

FILE: ADF

## SCHOOL WELLNESS POLICY

### ***Preamble***

Blue Hills Regional Technical School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active in and out of the regular school day
- 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 activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

## I. School Wellness Committee

### 1.1 *Committee Role and Membership*

The District will convene a representative School Wellness Committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent the high school level and may include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., Food Services Director); physical education teachers; health assisting education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff, school administrators (e.g., superintendent, principal, vice principal), health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

### 1.2 *Leadership*

The Superintendent or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is James P. Quaglia, Superintendent

Name	Title / Relationship to the School or District	Email address	Role on Committee
Steve Moore	Assistant Superintendent of Business and Personnel	<a href="mailto:smoore@bluehills.org">smoore@bluehills.org</a>	Evaluates wellness policy implementation and record keeping
John Lowell	Food Services Director	<a href="mailto:jlowell@bluehills.org">jlowell@bluehills.org</a>	Update the nutrition measures

Joan Gainey	School Nurse	<a href="mailto:jgainey@bluehills.org">jgainey@bluehills.org</a>	Staff awareness about chronic health conditions updates goals for nurse's office
Jill Rossetti	Principal	<a href="mailto:jrossetti@bluehills.org">jrossetti@bluehills.org</a>	Organizes wellness committee meetings, agendas, etc.
Geoff Zini	Academic Director	<a href="mailto:gzini@bluehills.org">gzini@bluehills.org</a>	Assists with active academics and Physical Education
Michelle Sylvia	Vocational Director	<a href="mailto:msylvia@bluehills.org">msylvia@bluehills.org</a>	Assists with active vocational technical education
Jamie Arnstein	Physical Education Instructor	<a href="mailto:jarnstein@bluehills.org">jarnstein@bluehills.org</a>	Updates on physical activity and health
Katherine Sullivan	Physical Education Instructor	<a href="mailto:ksullivan@bluehills.org">ksullivan@bluehills.org</a>	Updates on physical activity and health
Margaret Stewart	Health Assisting Instructor	<a href="mailto:mstewart@bluehills.org">mstewart@bluehills.org</a>	Teacher and Parent Representative
Jenna Brown	Student Representative	<a href="mailto:Jenna.brown@bluehills.org">Jenna.brown@bluehills.org</a>	Student representative

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

## II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

### **2.1 Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: [www.bluehills.org](http://www.bluehills.org).

### **2.2 Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the District School Committee Office and/or on the school network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SWAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### **2.3 Annual Notification of Policy**

The District 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 District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the school officials leading and coordinating

the committee, as well as information on how the public can get involved with the school wellness committee.

#### ***2.4 Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;2.5
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Steve Moore, Assistant Superintendent of Business and Personnel at 781-828-5800 extension 202 or at [smoore@bluehills.org](mailto:smoore@bluehills.org). The SW will monitor schools' compliance with this wellness policy.

Blue Hills Regional Technical School District will actively notify households/families of the availability of the triennial progress report.

#### ***2.5 Revisions and Updating the Policy***

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

#### ***2.6 Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of SWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation

of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### ***2.7 Goals for Measurement and Evaluation***

The Superintendent or his designee will ensure compliance with the district's wellness policy. The Superintendent will provide an annual report to the School Committee and the School Council on the implementation and progress of the policy, and include it in the school improvement plan report. Recommendations for policy revision will be included in the report.

The school food service director will ensure compliance with nutrition policies within the school food service areas.

The tools used for multiple measures including the following tools for evaluation will be healthy fitness zone standards, SBIRT for grade 10, Signs of Suicide, the School Health Index (portions of nutritional services module and physical education and other physical activity programs module), and the Physical Best fitness test. We will share aggregate results.

The content and implementation of the wellness policy should be periodically reviewed every three years, updated and reported to public (including parents, students, and others in the community).

## **III. Nutrition**

### ***Goals for Nutrition***

Our overall goal is to nourish the body as well as the mind of student. We aspire to create a school environment that embodies healthy eating by teaching and providing healthy food choices to promote healthy eating habits. Food and beverage that is high in calories, saturated and/or trans-fat, sugar, and sodium, while low in nutrients, should be replaced with a variety of healthier alternatives to enable students to carry out healthy eating behaviors.

### **3.1 Specific Nutrition Measures - School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Promote healthy food and beverage choices
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)

### **3.2 Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### **3.3 Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes.

### **3.4 Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The 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. 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: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

### **3.5 Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Ensure 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### **3.6 Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as biology, health assisting, early education, criminal justice, culinary arts and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and



### **3.7 Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

## **IV. Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong health

habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt the physical education classes and equipment as necessary.

All District secondary students are required to take the equivalent of four years of physical education, which meets Healthy Schools Gold-level criteria.

The District physical education program will promote student physical fitness through individualized fitness activity assessments (via the Healthy Fitness Zone or other appropriate assessment tool) and will use criterion-based reporting for each student.

#### ***4.1 Goals for Physical Activity***

Physical activity is important in the overall health picture. Daily physical education can increase student participation in moderate to vigorous physical activity and help high school students gain the knowledge, attitudes and skills they need to engage in lifelong physical activity.

1. Physical education must be taught by a certified physical educator. Class size should be consistent with other academic classes. Physical education is required for all students.
2. The physical education curriculum will adhere to the MA. Frameworks and NASPE standards.
3. Students will be engaged in moderate to vigorous physical activity for a minimum of fifty percent of each physical education class.
4. Health education will be taught by a certified health teacher and is required for all students, grades 9-12. The health curriculum will adhere to the Massachusetts Frameworks.
5. Staff will be allowed to work out in the wellness center before and after school each day. Before and after school fitness activities will be available for staff.
6. An interscholastic sports program will be available for all qualified students all three seasons.
7. All instructional staff is encouraged to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity should be emphasized.
8. Substituting intramural or interscholastic sports for physical education class will not be allowed.

#### ***4.2 Essential Physical Activity Topics in Health Education***

Health education will be required for all high school students every year. The District will include in the health education curriculum a minimum of the 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

#### ***4.3 Classroom Physical Activity Breaks***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when then can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide (3-5 minutes) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute for physical education class and class transition periods.

#### **4.4 Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g. science, math, language arts, social studies, etc.) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### **V. Staff Awareness about Chronic Health Conditions**

All school personnel shall be notified of or participate in professional development programs relating to common chronic health conditions found in school aged children and youth.

Teachers with students known to have chronic health conditions shall receive training that includes:

1. Basic information about condition.
2. Procedures typically used to manage condition within the school setting.
3. Strategies to decrease student’s exposure to allergens or irritants.
4. Applicable laws and policies regarding administration of medications to students and confidentiality/rights of students and families.
5. Warning signs and symptoms of possible related medical emergencies.
6. Emergency response policies and procedures.

### **VI. Goals for School Nurse Office**

The school health office will be used as an educational tool for students and school personnel.

1. The school nurse will order health education resources for distribution on an information table.
2. School nurse will send a letter to parents/guardians of students who will benefit from nutrition assessment/counseling.

## **VII. 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\*. The Food Service Director will make available to teachers a list of healthy fundraising ideas and provide a method for procuring the items [*examples from the Alliance for a Healthier Generation and the USDA*].

1. Encourage all teachers, coaches and advisors involved in fundraising to consider alternative sources of fundraising that do not include the sale of food items that do not meet the guidelines of the USDA Smart Snacks in Schools nutrition standards.
2. All fundraising activities that involve food must be approved by the principal after review by the food service director for conformity to this policy
3. Provide resources that will give options for fundraising other than food items.
4. The Food service Director shall manage all vending machines and assure that they provide food items and beverages that meet state standards.

## **VIII. Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. All food offerings for parties held during the school day must include a sufficient number of healthy options. The Food Service Director can provide items such as fruit bowls and salads, along with other healthy options to accompany outside food. Teachers must encourage students to make healthy choices during school day events that include food
2. Classroom snacks brought by students. The District will encourage all students to bring in healthy snacks for their break period.
3. Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Steve Moore Asst. Superintendent/Business, John Lowell FSD,  
Joan Gainey School Nurse, Jill Rossetti Principal, Geoff Zini  
Academic Director, Michelle Sylvia Vocational Director, Jamie  
Arnstein Phys Ed Instructor, Katherine Sullivan Phys Ed  
Instructor, Margaret Stewart Health assisting Instructor, Jenna  
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