

Shore Educational Collaborative

WELLNESS POLICY

Pursuant to the “Healthy, Hunger-Free Kids Act of 2010”, Pub. Law 111-296, Sec 204, and the Richard B. Russell National School Lunch Act, Sec 9A, Shore Educational Collaborative (Shore) adopts this Wellness Policy.

Statement of Purpose

It is the purpose of the Wellness Policy to encourage wellness programs at Shore. Wellness programs will be designed to promote healthy behaviors and decision-making, and to encourage lifelong patterns of balanced nutrition, exercise, and emotional and physical well being.

Wellness Policy Rationale

Healthy eating patterns, quality physical education, and activity programs positively impact students’ academic, physical, social, and emotional health. Current research indicates that students and staff will have greater opportunity to maximize their academic performance as well as their physical, social, and emotional health through well-planned and well-implemented nutrition, physical education, and activity programs. Through the creation and implementation of this policy we seek to provide an environment in which students can achieve their maximum academic potential.

Nutrition Education Goals

Shore encourages the promoting and supporting of students in the development of healthy eating habits. Nutrition influences a student’s development, health, well being and potential for learning. All members of the Shore community are encouraged to create an environment that supports lifelong made in all school programming need to reflect and encourage positive nutritional messages healthy eating habits. Decisions and healthy food choices.

1. Shore will provide food and nutrition education for all students as part of the existing Comprehensive School Health Education and Wellness Program.

1. The nutrition education program will be consistent with the Massachusetts State Curriculum Frameworks and will be designed to help students learn age-appropriate nutritional knowledge and skills, how to assess their own eating habits, and how to be educated consumers with respect to advertising and the media.

1. To develop school-wide strategies and initiatives which promote healthy lifestyles for students and staff.

1. To improve nutritional habits of students through modification of offerings through breakfast and lunch and vending machine offerings.

1. Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and chronic disease.

1. Shore will offer educational opportunities for staff members and parents regarding healthy food choices and eating behaviors.
 1. Shore's staff and food service personnel will work together to promote a consistent, coordinated message about nutrition and healthy eating choices.

1. Foods and beverages sold in vending machines will be evaluated to ensure compliance with Healthier US School Challenge (HUSSC) standards as well as federal and state guidelines

1. Nutritional guidelines that require the use of products that are consistent with current U.S. Dietary Guidelines and the USDA Healthier US Challenge standards, and served in appropriate portion sizes shall be established for all foods offered to students/staff. Menu and product selection shall utilize input from student, parent/guardian, staff and community advisory groups whenever possible.

1. The school meals program will operate in accordance with the National School Lunch Program standards and applicable Massachusetts and local laws and regulations.
 1. Nutritional service policies and guidelines for reimbursable meals shall not be more restrictive than USDA and state regulations require.

1. Shore will make every effort to prevent the overt identification of students who are eligible for free and reduced-price meals.

Physical Activity Goals

1. Physical education instruction will be consistent with the Massachusetts Curriculum Frameworks and will be delivered, whenever possible, by teachers with physical education certification.
 1. Suitable physical education should be part of the education plan for all students as appropriate for their abilities. The amount of time that students spend per week in physical education classes and in recess should be designed to achieve a balance between academic goals and the need for physical activity. Modified programs for students with chronic health problems, disabling conditions, or other special physical needs shall be provided.

1. Shore will provide a safe environment with functional and necessary protective equipment for all students to participate in physical education classes actively and safely.

1. Ongoing in-service and professional development training opportunities for staff in physical education and health instruction shall be encouraged.
1. Student-to-teacher ratios in physical education classes should strive to be comparable to those in other curricular subjects.
1. Physical activity will be integrated into the curriculum where appropriate.
1. Fundraisers that promote physical activity (e.g. Walk for Hunger, Relay for Life, etc.) are strongly encouraged.
 1. The withholding of physical activity as a punishment or in lieu of completing other academic work is strongly discouraged. The occasional loss of recess may occur if it is academically beneficial to the student. Repeated loss over time of physical activity is not appropriate.

Goals for Foods Available in School Buildings During the School Day:

1. All school meals available through the National School Lunch Program will meet the USDA Dietary guidelines.
 1. Nutritious and appealing foods such as fruits, vegetables, low and nonfat dairy products will be available wherever food is sold or offered throughout the school day.
 1. Nuts and nut products, shellfish and other items may be restricted foods. Allowance of these foods will be based on health concerns in each classroom/program. Decisions in regard to these foods rest with Nursing & the Leadership team.
1. A minimum of 50% of all snacks and beverages sold in vending machines and as a la carte offerings will meet the criteria outlined below. This 50% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time.

Snacks:

All snacks sold shall comply with allergy policies and procedures and provide only single serving snacks that meet the following criteria:

- No more than 200 total calories per serving No more than 35% calories from fat
- No more than 10% calories from saturated fat, or no more than 2 grams from saturated fat per serving excluding fruits, vegetables, seeds

- 200 mg sodium or less per item
- Whole grain as first ingredient for grain products (crackers, granola bars, bakery items, etc.)

Beverages:

- 100% fruit or vegetable juice, limited to a maximum of 12 ounce serving with no more than 22 gm sugar
- Fat-free and 1% milk, minimum of 8 ounce and maximum of 16 ounce serving size
- Water and flavored water must not have any added sugar, unlimited serving size Carbonated water and carbonated 100% fruit juice only with USDA approval.

1. Food pricing strategies will continue to be designed to encourage students to purchase nutritious items and/or reimbursable meals.

1. Parents and caregivers are encouraged to support a healthy school environment by providing students with a healthy breakfast to start each day, as well as a variety of nutritious foods if meals are sent from home.

1. Shore strongly encourages non-food items to be sold as part of school-sponsored fundraising activities during the school day. However, in the event that a fundraiser does involve food, healthy food choices are encouraged and food may not be sold prior to scheduled student lunch times.

1. Shore recognizes that classroom parties and celebrations may occur at school. School staff and parents are encouraged to include a variety of healthy food offerings, as defined in #4 above, at all school parties and events to support a healthy environment throughout the school.

1. To support a healthy school environment, teachers and school staff should refrain from using food as a reward for students.

1. Lunch is an integral part of the school day for all students, and as such, should never be circumvented as a consequence of unacceptable behavior.

Other School-Based Activities and Goals Designed to Promote Wellness

1. The proper cleaning fluids, paper products, and other materials necessary for students and adults to properly wash their hands will be provided.

1. To reduce the risk of disease and allergen transmission, school staff will promote no sharing or trading of food or utensils.

1. The dining area will be kept clean, orderly, and free of any excess debris. Floors shall be cleaned daily while school is in session, and tables shall be cleaned with appropriate cleaning fluids.

1. Adequate supervision will be provided in all dining areas.

1. Shore's Life-Threatening Allergy Policy will be completed by the end of the 2015-2016 school year. All Shore staff will implement and comply with this policy.

Healthy And Safe Environment

Shore is committed to providing a safe and healthy learning and working environment for both students and staff. Shore will continue to provide opportunities and develop policies and procedures that foster improvements to each individual's quality of life.

- Buildings, grounds and facilities will meet all current health and safety standards; including environmentally-clean air.
- Shore's Leadership will work in cooperation with local law enforcement officials to monitor, regulate and maintain a safe school environment.
- School buildings, offices and grounds will maintain an environment that is free of tobacco, alcohol and other drugs.
- Appropriate safety training procedures will be provided for all students and staff to support personal and occupational safety standards.
- All classrooms and school-wide facilities will offer educational services in a non-violent and harassment free environment.

Implementation and Monitoring

The individual health needs of each student will be taken into consideration in the implementation of this policy and these guidelines.

Prior to the end of the 2015-2016 school year, a draft of this policy will be distributed to the Shore Leadership Team for preliminary review and comments.

This policy will then be submitted to the Shore Board of Directors for approval for the beginning of the 2016-2017 school year. Each Program Coordinator or their designee, shall be charged with the operational responsibility for ensuring that the foods, beverages, and physical activities in their program meet the requirements of this policy. Parents will be made aware of this policy's implementation prior to, or at the start of the school year.

Health and Wellness Advisory Council

The Executive Director will establish a Health and Wellness Advisory Council that will foster physical activity, wellness, good nutrition, and healthy choices in our schools. The Advisory Council will be lead by the Executive Director or her/his designee.

This Advisory Council will consist of members appointed by the Executive Director representing the following constituencies:

- Board of Directors
- Administration
- Health education
- Physical education
- Family and consumer science
- Core academic subjects
- Nurses
- Students
- Parents
- Food services

The Advisory Council's role and responsibilities will include but not be limited to:

1. Recommend procedures to the Executive Director to implement this policy.
1. Review the policy and the implementation procedures annually.
1. Monitor and evaluate the progress toward compliance with the goals of the policy.
1. Measure the outcomes of the changes implemented by various tools such as student satisfaction surveys, parent satisfaction surveys, school health statistical data collected in compliance with the Department of Public Health (DPH), and other data collection and monitoring mechanisms.

1. Provide a status report regularly to the Executive Director regarding the policy and its implementation, including recommendations and measures to take to improve student wellness by May 15th of each year.
1. Advise the contracted food vendor on meeting the goal of offering healthy, attractive, and student-acceptable breakfast and lunch food items that meet or exceed federal and state guidelines
1. Support school based wellness initiatives as they develop
1. Promote parent and staff education around the Wellness Policy.