

St. Ann's Home and School Wellness Policy

St. Ann's recognizes the relationship between student well-being, health and wellness and student achievement as well as the importance of a comprehensive wellness policy. St. Ann's is committed to protecting children's health, well-being and ability to learn to their fullest potential by supporting a school environment that promotes healthy choices and fosters lifelong habits with respect to eating and physical activity. Therefore, St. Ann's has created this Wellness Policy including goals for nutrition education and promotion, physical activity and physical education, health education and other school-based activities that promote student wellness. The Wellness Policy adheres to relevant state and federal regulation and is evidence based.

Wellness Committee

St. Ann's designates the Facilities Manager as the wellness policy coordinator who will be responsible for establishing a Wellness Committee. This committee will meet regularly and serve as St. Ann's Wellness Committee. The Wellness Committee's role is advisory to the CEO and President and shall permit and encourage representatives from a wide range of school and residential programs, including school nurse, school administrators, school and residential nutrition consultant, health and physical education educators, community agencies serving youth, parents/guardians, students, and, to the extent possible, reflect the cultural, linguistic and ethnic composition of the community. The Wellness Committee may also serve as a resource to the school and residence in connection with the implementation of this Wellness Policy.

Development of Guidelines

The CEO in consultation with the Wellness Committee will develop Implementation Procedures consistent with this Wellness Policy. The Director of Education and Vice President of Care will review the Wellness Policy and related implementation procedures and share Wellness Policy expectations with staff on an annual basis to ensure implementation and adherence.

Nutrition

St. Ann's goal is that all students in our programs will have opportunities, support and encouragement to make healthy nutrition choices throughout the school day through meals, snacks and beverages provided as part of the school meal program, at other times during the school day such as through food and nutrition education integrated in the health education curriculum, school gardens and in school events taking place outside of school hours.

- The School Food Service program will provide students with access to a variety of free, nutritious, and appealing foods and beverages that:
 - o Meet the health and nutrition needs of St. Ann's students and adhere to or exceed the USDA School Meal regulations;
 - o Meet the Massachusetts School Nutrition Standards for Competitive Foods and Beverages, as applicable, which exceed the USDA Smart Snack Standards;
 - o Make water available and accessible without restriction to students at no charge when meals are served;
 - o Accommodate the religious, ethnic and cultural diversity of the student body in meal planning;
 - o Provide clean, safe and pleasant settings and adequate time for students to eat; and a minimum of 20 minutes for lunch and a minimum of 10 minutes for breakfast,

after sitting down.

o Ensure that no student go hungry while in school.

- St. Ann's will participate in available federal school meal programs including the school breakfast program and national school meal program.
- The Facilities Manager will ensure that St. Ann's adheres to the nutritional standards set by the Massachusetts Department of Public Health for competitive foods and beverages including vending machines and school-sponsored or school-related events.

Physical Education and Physical Activities

St. Ann's goal is that all students will have opportunities, support, and encouragement to be physically active on a regular basis throughout the school day through physical education (PE) classes, and before and after school. Such opportunities include, for example, intramurals, active transportation (walking and biking to school) and physical activity integrated into the academic curriculum where appropriate. Additionally, there will be opportunities for daily recess periods with active play for primary and intermediate students.

- St. Ann's school and residential programs will provide all students, including students with disabilities and special health care needs with access to a variety of opportunities for physical activity. These activities will:
 - o Adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework and the National Association for Sport and Physical Education Standards
 - o Ensure that students learn skills for lifelong activities
 - o Provide students with the opportunity to participate in physical activity through a range of programs including but not limited to, commuting options that promote active transportation, intramurals and activities that are available to all students, regardless of skill level, such as intramurals and physical activity clubs.
 - o Include training on active transportation to ensure that students have the tools necessary to walk or ride to school safely and comfortably.
- St. Ann's will ensure that physical education is taught by qualified educators who are certified by the Commonwealth of Massachusetts to teach physical education. In addition, as part of a quality physical education program, all physical education teachers will be expected to participate regularly in professional development activities.
- St. Ann's will ensure that equipment and facilities specifically used for Physical Education are adequate and conform to safety standards.
- Students will not be kept from recess or excluded from a Physical Education class except if the removal is necessary to protect the health, safety and welfare of the student, other students and staff and/or is related to the students engaging in conduct, during recess or Physical Education class, that is in violation of policies and procedures set forth in the *School and Residential Handbooks* and/or in program-based rules (e.g., anti-bullying policy, anti-hazing policy, non-discrimination policy), or the permission of the student's parent/guardian has been given for the student's removal or exclusion.
- Physical activity or recess will neither be denied nor required as a form of punishment.
- All St. Ann's students in the primary and intermediate grades will have at least 20

minutes of recess actively supervised by trained staff, preferably outdoors, during which the schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

- Students will not be denied recess to conference with teaching staff, finish projects or make up work unless under unusual circumstances.
- When possible and as appropriate students and staff will be encouraged to engage in active transportation (walking, bike riding, etc.) to and from school and to support a healthy and active lifestyle from an early age by working to make bicycling and walking to school a safer and more appealing mode of transportation.

Health and Nutrition Education and Promotion

The following are St. Ann's goals for health education activities:

- Students will receive encouragement, support and education to adopt and maintain healthy behaviors through standards-based health education, including nutrition education and social emotional learning and within a coordinated school health program in line with the state frameworks.
- Students receive health education that teaches the skills they need to adopt and maintain healthy behaviors.
- Students receive consistent health messages from all aspects of the school program.
- Health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education curriculum. Staff who provide health and nutrition education will have appropriate training.
- Health and nutrition education curriculum will be aligned to the Massachusetts Comprehensive Health Curriculum Framework and will establish linkages between health education, school meal programs and related community services.
- The Director of Education will provide training to enable school staff to value and promote physical health and nutrition education, healthy eating and opportunities for students to be physically active, and will ensure that school staff adheres to the Wellness Policy and related administrative guidelines and procedures.
- Nutrition promotion will support and enhance nutrition education through eating experiences in the school and residence. And through opportunities to grow, harvest and taste locally grown fruits and vegetables in school gardens.
- Where practicable, school gardens will be maintained as a health and nutrition resource and all gardens will include edible fruits and vegetables and use organic practices.
- Schools are encouraged to provide nutrition and physical activity information for families.

Monitoring and Evaluation

The Facilities Manager shall be responsible for ensuring that St. Ann's meets the goals of the Wellness Policy and is charged with operational responsibility. Compliance with the Wellness Policy and implementation procedures will be ensured by the school and residential administrators or designees in each program.

As required by the Child Nutrition Reauthorization of 2010, USDA Food and Nutrition Services Final Rule, 7 C.F.R. §210.18(h)(8), and the Massachusetts Standards for School Wellness

Advisory Committees the Wellness Policy Committee will be tasked with monitoring the implementation of the Wellness Policy and giving periodic updates.

The Facilities Manager also will be responsible for ensuring that students, parents/guardians, teachers, food service professionals, school health professionals, school administrators, and other interested agency staff are engaged in developing, implementing, monitoring and reviewing agency-wide nutrition and physical activities policies through the wellness committee and for making information about the content, implementation and evaluation of the Wellness Policy available to the public. The Wellness Policy will be reviewed every three years, and a report assessing St. Ann's progress toward meeting the goals of this policy, compliance with this policy and to the extent which this policy compares to model wellness policies will be prepared and also will be made available to the public.

The Wellness Committee will create an annual action plan, including measurable goals and objectives and a process for monitoring and evaluating progress made towards reaching St. Ann's annual goals and objectives of the Wellness Policy. School and Residential Administrators and designated staff from Methuen Public School's Food Service, health, physical education and, as determined by the Facilities Manager, will work with the Wellness Committee so that it may develop any required compliance reports, and this report also will be made available to the public upon request.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004,
 Section 204, P.L. 108-265, as amended, and related regulations
 The Richard B. Russell National School Lunch Act, 42 U.S.C.

§§1751 - 1769h, as amended, and related regulations The Child Nutrition Act of 1966,
42 U.S.C. §§1771 - 1789, as amended, and related regulations, including without
limitation, 7 C.F.R. §210 et seq.

www.cpsd.us/UserFiles/Servers/Server_3042785/File/.../Wellness_Policy.pdf?rev=1

Adopted: December 5, 2017