

NORTHEAST METRO REGIONAL VOCATIONAL SCHOOL WELLNESS POLICY

PHILOSOPHY

Northeast Metro Regional Vocational School (NMRVS) believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

NUTRITION

Academic performance and quality of life are affected by the choices and availability of wholesome and healthy foods at our school. NMRVS will promote healthy eating habits through nutrition education and having these options available throughout the day. These foods support student physical growth, brain development, resistance to disease, emotional stability, and the ability to learn. Therefore we have developed the following wellness policy for our students as well as our staff in agreement with the Healthy Hunger Free Kids Act of 2010 and the Massachusetts School Nutrition Bill, NMRVS offers fresh and nutritious foods that meet the USDA's Food Nutrition Service Standards. Our breakfast and lunch meals will be nutritional and healthy, they will follow the daily allowance based upon portions for students in grades 9-12. NMRVS provides a safe and healthy cafeteria for all students and staff to eat their breakfast, lunch and other healthy snacks (SMART SNACKS) during our school day. NMRVS will use local produce companies and grocers to assure the freshest and highest quality ingredients for its students.

Competitive Foods and Beverages shall meet the criteria of the State and Federal Standards and Nutritional Guidelines outlined in this policy are as follows, including ALL food and beverages sold, provided, or served to students as in:

- School cafeterias, specifically "a la carte" entrees and snacks (SMART SNACKS)
- Vending machines
- School snack bars
- Classrooms and hallways
- Fundraising activities
- School-sponsored or school-related events, including those with school-sponsored transportation occurring off school grounds, such as sporting events and/or field days.
- School stores
- Concession stands
- Booster sales
- Food trucks on school grounds

These guidelines apply to ALL entrees, snacks, side items, and desserts offered or sold outside of the school meals program. All foods and/or beverages promoted and/or advertised to students shall also meet the criteria of the State and Federal Standards and Nutritional Guidelines outlined in this policy as stated above. This policy is reviewed yearly by NMRVS Wellness Committee. (See helpful links below)

[Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School](#)

[Competitive Foods/Beverages Guide](#)

[A Guide to Smart Snacks in Schools](#)

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[A-List - John C. Stalker Institute of Food and Nutrition](#)

[Snack Time! Discover MyPlate Parent Handout](#)

All suitable staff will be trained in allergy prevention and will have completed choke-saver courses, in addition, will be trained to notice the signs and symptoms of life threatening allergic reactions and how to deal with medical emergencies that may occur during anytime in the school day. If your child has any allergies or Meal modifications that need to be made, please contact Jessica Bates, FSD at 781-245-0958 or jbates@northeastmetrotech.com for a meal modification form, we will do our best to accommodate meals for all children if it is possible.

LEGAL REFS

105 CMR 225.000: Nutrition Standards for Competitive Foods and Beverages in Public Schools

Healthy, Hunger-Free Kids Act Public Law 111-296

REF

Wellness Solutions - John Stalker Institute : <http://johnstalkerinstitute.org/wellness/>

HEALTH SERVICES

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers which will improve the mental and physical health of students and staff. Primary coordination of health services shall be through a trained school health care provider with the support and direction of NMRVS district and the Health Department. NMRVS shall collaborate with community health liaisons and resourced to promote health and wellness for students, families, staff and the community. A coordinated program of accessible health services shall be provided to students and staff and shall include, school safety, communicable disease prevention, health screening, community health referrals, and immunization referrals, parenting skills, first aid and other health education topics.

FAMILY, SCHOOL AND COMMUNITY PARTNERSHIP

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. The equality and diversity of the school and district community shall be valued in planning and implementing wellness planning processes. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events. If the school shall effectively develop and support the engagement of students, namely scan staffs in communicating health enhancing activities and events at the school or throughout community.

HEALTH EDUCATION AND LIFE SKILLS

The healthy living skills shall be taught as part of the regular instructional program which it provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Students will have access to valid and useful health information and health promotion products and services. Students will have the opportunity to practice behaviors and that enhance health and/or reduced health risks during the

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school day and as part of before and after school programs. Students at the top communication, goal setting and decision making skills that enhance personal, family and community health.

PHYSICAL EDUCATION AND HEALTH

Both physical education and health shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education, health, and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthy and physical activities.

PHYSICAL EDUCATION

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to differing abilities of students.

Participation in such physical activity of health shall be required for all students for a minimum of 140 minutes, altering weeks. The school shall require each student obtain a minimum of eight credits in physical education and health. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

HEALTHY AND SAFE ENVIRONMENT

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community. School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe, and in good repair.

Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

Each work site, school and classroom 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.

SOCIAL AND EMOTIONAL WELL BEING

Programs and services that support and value the social and emotional well being of students, families and staff that build a healthy school environment.

The school shall provide a supportive environment that includes guidance, counseling, and school social worker services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

Students and staff shall be encouraged to balance work and recreation and help to become aware of stressors which may interfere with health development.

STAFF WELLNESS

The school shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff. The school shall be in compliance with drug, alcohol and tobacco free policies. The school 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 occupation and health laws, policies and rules.

Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities. The school shall sponsor a cessation of smoking program and a weight control program.

NON-DISCRIMINATION STATEMENT

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** Program.Intake@usda.gov

This institution is an equal opportunity provider.

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