

WELLNESS POLICY

BACKGROUND

Section 204 of PL 108-265, The Child Nutrition and WIC Reauthorization Act of 2004 requires “each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local wellness policy ...”¹

PURPOSE AND SCOPE

Greater New Bedford Regional Vocational Technical High School (GNBRVTHS) is committed to providing a school environment that promotes and protects student health, well-being and ability to learn by supporting a healthy lifestyle that includes healthy eating and physical activity. A healthy school environment and lifestyle leads to improved test scores and attendance and fewer behavior problems.

A healthy school environment includes:

- Physical education and physical activity.
- A commitment to nutrition.
- School based activities that promote wellness.
- A clean and safe environment for all.

WELLNESS COMMITTEE

The Superintendent/Director will establish a Wellness Committee that will foster physical activity, wellness and healthy nutrition in our school.

The Wellness Committee will consist of a School Nurse, Coordinator of Health and Physical Education, Food Service Director and a school administrator.

A Wellness Advisory Board will be established and the Wellness Committee will report to this board twice annually.

¹ PL 108-265, The Child Nutrition

The role of the Wellness Committee will include but not be limited to:

- Review and evaluate present policy, identify areas that can be improved, develop goals for change.
- Develop strategies to implement changes and move toward goals.
- Recommend strategies to the Superintendent/Director to implement change.
- Monitor and evaluate the progress being made toward compliance with the goals of the policy.
- Provide an annual report to the Superintendent/Director.
- Support school based wellness initiatives as they develop.
- Act as a liaison to community agencies.
- Promote parent and staff education around the Wellness Policy.

PHYSICAL EDUCATION/ ACTIVITY

The primary goal of physical education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to regularly participate in physical activity at school and to understand the short and long term benefits of a physically active and healthy lifestyle. Every effort will be made to provide physical activities that are inclusive of all students.

- All students will be given the opportunity to participate in physical activity during school by regular participation in physical education classes.
- Physical education classes will meet or exceed the minimum Massachusetts Dept. of Elementary and Secondary Education requirements.
- Physical Education will include instruction in individual activities, physical conditioning and weight training as well as competitive and non-competitive team sports to encourage lifelong physical activity.

SCHOOL NUTRITION ENVIRONMENT

GNBRVTHS participates in the National School Lunch Program. The GNBRVTHS school lunch program will meet or exceed USDA, NSLP regulations and the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. Students will be provided adequate time to eat lunch (30 minutes) and every attempt will be made to serve lunch as near to the middle of the day as possible. GNBRVTHS will strive to:

- Provide meals that are attractive and appealing to students, served in a clean and pleasant setting.
- Provide foods that meet or exceed USDA Dietary Guidelines.
- Provide foods that meet or exceed the Massachusetts School Nutrition Standards for Competitive Foods and Beverages.
- Provide food choices and portions that promote healthy eating habits.

- Provide alternative meal choices for students who require special food plans due to documented medical reasons.
- Ensure that food is not used as a reward
- Ensure that staff/faculty do not allow food/drinks in classrooms and vocational areas.
- Ensure that foods and snacks are not displayed or consumed by staff/faculty in front of students.

If a student requires a special food plan that is nutritionally or medically necessary, the parent/guardian should contact the school nurse.

SCHOOL BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS

GNBRVTHS will adhere to the USDA Guidelines and the Massachusetts School Nutrition Standards for Competitive Foods and Beverages. Every effort will be made to provide fresh fruits and vegetables daily. Efforts will be made to encourage the sale of healthy food items at school sponsored events and fundraisers that take place before or after school hours.

Foods and Beverages will not be allowed in classroom or vocational areas.

Foods and beverages will not be displayed or consumed by staff/faculty in front of students.

All foods/beverages provided to students between 7:00 AM and 3:00 PM will meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages.

The district will move toward increasing opportunities for all students to participate in extracurricular fitness related opportunities.

The district will encourage parents and guardians to support their child's participation in physical activity, to be physically active role models and to include physical activity in their family events.

The district will promote a supportive learning environment that includes nursing, guidance and/or counseling services that provide students, families, faculty and staff with linkages to appropriate school and community health resources.

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