

UP ISLAND REGIONAL SCHOOL DISTRICT WELLNESS POLICY

Up Island Regional School District (UIRSD), comprised of West Tisbury School and Chilmark School, is committed to the optimal development of every student and the promotion of school staff's physical and mental health. UIRSD believes that for students to have the opportunity to achieve personal, academic, developmental and social success, it needs to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. It also recognizes that fostering school employees' physical and mental health enables them to then better support students' health and academic success.

UIRSD has created this Wellness Policy, including goals for nutrition education and promotion, physical activity and physical education, health education and other school-based activities that promote student wellness. The Wellness Policy adheres to relevant state and federal regulation. It also outlines UIRSD's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day, as well as fostering school employees' physical and mental health.

- Students have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available, in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education to help them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical behaviors in and out of school;
- UIRSD establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

NUTRITION

The school nutrition environments in UIRSD schools provide students with healthy eating education and practice. Our goal is to make sure all students and staff will have opportunities, support, and encouragement to make healthy nutrition choices throughout the school day, provided as part of the school meal program, at other times during the school day in food and nutrition education integrated in the health education curriculum, school gardens, and in school events taking place outside of school hours.

Our schools are committed to serving healthy, well balanced, great tasting, vibrant meals and snacks to students and staff. The District participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the USDA Dept of Defense Fresh Fruit and Vegetable programs.

The School Food Service Program provides students and staff access to a variety of affordable, nutritious, and appealing foods, water and milk that:

- Meet the health and nutritional needs of students and adhere to or exceed the USDA school meal regulations.
- Make water available and accessible without restriction to students at no charge when meals are served.
- Accommodate the dietary restrictions of the student body in meal planning;
- Provide clean, safe, and pleasant settings and adequate time for students to eat; and a minimum of 20 minutes for lunch and a minimum of 10 minutes for breakfast, after sitting down.
- Ensure that no student go hungry while in school.

Both schools will participate in available federal school meal programs, including the school breakfast program(West Tisbury ONLY), national school meals program; and, to the maximum extent practicable, summer food service program, fruit and vegetable snack program.

The schools will maintain the same Massachusetts Food and Beverage Standards for extended day programs, concession stands, booster sales, fundraising activities and school sponsored or school related events and will adhere to the school district's Administrative Wellness Policy Guidelines and Implementation Procedures, as applicable. Food is not to be used as a reward in the classroom, and food based instruction and celebrations will be discouraged.

When and if allowed, they will adhere to this Wellness Policy's guidelines.

PHYSICAL EDUCATION and PHYSICAL ACTIVITIES

The district's goal is that all students in grades K - 8 have opportunities, support, and encouragement to be physically active on a regular basis throughout the school day through physical education (PE) classes and in other ways before and after school. Such opportunities will and may include the following: open gym, interscholastic athletics, active transportation (walking and biking to school), and physical activity integrated into the academic curriculum where appropriate. Additionally, there are designated daily recess periods with active play for K-8 students. The district is participating with the Massachusetts Safe Routes to Schools Program.

The Health and Physical Education/Athletic Departments will provide all students, including students with disabilities, special health care needs and those in alternative educational settings, with access to a variety of opportunities for physical activity. These activities will:

- Adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework and the National Association for Sport and Physical Education Standards
- Ensure that students learn skills for lifelong activities
- Provide students with the opportunity to participate in physical activity through a range of programs including but not limited to, commuting options that promote active transportation, interscholastic athletics, and activities that are available to students, regardless of skill level, such as intramural and physical activity clubs.
- Include in-school training on active transportation to ensure students have the tools necessary to walk or ride to school safely and comfortably.

* The school district will ensure physical education is taught by qualified educators who are certified by the Commonwealth of Massachusetts to teach physical education. In addition, as part of a quality physical education program, all physical education teachers will be expected to participate regularly in professional development activities.

* The school district will ensure equipment and facilities specifically used for Physical Education are adequate and conform to safety standards.

* Students will not be kept from recess or excluded from a Physical education class, except if the removal is necessary to protect the health, safety, and welfare of the student, other students and staff and/or is related to the students engaging in conduct, during recess or Physical Education class, that is in violation of the codes of conduct set forth in the Student Handbook and/or in school based rules or other district policies (e.g. anti-bullying policy, non-

discrimination policy), or the permission of the student's parent has been given for this student's exclusion or removal.

- * Students will not be denied recess to conference with teaching staff, finish projects or make up work, unless under unusual circumstances.
- * Physical activity or recess will neither be denied nor required as a form of punishment.
- * All students in grades K-8 will have at least 20 minutes of supervised recess time, preferably outdoors, during which trained staff will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- * Students and staff will be encouraged to engage in active transportation (walking, biking, etc.) to and from school and to support an active lifestyle from an early age by working to make bicycling and walking to school a safer and more appealing mode of transportation.

HEALTH and NUTRITION EDUCATION and PROMOTION

The following are the district's goals for health education activities:

- Students will receive encouragement, support and education to adopt and maintain healthy behaviors through standards based health education, including nutrition education and social emotional learning and within a coordinated school health program.
- Students receive health education that teaches skills they need to adopt and maintain healthy behaviors.
- Students receive health messages from all aspects of the school program.
- Health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education curriculum. Staff who provide health and nutrition education will have appropriate training.
- Health and nutrition education curriculum will be aligned to the Massachusetts Comprehensive Health Curriculum Framework, National Health Education Standards and the National Sexuality Education Standards and will establish linkages between health education, school meal programs and related community services.
- The school district will ensure that specialist staff who teach health education in middle school(6-8)are qualified educators who are certified by the Commonwealth of Massachusetts to teach health education.
- Principals will provide training to enable school staff to value and promote physical health and nutrition education, healthy eating and opportunities for students to be physically active, and will ensure that school staff adheres to the Wellness Policy and related administrative guidelines and procedures.

- Nutrition promotion will support and enhance classroom nutrition education through eating experiences in the school cafeteria provided by the Director of Food Services and through partnership with Island Grown Initiatives, with opportunity to grow, harvest and taste organically grown fruits and vegetables in school gardens.
- Where practicable, school gardens will be maintained as a health and nutrition, resource and all gardens will include edible fruits and vegetables and use organic practices.
- Schools are encouraged to provide nutrition and physical activity information for families.
- Any food based celebrations will be discouraged.
- All food related instruction will be discouraged.
- Food will not be used as a reward in the classroom.

MONITORING and EVALUATING

Compliance with the Wellness Policy and implementation procedures will be ensured by the principal of each school in the district.

As required by the Child Nutrition Reauthorization of 2010, USDA Food and Nutrition Services Final Rule, 7 C.F.R. 210.18(h)(8), and the Massachusetts Standards our School Wellness Committees, the Wellness Policy Council(West Tisbury School and Chilmark School's Wellness Committees) will be tasked with monitoring the implementation of the Wellness Policy and giving periodic updates.

The Wellness Policy will be reviewed every three years, and a report assessing the school district's progress toward meeting the goals of this policy and compliance with this policy will be prepared and made available to the public.

ROLE AND MEMBERSHIP

UIRSD will convene a representative district Wellness Committee that meets once a year to establish goals for and oversee health and safety policies and programs, including development, implementation and periodic review and update of this Wellness Policy.

Both the West Tisbury School and Chilmark School will establish its own committee which will convene independently at least four times a year to review school-level issues, establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and potential update of this Wellness Policy.

Wellness Committee membership at each school will represent and include, but not be limited to parents/caregivers; students; school nutrition representative; physical education teachers; health education teachers; school nurse; school administrator; and a community member.

LEGAL REFS: The Child Nutrition and WIC Reauthorization Act of 2004,
Section 204, P.L. 108-265, as amended, and related regulations
The Richard B. Russell National School Lunch Act, 42 U.S.C.
1751 - 1769h, as amended, and related regulations
The Child Nutrition Act of 1966, 42 U.S.C. 1771 - 1789, as amended, and related
regulations, including without limitation, 7 C.F.R. 210 et seq.

Wellness Policy First Revision: September 2022
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