



## **MARTHA'S VINEYARD REGIONAL HIGH SCHOOL WELLNESS POLICY**

### **GENERAL POLICY STATEMENT**

The Martha's Vineyard Regional High School recognizes the important relationship between wellness and academic success, not only for students, but the entire school community. The intent of this policy is to outline the schools on-going commitment in support of wellness in the areas of nutrition, physical activity and other school-based activities that promote health and wellness. Using Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, Massachusetts Department of Public Health 105 CMR 225.000; "Nutrition Standards for Competitive Food and Beverages in Public Schools, Nutrition Standards in the National School Lunch and School Breakfast Programs", the following beliefs guide our efforts:

### **WELLNESS COMMITTEE**

#### **Committee Role**

The school will create, strengthen, or work with existing school health councils in collaboration with administration to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to the school site for implementing those policies.

#### **Membership & Notification**

The School Wellness Committee consists of a group of individuals representing our school and community, and may consist of and include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public.

The committee must consist of the school health agent, school food service representative, and school administrator and the school wellness program coordinator. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. 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. MVRHS Wellness Policy will be posted on the MVRHS website. All updates and/or modifications to the Wellness Policy by the Wellness Committee will be sent to the school committee for review and approval.

#### **Monitoring & Compliance**

The principal or designee will ensure compliance with the established district-wide nutrition, physical activity and Wellness Policies. At MVRHS the principal will ensure compliance with these policies in the school and will report on the school's compliance to the school district's superintendent or designee. Each year, MVRHS will have a Wellness Committee to review and monitor established policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent, or if

done at the school level, to the principal. The Wellness Committee will review wellness practices and provide resource information to staff, and students, as needed and requested.

### **Review & Assessment**

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. Assessment will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. Wellness program coordinator(s) 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.

### **Monitoring**

The superintendent or designee will ensure implementation and compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure implementation and compliance with those policies in his/her school and will report on the school's wellness policy to the school district superintendent or designee. School food service staff will ensure implementation and compliance of nutrition policies and USDA guidelines within school food service areas and will report on this matter to the superintendent (or if done at the school level to the school principal).

## **PHYSICAL EDUCATION**

The Physical Education and Health program at Martha's Vineyard Regional High School is designed to provide students with a variety of physical activities that promote the core concepts of the Massachusetts Comprehensive Health Frameworks and the SHAPE national Physical Education and Health Standards. Students at MVRHS will receive a coordinated teaching of concepts in physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services and programs during and after school.

Students at MVRHS will participate in both course contents for 4 years of learning accomplishing a graduation requirement as well as Mass General Laws (Chapter 71,3). Additionally physical activity for students is accessible through classroom movement, extra-curricular activities, and sports teams/clubs.

Nutrition education is included in the health curriculum so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). Staff who provide nutrition education have appropriate training.

All efforts shall be made to engage students, parents, staff, food service personnel, health professionals, and other interested community members who are stakeholders in the developing, implementing, monitoring, and reviewing of MVRHS nutrition and physical activity policies.

## **NUTRITION EDUCATION**

### **Accommodation**

The religious, ethnic, cultural diversity and special dietary needs of the student body will be accommodated in meal planning, and students and staff will have access to clean, safe, and pleasant settings as well as adequate time for meals

### **Education**

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades.

Cafeteria staff will participate in providing nutrition education and will educate students through new food experiences and expose them to a wide variety of food choices in our School Nutrition Program.

Consistent encouragement should be given to children to try new foods and discourage students from making negative comments about new foods and healthy foods so that the child will learn to try new flavors.

School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, farm to table cooking, food waste recapture).

### **Marketing**

School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrient standards for meals or foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy projects is encouraged.

## **NUTRITION GUIDELINES**

It is the policy of the MVRHS that all foods and beverages made available on campus during the school day are consistent with National School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. The Martha's Vineyard Regional High School breakfast and lunch program will:

- Meet, at a minimum, nutrition requirements established by USDA for federally funded programs.
- Emphasize fruits, vegetables, whole grains, and low-fat dairy products and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Be appealing and attractive to students.
- Use locally grown foods from the school garden in classes, after school activities and lunches
- Be served in clean, safe and pleasant surroundings.
- Provide students adequate time to eat lunch. (at least 20 minutes)
- Make breakfast available before the start of the school day
- Provide a free/reduced lunch information to all students
- Be aware of all food allergies and sensitivities in the food choices offered or made available

**Beverages:**

## Allowed:

- Provide clean drinking water without added caloric sweeteners but may contain natural flavorings and or carbonation
- 100% fruit or vegetable juices that do not contain added sugar no more than 4ounce servings.
- Milk low fat (1% or less) and fat free milk no more than 8-ounce serving

## Not allowed:

- soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 100% real fruit juice and that do not contain additional caloric sweeteners
- beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

**Foods:***A food item sold individually:*

- Foods shall not exceed 200 calories per item.
- No food or beverage shall contain more than trace amounts of caffeine
- No food or beverage shall contain any artificial sweetener.
- No food shall contain more than 200mg of sodium per item and will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat and contain 0% trans fat
- No food will have no more than 35% of its weight from added sugars
- The school will make nutrition information available for students for non-prepackaged competitive foods and beverages by August 1, 2013 to comply with 225.100: General Nutrition Standards for Public Schools. This requirement shall not apply to the sale or provision of fresh fruits or fresh vegetables, and foods or beverages sold during the school day at the booster sales, concession stands and other school-sponsored or school related fundraisers and events

**Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below
- A packaged item may contain no more than one serving per package. one ounce for cookies two ounces for cereal bars, granola bars, pastries, muffins, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including but not limited to, low-fat or fat free ice cream eight ounces for non-frozen yogurt
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- Fruits and vegetables are exempt from portion-size limits.

### **School-sponsored Events**

Foods and beverages offered or sold at school-sponsored events, such as dances, athletic events or performances, outside the school day will work toward meeting the nutrition standards for meals or for foods and beverages sold individually.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will use the foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

### **Celebrations, Holidays & Birthdays**

When classroom projects involve the preparation and sharing of food, notification will go home to families with students who have special dietary concerns. Food service, teachers and administrators will verify any allergies for a specific student with use of the School Information System (SIS).

### **Rewards and Classroom Projects**

MVRHS will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals).

## **STAFF WELLNESS**

Martha' Vineyard Regional High School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Wellness Committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

## **OTHER SCHOOL BASED ACTIVITIES**

### **Social and Emotional Wellness**

MVRHS shall provide a climate that values the social and emotional wellbeing of students, families and staff. This will include opportunities to develop and practice the skills needed to understand and respect the diversity of our community. MVRHS shall provide a supportive environment that includes guidance, counseling and school social work services that encourage students, families and staff to request assistance when needed and links them to school or community resources. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with healthy development, and personal wellness and productivity.

### **Health Services**

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of MVRHS students and staff. The MVRHS health care delivery system shall provide services as required by current state and federal laws and regulations, and current District policies. A coordinated program of accessible health services shall be provided to

all students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screenings, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

**Family, School and Community Partnership**

Long term effective partnerships improve the planning and implementation of health promotion projects and events within MVRHS and throughout the community. MVRHS shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school and throughout the community. The District will convene a Wellness Advisory Committee for this purpose.

This institution is an equal opportunity provider.

**Martha's Vineyard Regional High School**

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