinary and Horticulture technical programs.
- The Food Service Director will collaborate with local farms and healthy food purveyors to develop additional farm-to-table dining options for students and staff as able.

Nutrition Standards for Competitive and Other Foods and Beverages

Keefe Tech is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The school day starts at midnight the prior day until 30 minutes after the last bell. All 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, as well as [MA 105 CMR 225.00 - Nutrition Standards for Competitive Foods](#) and per the recommendations of the updated DPH memo *Competitive Foods and Beverages in Public Schools* (https://mcusercontent.com/d8f37d1a90dacd97f207f0b4a/files/f93d4749-5ecd-3681-0841-10ae641217f5/MA_Competitive_Foods_Memo_September_2023.pdf). 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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

Rewards

Keefe Tech will not use foods or beverages as rewards, incentives, or prizes for academic, classroom, or sports performance. Keefe Tech prohibits the withholding of food for punishment or as a consequence for behavior or work effort. Staff are encouraged to model healthy behavior, including through nutrition and physical activity.

Third-Party Vendors

Keefe Tech will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 30 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising during school hours will only include non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. The Wellness Committee will encourage all fundraising outside of school hours to follow the current wellness policy recommendations. It is recommended that Keefe Tech avoid participation in fundraising or incentive programs that are inconsistent with the health & wellness goals and values of our school community.

Food and Beverage Marketing in Schools

Keefe Tech 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. Keefe Tech strives to teach students how to make informed choices about nutrition, health and physical activity. It is Keefe Tech's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

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 includes an oral, written, or graphic statement 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;
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.
- All advertising in school publications and school media outlets must be approved by the Principal.

As Keefe Tech school nutrition services, athletics department, and the Parent Booster club reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

Updated 05/29/2024

Health Education

Keefe Tech is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, Keefe Tech will provide students a comprehensive school health education that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, and violence prevention. Health education curricula and instruction should address the DESE education standards and incorporate the [characteristics of an effective health education curriculum](#). Keefe Tech will provide health education that:

- incorporates an age-appropriate sequential health education curriculum that is consistent with State and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects, and career & technical programs;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, Keefe Tech will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. Keefe Tech will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, through routine school communication with students and families, and through conversations with students, families, and staff.

Physical Education and Physical Activity Guidelines and Goals

Keefe Tech acknowledges the positive benefits of physical activity for student health and academic achievement. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of Keefe Tech's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as yoga. Physical education will be taught by licensed and certified teachers. Professional development opportunities will be afforded to all PE teachers annually.

In addition, students shall be given opportunities for physical activity through a range of after-school programs including, but not limited to, competitive interscholastic sports programs, access to the weight room at scheduled times, and intramural clubs. Keefe Tech will ensure that:

Updated 05/29/2024

- Students are given opportunities for physical activity during the school day through physical education classes, during lunch periods, and the integration of physical activity and movement breaks into the academic & technical curriculums where appropriate.
- Students are given opportunities for physical activity through a range of after-school programs.
- Keefe Tech will offer a range of activities that meet the needs, interests, and abilities of all students.
- Every effort will be made to support physical education classes having the same student/teacher ratios used in other classes.
- Physical education for grades 9-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- All students in grades 9-12 shall be required to take a physical education class.
- Keefe Tech will not allow students to be exempted from required physical education without medical documentation.
- The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades 9-12.
- The physical education curriculum for grades 9-12 will be aligned with established state physical education standards.
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- At least 50 percent of physical education class time is devoted to actual physical activity;
- Participation in PE class shall be adapted in accordance with the individualized education plan (IEP) for students with disabilities;
- Walking and biking to school will be encouraged for those students living within walkable/bikeable distances. Keefe Tech will seek to utilize the resources offered by the Safe Routes to Schools initiative to support this healthy endeavor:
<https://www.mass.gov/info-details/what-is-the-massachusetts-safe-routes-to-school-program>
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment. However, physical activities may be offered as a reward/incentive when appropriate.

Recognizing that employees perform their best when they are healthy, employees will have access to an employee wellness program that aims to improve employee health and well-being in conjunction with the Human Resources Department and their collaboration with our District's health insurance providers. Keefe Tech will strive to provide opportunities for physical activity to all staff and faculty before and after-school hours. District employees will be encouraged to model healthy behaviors and take advantage of the educational and physical activity programs offered to its staff on campus and through employee benefit programs.

Improving Environmental Sustainability

Keefe Tech will seek to improve its environmental sustainability and engage in sustainable agriculture & work practices through:

- contracting with food service vendors, when feasible and within reason, that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;

Updated 05/29/2024

- school wide recycling programs;
- environmental sciences elective courses offered to students;
- promotion and implementation of sustainable work practices within our technical programs;
- the promotion of the development of a school garden program.

Social Emotional Learning

In addition to the physical health, Keefe Tech supports the social and emotional health and wellness of its school community.

- Keefe Tech students participate in the MetroWest Health Survey every two years to help inform the district on student concerns and program implementation
- The Counseling Department develops and implements programming each school year to address social emotional programming in all grade levels, which includes, but is not limited to:
 - Students in grade 9 and 11 participate in Signs of Suicide Program
 - Students in grade 10 and 12 participate in peer to peer programming surrounding understanding mental health
 - Grade 9 students work are assigned to a peer mentor to support their transition
- Keefe Tech will support the development of a Social Emotional Learning Committee that will meet regularly and provide guidance to the Wellness Committee and school administration in Social Emotional Learning development.
- Keefe Tech will support professional development and resources for staff related to Social Emotional Learning.
- Keefe Tech will maintain a Social Emotional Learning plan to establish a system for continuous improvement of Social Emotional Learning development.

Additional References:

- Child Nutrition and WIC Reauthorization Act of 2004
- Healthy Hunger-Free Kids Act of 2010, <https://www.fns.usda.gov/pressrelease/2014/009814>
- [John Stalker "A List" of Recommended Snack Foods and Beverages](#)
- Massachusetts School Nutrition Standards for Competitive Food and Beverages, 105 CMR 225.00, <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools>
- [The MA Comprehensive Health Education and Physical Education Curriculum Frameworks](#)
- The Massachusetts Nutrition Evaluation Tool for Schools (MassNETS) - to determine if food or beverage is compliant with the MA Competitive Food and Beverage Standards: <https://johnstalkerinstitute.org/resources/school-snacks/alist/massnets/>
- -The National School Lunch Program, <https://www.fns.usda.gov/nslp>
- - The National School Breakfast Program, <https://www.fns.usda.gov/sbp/school-breakfast-program>
- [U.S. Dietary Guidelines for Americans](#)
- USDA Guide to Smart Snacks <https://www.fns.usda.gov/tn/guide-smart-snacks-school>
- Whole School, Whole Community, Whole Child (WSCC) model, the CDC's framework for health & wellness in schools <https://www.cdc.gov/healthyschools/wsc/index.htm>
- WellSAT 3.0 - Wellness School Assessment Tool <https://www.wellsat.org/upload/docs/WellSAT%20Hardcopy.pdf>

Updated 05/29/2024