

BVT WELLNESS POLICY

1. PHILOSOPHY

Blackstone Valley Tech's wellness policy promotes and emphasizes positive lifelong health, personal fitness, safety, and nutritional behavior for all enrolled students and staff. These outcomes are attainable through ongoing promulgation and programming of a healthy lifestyle through health instruction, medical and mental health services through our school-based health center and school nurses, guidance and counseling services, fitness center participation, physical education classes, nutrition education, and healthful meal, beverage and snack offerings.

All aspects are espoused in our wellness plan, including physical, dietary, cognitive, behavioral, and social aspects of wellness. By providing focused and measurable programs and activities, students should develop positive attitudes and increasing levels of personal wellness during their adolescent and adult lives.

GOALS

- To develop school-wide strategies and initiatives which will promote healthy lifestyles for students and staff.
- To increase the number of students who participate in regular physical education activities and increased amount of time in physical education instruction.
- To increase the number of students who meet state health standards in physical activity, fitness and nutrition as measured by the standards specified in the Massachusetts Health Curriculum Framework.
- To improve health-related fitness levels of students through cardiovascular, flexibility, muscular strength/endurance, body composition/weight management activities.
- To improve nutritional habits of students through modification of offerings through lunch, vocational shop morning break, and vending machine offerings.
- To develop positive student social and cooperative skills through participation in activities aimed at teamwork and group participation.
- To provide system wide outreach and collaboration activities through regular educational programs in the educational curriculum, school-wide programs, and media.

2. NUTRITION

- Blackstone Valley Tech is instrumental in promoting and supporting students in the development of healthy eating habits. Nutrition influences a child's development, health, well being and potential for learning. All members of the school community are encouraged to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutritional messages and healthy food choices. Foods and beverages of low nutritional quality (high calorie/high fat and/or high saturated/trans fat and high sugar/high sodium) should be eliminated throughout the school environment.
- Nutritional guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards 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.
- Nutritional service policies and guidelines for reimbursable meals shall not be more restrictive than USDA and state regulations require.
- A la carte offerings shall be nutritious and meet USDA recommended guidelines and shall be selected with input from students, parents/guardian and staff.
- **VENDING MACHINES AND ALL OTHER FOODS SOLD IN THE SCHOOL**
 - All snacks shall provide only single serving snacks that meet the following criteria: 300 or fewer calories, six grams of fat or less, no trans fat or saturated fat, one or more grams of fiber (excluding beverages).
 - All beverages available for purchase by students:
 - a. shall not have added sugars and/or caffeine
 - b. shall include water, 100% fruit/vegetable juice in 12 ounce or less containers and non-fat or 1% plain and flavored milk
- All fundraisers involving food should support a healthy school environment and be free of foods that are of low nutritional quality (high calorie/high fat and/or high saturated/trans fat and high sugar/high sodium).
- Nutritional services shall support classroom activities for all students that include hands-on applications of good nutritional practices to promote healthy habits and reduce obesity.

3. HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to the promotion of good health and disease prevention.

- The health curriculum shall consist of a two-year sequence aligned with the learning standards outlined in the Massachusetts Health Curriculum Frameworks.
- The health curriculum shall include the teaching of skills in communication, goal setting, and decision making that enhance personal, family, and community health and wellness.
- All students shall strive to complete two years of health education and four years of physical education prior to graduation.
- Students shall have the opportunity to learn behaviors that enhance health and/or reduce health risks throughout the school day, and during, before or after school programs.
- All students shall have the opportunity to participate in extracurricular activities, i.e., interscholastic athletics, social development, and afternoon fitness programs.

4. PHYSICAL EDUCATION AND ACTIVITY

Physical education and physical activity are essential elements of the Blackstone Valley Tech curriculum. The program will provide an opportunity for all students to develop skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. Physical Education will be taught by a certified PE instructor. All physical activities will be supervised by qualified staff members.

- **Physical Education Program.** The program is designed to stress physical fitness and encourage healthy active lifestyles in accordance with the Massachusetts Health Curriculum Frameworks. The program consists of physical activities of at least moderate intensity and is for a duration that is sufficient to provide a significant health benefit to students. The program is easily adaptable for all students.
 - Participation is required for all students and is a graduation requirement. Students are required to have a change of clothes for class. Students will participate in physical education class for a minimum of 21 hours during the school year.
 - Students will be taught the basics in the following areas: body composition, flexibility, muscle strength and endurance, and cardiovascular endurance.

- Students will be taught proper techniques and procedures for the fitness room and all other physical activities.
- Students will be taught the importance of goal setting and how to set up and modify an individual wellness plan.
- Students will be required to keep an activity log during their off time from physical education.
- Students will be given varied opportunities to learn to adopt a healthy active lifestyle.

5. HEALTHY AND SAFE ENVIRONMENT

Blackstone Valley Tech is committed to providing a safe and healthy learning and working environment for both students and staff. The district will continue to provide opportunities and develop policies and procedures which will foster and contribute to improve each individual's quality of life.

- School buildings, grounds and facilities will meet all current health and safety standards, including environmentally clean air, kept clean, safe and are in good repair.
- The school district's officials 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, shops, and school wide facilities will offer educational services in a non-violent and harassment free environment.
- Every work site, classroom and shop shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- The school district will foster healthy behaviors by providing nutrition and health intervention support services.
- All students and staff will be offered social and emotional support systems to ensure optimal health.

6. SOCIAL AND EMOTIONAL WELL-BEING

Blackstone Valley Tech shall support and encourage programs and services that support and value the social and emotional well being of students, families and staff to build a healthy school environment.

- Blackstone Valley Tech shall provide comprehensive services to students including guidance, special education, nutrition, fitness, nursing and school based health center services.
- Students shall feel comfortable expressing their thoughts and feelings in an appropriate and responsible manner.
- Blackstone Valley Tech students shall be taught to understand and respect differences through a coordinated program focusing on respect. Students and staff shall learn how to build positive interpersonal relationships.
- Students and staff will be provided access to multiple fitness facilities and quality programs located at the school to balance work and recreation. The resources are partially provided to promote physical well being, reduce stress, and enhance socialization.

7. HEALTH SERVICES

Blackstone Valley Tech will promote academic and vocational achievement by implementing a health care delivery system which employs qualified health care providers. Blackstone Valley Tech strives to improve the mental and physical health of students and families by providing these services.

- Health services shall be coordinated through a registered nurse with the support and direction of Blackstone Valley Tech administration, the school based health center, the Upton Board of Health, and the Massachusetts DOE and DPH.
- Blackstone Valley Tech shall collaborate with community liaisons and resources to promote the health and wellness for students, families, staff and the community.
- Students and staff will be provided accessible health services through programs developed and coordinated within the school. These programs shall include health screenings such as height and weight measurements, immunization awareness, violence prevention, school safety, communicable disease prevention, community health referrals, parenting skills, first aid, and other priority health education topics.

8. FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP

Blackstone Valley Tech shall encourage the engagement of students, parents/guardians, and all staff members of the district in developing, implementing, monitoring, and reviewing nutrition and wellness policies. The family, school and community partnerships allow for the mission of the school to be aligned with the system wide changes being made within the district.

- Blackstone Valley Tech currently operates multiple internal and external collaboration agreements with Milford Regional Medical Center, Wayside Community Counseling Center, Riverside Community Care, Northeastern University, John Stalker Institute-Framingham State College, and Whole Foods Market to enhance student wellness.
- All approved student cooperative employment opportunities shall be approved through Blackstone Valley Tech to maintain healthy and safe work environments for all students and staff.
- Family, student and community partners shall be included on an ongoing basis in school wellness planning. All committees pertaining to student wellness shall have student, parent/guardian, and community representatives.
- Blackstone Valley Tech shall develop and maintain diverse community partnerships through a variety of programs, projects, activities and events.
- Blackstone Valley Tech shall develop and support the engagement of students, families, and staff in enhancing activities and events throughout the community.

9. STAFF WELLNESS

Blackstone Valley Tech shall provide information about wellness resources and services and establish a wellness committee to assist in identifying and supporting the health, safety and well being of staff.

- Blackstone Valley Tech shall be in compliance with drug, alcohol and tobacco free policies.
- Blackstone Valley Tech shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupational safety and health laws, policies and rules.

10. WELLNESS COMMITTEE

The school district will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The school committee designates the following individual(s) as wellness program coordinator(s): Assistant Superintendent-Director. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually.

Adopted:

Revised:

Cross Refs: EFC, Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs
KHA, Public Solicitations in the Schools
KHB, Advertising in the Schools

Legal Refs: The Child Nutrition and WIC Reauthorization Act of 2004, P.L. 108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1771-1769h
The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789