



MARTHA'S VINEYARD REGIONAL HIGH SCHOOL LOCAL WELLNESS POLICY (LWP)

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

In order to be compliant with the USDA final rule, the district will convene a representative Wellness Committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs – including the development, implementation and periodic review and update of this LWP, and as necessary, revise school nutrition and physical activity policies.

Membership & Notification

The School Wellness Committee consists of a group of individuals representing our school and community, and may consist of, but is not limited to 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, school administrators 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. The School Wellness Program Coordinator, in consultation with the Wellness Committee, will be charged with implementation and evaluation of this policy. MVRHS Wellness Policy and the names and contact emails for the School Wellness Program Coordinator and Wellness Committee members will be posted on the MVRHS website. All updates and/or modifications to the Wellness Policy by the Wellness Committee will be reviewed and approved by the School Committee.

Monitoring & Compliance The Superintendent or designee will ensure implementation and compliance with established district-wide nutrition and physical activity wellness policies. The MVRHS Principal or designee will

ensure implementation and compliance with those policies in his/her school, and will report on the school's LWP to the school district superintendent or designee.

The Wellness Committee will develop and annually update an action plan for the execution of this LWP. The plan will outline who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals. School food service staff will ensure compliance with 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 Principal.

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 measure the extent to which the LWP meets the requirements of the final rule, the extent to which MVRHS is complying with the LWP, the progress made in attaining the goals of the LWP, and to determine areas in need of improvement. The results of this review will be posted to the MVRHS website. 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.

PHYSICAL AND HEALTH EDUCATION

The Physical Education and Health program at MVRHS 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). Physical, Health and Nutrition Education will be taught by licensed teachers who are certified or endorsed to teach PE, have appropriate training, and participate in PE based professional development at least once per year.

Appropriate accommodations will be provided to ensure that all students, including students with disabilities, have an equal opportunity to participate. Waivers, exemption or substitutions for PE classes are not granted unless directed by a physician, a CTE Vocational Waiver, or Administration. 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, Health and Wellness will be integrated into other core curricula by connecting food and nutrition to existing subject matter, (e.g. calculating caloric intake in a math class, studying the biology of nutrient absorption, or writing persuasive essays about healthy habits). These initiatives will be

culturally inclusive, accessible to all students and staff across the district, and age-appropriate. All school-sponsored events, whether before, during or after school, will adhere to the LWP guidelines and will include physical activity and healthy eating opportunities when appropriate. 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.

PHYSICAL ACTIVITY OPPORTUNITIES

MVRHS requires that a combination of physical activity opportunities from, but not limited to, the following be offered to students: physical education, classroom physical activity integrated into planned academic instruction to reinforce academic concepts and to reinforce skills learned in physical education, physical activity provided in the classroom outside of planned instruction (physical activity breaks), active academics, and before- and after-school activities, including sports. The school will partner with the local transportation department and community-based agencies to support walking, bicycling and other forms of active transportation for students and staff to and from school.

MVRHS prohibits the use or withholding of physical activity as either reward or a punishment during the school day and during the extended school day (including during out-of-school time/and before and after school), as this can be detrimental to promoting a positive relationship with exercise. The district will provide resources and training to school staff on appropriate ways to discipline students.

The district requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities. Additionally, MVRHS will develop joint-use agreements with community partners with our recreation department in order to provide expanded physical activity opportunities for all students and community members

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

MVRHS 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., 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 Smart Snacks, and 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 school will employ merchandising techniques such as displaying whole fruit options in attractive bowls or baskets in the line of sight and reach of students, making sliced or cut fruit available daily, giving creative or descriptive names to all available vegetable options, bundling daily vegetable options into all grab-and-go meals, and training all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meals.

MVRHS will promote physical activity and healthy foods, including fruits, vegetables, whole grains, and low-fat dairy in posted advertisements in school publications and school mailings; during broadcasts on school radio stations and in-school television; through digital media, such as computer screensavers; school-operated or school-sponsored websites and servers; or through the school public announcement system.

NUTRITION GUIDELINES

It is the policy of the MVRHS that all foods and beverages made available on campus during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food 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, available at <https://www.fns.usda.gov/school-meals/nutrition-standards>.
- Meet, at a minimum, Smart Snacks standards, available at <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>, for all items sold a la carte, and in the school store. 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 sourced foods whenever possible in classes, after school activities, and lunches, and reinforce messages about agriculture and nutrition throughout the learning environment.
- 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, and promote participation.
- Provide free/reduced lunch information to all students.
- Establish practices related to feeding students with unpaid meal balances that do not embarrass children or increase social stigma related to being of low-income
- School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations

- School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals.

Beverages:

Allowed:

- Free, safe, unflavored drinking water will be accessible at all times. Cups and/or water bottles will be provided, and students are permitted to carry approved water bottles filled with only water. Water bottles will be made available to any students that require them.
- 100% fruit or vegetable juices that do not contain added sugar in no more than 4 ounce servings.
- Milk low fat (1% or less) and fat free milk in no more than 8-ounce servings.

Not allowed:

- Soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 100% real fruit juice and that 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.

After School & School-sponsored Events

MVRHS does not monitor or control the sale of food on school campus from ½ hour after the school day ends until midnight. However, the school will make known the parameters of this Wellness Policy and encourage all fundraising, clubs, and extracurricular groups to meet and be consistent with this policy. 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 reimbursable meals or for foods and beverages sold individually.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities during the school day (from the midnight prior, to 30 minutes after the end of the official school day), will use the foods that meet the above nutrition and portion size standards for foods and beverages sold individually, without exception. MVRHS will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

Celebrations, Holidays & Birthdays

MVRHS will ensure that celebrations and rewards are consistent with our nutrition policies. All foods and beverages served and offered on the school campus outside of the school meal programs during the school day will meet Smart Snacks standards. This includes foods and beverages offered during celebrations and parties, and for classroom snacks. 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) as a punishment for any reason.

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 designate employee wellness as a priority, as well as stress management, maintaining positive relationships, teacher self-efficacy and support for purpose-driven work. 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. This will be accomplished through means such as disseminating physical and mental health information resources to school-based and out of school staff (e.g., pamphlets, flyers and posters), conducting employee wellness/health (physical and mental) promotion activities,

providing access to and encouraging participation in and use of physical and mental health programs/resources for: healthy eating and weight management, physical activity, stress management, tobacco avoidance and cessation, and social-emotional health.

MVRHS encourages all staff to model healthy eating and physical activity behaviors by not bringing in/or consuming personal food or beverages in front of students that would not meet the requirements of this LWP, and by participating in physical activities along with students.

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

MVRHS will provide access to health services that support the physical and mental well-being of students and staff. These services may include preventive care, health education, and support for managing health conditions. The scope and delivery of services will align with applicable laws, regulations, and district resources.

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.

Nondiscrimination 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, audiotope, 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: [USDA Discrimination Complaint Form](#), 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:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

1st Reading 3/3/25
2nd Reading 4/7/25
3rd Reading 9/8/25

Martha's Vineyard Regional High School

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