

LOCAL WELLNESS POLICY

Context

Federal Law (PL 108.265 Section 204) requires all schools to develop a local wellness policy and establish a plan for measuring the implementation of the policy. Children need access to healthful foods and educational content and experiences that promote wellness. Good health fosters student attendance and educational success. Obesity rates and chronic diseases continue to increase and challenge maximum academic performance. Participation in vigorous physical activity, quality physical education, nutrition education and balanced food choices foster life long health habits leading to longer healthy lives.

The purpose of the policy is to insure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students.

1. Nutrition Education, Physical Activity, Physical Education and Wellness Promotion
 - A. Nutrition Education
 - Nutrition instruction will be taught at as a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect health. (MGL Chapter 71, Section 1)
 - Nutrition instruction will be developmentally appropriate and culturally relevant.
 - Nutrition instruction will contain Food Pyramid Guidelines, caloric balance, and media literacy.
 - Nutrition Educators will collaborate with the food service staff to strengthen and extend instruction.
 - B. Physical Activity
 - Physical Activities programs, such as intramurals, extra curricular activities and interscholastic sports are available after school.
 - Physical activity, during the school day, will not be used as punishment (e.g., running laps, pushups) nor is it desirable to routinely restrict physical activity for disciplinary reasons, unless related to violations that occur during the physical activity periods.
 - C. Physical Education
 - Physical Education/Health shall be taught as a required subject (MGL Chapter 71, Section 3)
 - Physical Education will be taught by a certified physical education teacher.

- Student involvement in other activities involving physical activity will not be substituted for physical education class.
- Physical Education should be taught to students through out the school year to provide the maximum activity exposure and instructional continuity.
- Physical Education instruction will incorporate NASPE's Quality Physical Education guidelines including opportunity to learn, meaningful content and appropriate instruction.
- The Physical Education program should match the MA Health Curriculum Framework and the National Standards for Physical Education (NASPE).

D. Wellness Promotion

- Instruction in health education shall be taught as a sequential, standards-based program and incorporate the MA Health Frameworks standards (MGL Chapter 71, Section 1)
- The Health Education program should match the MA Health Curriculum Framework and the National Health Education Standards.

2. All Foods Available on school campus (during the school day)

A. Beverages

- With the exception of carbonated water, carbonated beverages with out nutritional value will not be available on campus for student purchase.

B. Foods

- Snacks made available on school property will meet the following MA Action for Healthy Kids Guidelines:
 1. Ensure that healthy snacks and foods are provided in vending machines, school store and cafeteria.
 2. Increase the availability of appealing nutritious food and beverages while minimizing the availability of high-caloric/low nutrient counterparts.
 3. At least 50% of a la carte items must provide high nutritional value (100% fruit juice, skim and 1% milk, etc). Foods of high nutritional value will naturally have a significant amount of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber.
- For any school-wide celebrations, only wrapped, store-bought foods, with ingredients listed on the labels may be sent in. Administrators in collaboration with the school nurse may make exceptions to this to approve curriculum based food activities.
- Staff members are expected to follow the same procedures for any food they bring in to share with their classes or allow other students to bring in and share.
- No fundraising activities or school store sales involving food will occur during the breakfast or lunch period. .
- Any corporate sponsor or corporate partnerships shall meet all previously stated guidelines and shall not compromise the North Shore Regional Vocational School District Local Wellness Policy.

3. School Meals

- A. Reimbursable school meals must meet, at a minimum, the regulations of the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (ACT U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School lunch Act (42U.S.C. 1758 (f)(1), 1766(a), the USDA Nutritional Standards and the American Dietary Guidelines
- B. Menus will be prepared and foods will be served to incorporate variety, appeal, taste and safety to ensure high quality meals.
- C. Nutritional meal data is available.
- D. Meal times and Scheduling
 - Lunch periods are scheduled as near the middle of the school day as possible.
- E. Environment
 - Facility design should be given priority in dining facility renovations and new construction. Creative, innovative construction should be applied to minimize noise level within the eating area. The eating environment should be located such that there is convenient access to hand-washing facilities before meals. The food service area design should minimize the time students are waiting in line.

4. Evaluation of the Local Wellness Policy

- A. The Superintendent-Director is the designated person charged with operational responsibility for ensuring that the schools meet the local wellness policy.
- B. The Health Education Department will administer the Youth Risk Behavior Survey yearly to students in grades 9 and 11. The data will be used to modify and improve instructional content to meet the changing needs of the student body.

5. Local Wellness Policy Committee

The School and Community positions that participated in the development of this local wellness policy:

Superintendent-Director	Director of Student Services/Guidance
Coordinator of Health/PE/FCS	Special Education Administrator
School Principal	Nurse
Food Service Director	Nutritionist
Physical Education/Health Teacher	North Shore Regional Vocational School
Marketing Teacher	Committee
Facilitator of Student Activities	