

Smith Vocational and Agricultural High School Wellness Policies on Physical Activity and Nutrition

SVAHS recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

SVAHS recognizes that is the School's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental restoration.

SVAHS further recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; good health fosters student attendance and to learn effectively and achieve high standards in school;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity; heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, the school improvement goals revolve around three major themes-proficiency, sustainability, and wellness; the goals will be reflected in the professional development plan and will be utilized to raise student achievement.

SMITH VOCATIONAL AND AGRICULTURAL HIGH SCHOOL POLICY GOALS:

Smith Vocational and Agricultural High School is committed to providing a school environment that enhances learning and developments of lifelong wellness practices.

TO ACHIEVE THESE POLICY GOALS:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all students.
- Nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals
- All foods made available on campus adhere to food safety guidelines
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Food and/or physical activity is not used as a reward or punishment.

WELLNESS POLICY REQUIREMENT I

Set goals for nutrition education, physical activity, and other school-based activities that promote student wellness.

Nutrition Education and Promotion. Smith Vocational and Agricultural High School aims to teach, encourage and support healthy eating by students. The School should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; and follows the Massachusetts Department of Education Curriculum Health Frameworks.
- Encourages nutrition education in all classes, as well as the Health Education classes.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; explore the concept of food production on campus.
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and healthy enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, local farms, and food offered at school;
- Teaches media literacy with an emphasis on food marketing.
- Allows the students to play a role in a recycling program that begins with the purchases of recycled products and maximizes the reduction of wastes by recycling, reusing, composting and purchasing recycled products.
- Includes training for teachers and other staff.
- Provides information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- The school administration will continue to seek grant funding to supplement programming.

WELLNESS POLICY REQUIREMENT II

Establish nutrition guidelines for all foods available on campus during the school day.

School Nutrition

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
- Ensure that half of the served grains are whole grain.

School should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the school should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The School will, to the extent possible, operate the School Breakfast Program.
- The School will notify parents and students of the availability of the School Breakfast Program.
- The School will provide parents with information encouraging them to provide a healthy breakfast.

Free and Reduced-priced Meals. The School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. The School will utilize electronic identification and payment systems, and promote the availability of school meals to all students.

Meal Times and Scheduling. Smith Vocational and Agricultural High School:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in school. Staff development programs should include appropriate certification and/or training programs according to their levels of responsibility and will include First Aid and CPR training for food service director and head cook. All full-time food service staff will be Serve-Safe certified after completing a 6 month probation time.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal times, given concerns about allergies, germs and other restrictions on some children’s diets.

Nutritional Guidelines for all Foods on Campus

All foods made available on campus will comply with current USDA Dietary Guidelines for Americans and the Massachusetts a- La Carte and Beverage Standards.

- The Food Service Department will coordinate its menu with seasonal production at local farms, so that school meals will reflect seasonality and local agriculture.
- Schools shall develop a “Healthy Fundraising” and “Healthy Celebrations/Snacks” guideline resource, and provide parents and teachers with a list of healthy, affordable food choices for snacks and parties.
- Schools shall develop a “Healthy Fundraising” and “Healthy Celebrations/Snacks” guideline resources and post on school website under School Nutrition and School Nurse.
- No unhealthy food or beverage item may be advertised on school grounds, and fast food and “branded” food items shall not be allowed in the cafeteria during school hours.
- Beverages allowed in shop and classroom areas will be limited to milk, 100% fruit juice, and water.
- During the school day, vending machines and school store shall only offer approved items recommended by the Massachusetts Food and Beverage A-La Carte list, and will be overseen by the SVAHS Business Manager and Wellness Team.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). 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 products is encouraged.

Fundraising Activities. To support children’s health and school nutrition education efforts, school fundraising activities will not involve unhealthy food or snacks. School will encourage fundraising activities that promote physical activity and good nutrition. Exceptions may be made for the bake sale on voting day and occasional other events, with the approval of the Vice-Principal. See “Guidelines for Healthy Fundraising” (Addendum A) for ideas.

- All fundraising projects that occur on school grounds, where the sale of the product will result in the consumption of the product before or during the school day must follow the Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225) when determining the items being sold.
- All fundraising projects for sale and consumption after the instructional day are strongly encouraged to follow the same standards. See “Guidelines for Healthy Fundraising” Addendum A.
- Organizations operating concessions at school functions will be encouraged to include healthy food choices in their offerings. It is recommended that groups market these healthy options at reasonable price to encourage selection by students.

Teacher-to-Student Rewards

The use of food items as part of a student reward program is strongly discouraged. Should teachers feel compelled to utilize food items as a reward, they are to adhere to Nutrition Standards for Competitive Foods and Beverages in Public Schools (105 CMR 225)

Classroom Parties/Group Snack

- Alternate ways to celebrate birthdays and holidays that don’t include food sharing should be considered and will be posted on the district website in “Guidelines for Healthy Snacks/Celebrations”. (See Addendum B).
- School staff and their designees will make sure that a variety of foods, including healthy foods, are offered at classroom parties and events that include food sharing.
- Only 100% juice, milk, or water will be available as beverage choices during the school day to include classroom parties.
- Classroom parties will be limited to serving one dessert item, with the emphasis on a variety of healthful choices.
- Healthy food item ideas will be posted on the district website to assist parents with their choice of food items to provide when sending in food for a classroom party or event

Staff Wellness. Smith Vocational and Agricultural 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 school should establish and maintain a wellness committee. The committee should 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.

III. Physical Activity Opportunities and Physical Education

To promote physical activity among all members of the school community.

Daily Physical Education (P.E.) 9-12

Wherever possible, all students, including students with disabilities, and special health care needs will be scheduled to receive physical education. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

The Smith Vocational and Agricultural High School District recognizes the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a students' education, the district will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The components of the district's physical education program shall include a variety of kinesthetic activities, including team, individual and cooperative sports and physical activities. Students shall be given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. The Smith Vocational and Agricultural High School district will ensure that:

Physical Activity Opportunities Before and After School

The high school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs and athletics will provide and encourage – verbally and through the provision of space, equipment, and activities – periods of moderate to vigorous physical activity for all participants including staff members. Cooperative physical activity opportunities involving staff and students will foster modeling.

All staff, coaches, and supervisors of these activities are required to be First Aid and CPR certified.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School. The School will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students and staff whenever the school is open. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and registration will apply at all times.

IV. Monitoring and Policy Review

Involve parents, students, and representatives of the school authority, the school board, school administrators, and the public, in development of the local Wellness Policy.

Monitoring. The superintendent will establish a Health and Wellness Advisory Committee that will foster physical activity, wellness, good nutrition, and healthy choices in our school, The Advisory Committee will be chaired by a community member chosen by the committee. The Advisory Committee will meet two times per year as part of the school General Advisory Committee structure. Membership will include interested community members from the health field, parents, students, and the Wellness Team comprised of the school nurse, health education and physical education teachers, and the food services director. The Advisory Committee's role and responsibilities will include but not be limited to:

- 1 Recommend procedures to the Superintendent and Principal to implement this policy.
- 2 Review the policy and the implementation procedures annually.
- 3 Monitor and evaluate the progress toward compliance with the goals of the policy.
- 4 Measure the outcomes of the changes implemented by various tools such as student satisfaction surveys, parent satisfactory surveys, school health statistical data collected in compliance with the Massachusetts Department of Public Health (DPH), and other data collected and monitoring mechanisms.
- 5 Support school based wellness initiatives as they develop.
- 6 Yearly, the policy will be reviewed by the SVAHS Wellness Committee. The Wellness policy will be posted on the school website each June.

Policy Review. To help with the initial development of the School's wellness policies, the district will conduct a baseline assessment of existing nutrition behaviors and physical activity practices. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments 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 nutrition and physical activity policies, an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements.

Addendums

- Guidelines for Healthy Fundraiser- Addendum A
- Guidelines for Healthy Snacks and Celebrations- Addendum B
- Comprehensive School Physical Activity Programs: Helping All Students Achieve 60 Minutes of Physical Activity Each Day. SHAPE America's Position: The Society for Health and Physical Educators (SHAPE America) recommends that all schools implement a comprehensive school physical activity program (CSPAP).
<http://www.shapeamerica.org/advocacy/positionstatements/pa/upload/Comprehensive-School-Physical-Activity-Programs-Helping-All-Students-Log-60-Minutes-of-Physical-Activity-Each-Day.pdf>
- MGL Chapter 197 AN ACT RELATIVE TO SCHOOL NUTRITION, approved July 30, 2010
<https://malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>
- Section 204 of Public Law 108-265-June 30, 2004 Child Nutrition and WIC Reauthorization Act of 2004.
<http://www.fns.usda.gov/sites/default/files/108-265.pdf>
- MA DESE "Clarification of Massachusetts Physical Education Requirements"
<http://www.doe.mass.edu/news/news.aspx?id=649>
- MGL Part I, Title XII, Chapter 71, Section 3, Physical Education Requirements,
<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter71/Section3>
- Massachusetts A La Carte Food and Beverage Standards to Promote a Health School Environment Food, Massachusetts Action for Healthy Kids,
http://mersd.org/Pages/MERSD_Nutrition/Wellness/MA_Food_Standards%20Rev.%209.08.pdf
- Smith Vocational and Agricultural High School Wellness Plan June 5, 2006.

Cross Refs: Massachusetts Comprehensive Health Curriculum Framework-October 1999
Model School Wellness Policies-<http://www.schoolwellnesspolicies.org>

National Health Education Standards: Achieving Excellence Second Edition, Second edition Edition by Joint Committee on National Health Education Standards (Author)

PE-Metrics: Assessing National Standards 1-6 in Secondary Schools, February 28, 2011
by National Association for Sport and Physical Educators (Corporate Author)

Legal Refs: The Child Nutrition Act of 1966, 42 U.S.C. 1771 -1789 *
The New Massachusetts School Nutrition Regulations for Competitive Foods and Beverages, 105 CMR 222.000
The Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265
The Richard B. Russell National School Lunch Act, 42 U.S.C 1751-1769h, as amended and related regulations

SOURCE: MASC

Smith Vocational and Technical High School Board of Trustees

Adopted February 16, 2010

Revised and approved by SVAHS Wellness Advisory Committee March 28, 2017

GUIDELINES FOR HEALTHY FUNDRAISING



Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ▶ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.¹ Between 1980 and 2004, obesity tripled among children and adolescents.² Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.³ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.⁴

Consequences of Unhealthy Fundraising

- ▶ **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, *"You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well."* Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- ▶ **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.
- ▶ **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.



Fundraisers Must Meet State Requirements and Smith Vocational Wellness Policy Guidelines

Massachusetts State Regulations (105 CMR 225) regarding fundraising activities in schools:

All fundraising projects Regulations that occur on school grounds, where the sale of the product will result in consumption during the school day must follow the "Nutritional Standards of Competitive Foods and Beverages in Public Schools" when determining the items to be sold.

Link is <http://www.mass.gov/eohhs/docs/dph/regs/105cmr225-nutrition-standards.pdf>

SVVHS Wellness Policy regarding Fundraising Activities:

- All fundraising projects for the sale and consumption after the instructional day are strongly encouraged to follow the state standards.
- To support children's health and school nutrition educational efforts, school fundraising activities should **not** involve unhealthy foods or snacks. Schools will encourage fundraising activities that promote physical activity and good nutrition. Exceptions may be made for the bake sale on voting day and other occasional events, with the approval of the assistant principal.
- Organizations operating concessions at school functions will be encouraged to include healthy food choices in their offerings. It is recommended that groups market these healthy options at a reasonable price to encourage selection by students.

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

Items You Can Sell

Activity theme bags
Air fresheners
Bath accessories
Balloon bouquets
Batteries
Books
Brick/stone/tile memorials
Buttons, pins
Candles
Coffee cups or mugs
Crafts
Coupon books (nonfood items)
Emergency kits for cars
First aid kits
Flowers, bulbs, plants
Foot warmers
Football seats
Garden seeds

Gift certificates (nonfood items)
Gift items
Gift wrap, boxes and bags
Graduation tickets
Greeting cards
Hats
Holiday ornaments
Holiday wreaths
House decorations
Jewelry
Magazine subscriptions
Monograms

Music, CDs, DVDs
Newspaper space, ads
Parking spot (preferred location)
Pet treats/toys/accessories
Plants
Phone cards
Raffle donations (nonfood items)
Raffle extra graduation tickets
Raffle front row seats at a special school event
Rent a special parking space
Scarves
School art drawings
Souvenir cups
Spirit/seasonal flags
Stadium pillows
Stationery
Student directories
Stuffed animals
Valentine flowers
Yearbook covers
Yearbook graffiti

Fresh fruit
Frozen bananas
Fruit and nut baskets
Fruit and yogurt parfaits
Fruit smoothies
Trail mix

Sell Custom Merchandise

Bumper stickers and decals
Calendars
Cookbook of healthy recipes made by school
Flying discs with school logo
License plates or holders with school logo
Logo air fresheners
School spirit gear
T-shirts/sweatshirts

Activities Supporting Academics

Read-A-Thon
Science Fair
Spelling Bee

Things You Can Do

Auction
Bike-a-thons
Bowling night/bowl-a-thon
Car wash (presell tickets as gifts)
Carnivals/festivals
Dances (kids, father/daughter, Sadie Hawkins)
Family/glamour portraits
Fun runs
Gift wrapping
Golf tournament
Jump-rope-a-thon
Magic show

Raffle (movie passes, theme bags)
Raffle (teachers do a silly activity)
Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
Recycling cans/bottles/paper
Singing telegrams
Skate night/skate-a-thon
Tag sale, garage sale
Talent shows
Tennis/horseshoe competition
Treasure hunt/scavenger hunt
Walk-a-thons
Workshops/classes



*Adapted from: California Project Lean, California Department of Health Services. (2010). *Creative Financing and Fun Fundraising*. Retrieved on October 6, 2011 from http://www.co.shasta.ca.us/HHSA/CommunityPartners/Creative_Fundraising.sflb.ashx.

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

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Adapted from the Connecticut State Department of Education, *Healthy Celebrations (Revised 2011)* and *Healthy Fundraising (Revised 2011)*. <http://www.ct.gov/sde/nutrition>.