



School Wellness Policy: Student Nutrition & Physical Activity

Policy Intent:

The Collegiate Charter School of Lowell (CCSL) promotes a healthy school, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. CCSL will contribute to the basic health status of its students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

The following guidelines are geared toward children and families to make better choices. We encourage parents to follow these guidelines as much as possible. The intent is to have teachers, administrators and staff act as facilitators of the guidelines addressed in this policy, rather than enforcers. The emphasis will be on educating families and staff to voluntarily make better choices.

Goals of Policy:

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy goals to positive influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available for students on school grounds and at school-sponsored activities will be encouraged to meet or exceed the district nutrition standards.

C. Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical Activity will be included in the school's education program from grades K-8. Physical activity will include regular instructional physical education, in accordance with the Massachusetts Health/Physical Education Framework, as well as co-curricular activities and recess.

D. Establish and maintain a Wellness Committee with the purpose of:

- Monitoring the implementation of this policy.
- Evaluating policy progress.
- Serving as a resource to the school.
- Revising the Wellness Policy as needed.

The Wellness Committee is composed of the following individuals:

Chair: School Cafeteria Director

Members:

Business Manager
School Social Worker
School Nurse
Human Resources
Parent Connection Liaison



STUDENT NUTRITION

The School Breakfast/Lunch Programs:

- The school breakfast and lunch program will continue to follow the USDA requirements.
- The school food service program will follow the Mass Action for Healthy Kids Nutrition Standards when determining the items in the menu.

Cafeteria Environment:

The cafeteria environment is a place where students have:

1. Adequate space to eat
2. Clean surroundings
3. Adequate time to eat meals

Teacher-to-Student Incentive:

The use of food items as part of a student incentive/teaching program is strongly discouraged. If teachers feel compelled to utilize food items as an incentive of any kind or teaching aid, they are required to adhere to the Mass Action for Healthy Kids Nutrition Standards.

Classroom Parties/Group Snack:

- A list of healthy alternative party and group snacks, the “A-List”, will be provided to each classroom teacher. (<http://www.newenglanddairycouncil.org/PDF/MA-Food-Standards.pdf>).
- It is recommended that candy not be sent to school.
- It is recommended that classroom celebrations for special occasions, during snack time only, be celebrated with non-food items. Examples would be pencils, stickers or erasers.
- Juice, milk or water will be available to students.
- Parents are provided with a list of suggested healthy snacks to send in for group snack and or special occasions.

Food Allergies:

It is recognized by Collegiate Charter School of Lowell that food allergies can pose a serious risk to certain students; therefore the following recommendations have been developed.

- Food sent in to school cannot contain nuts or nut oils (e.g. peanut butter).
- The school may prohibit specific food products from entering the classroom or may prohibit home baked food items from celebrations.
- Students should be discouraged from sharing their food or beverages with anyone given the concerns about allergies.

Student Nutrition Education:

CCSL has a comprehensive curriculum approach to nutrition in grades K-8. The health benefits of good nutrition should be emphasized. These nutritional themes are in alignment with the Massachusetts Comprehensive School Health Frameworks:

Knowledge of the Food Guide Pyramid	Healthy Heart Choices
Sources and variety of foods	Dietary Guidelines
Understanding Calories	Diet and disease
Healthy food	Food safety
Healthy snacks	Healthy breakfast
Healthy diet	Food labels
Major nutrients	Serving sizes
Identify and limit food of low nutrient density	Our bodies



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Healthy Lifestyle for Families:

Healthy lifestyle information will be provided to parents. This information may be provided in the form of handouts, postings on bulletins, articles, parent connection presentation, and any other appropriate means available for reaching parents.

Staff Nutrition and Physical Education:

Current nutrition and physical education information will be available to all school staff. This information may include, but not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles.

Objectives:

1. To encourage all school staff to improve their own personal health and wellness.
2. To improve staff morale.
3. To create positive role modeling.
4. To build the commitment of staff to promote the health of students.
5. To build the commitment of staff to help improve the school nutrition and physically active environment.

Nutrition Standards Intent/Rationale:

CCSL strongly encourages the sale or distribution of nutrient dense food for all school function and activities. Nutrient dense foods are those foods that provide students with calories rich and the nutrient content needed to be healthy.

Food

- The school serve reimbursable meals
- The school will provide nutritious meals including whole grain/ bread, fresh fruits/vegetables, dairy products and meats/ meat alternatives.
- All items in the menu will meet or exceed the districts nutritional standards.
- Sale of candies will not be permitted on school grounds during the instructional day. Sale of candies after the instructional day will be strongly discouraged.

Beverages

- Only milk, water, 100% fruit juices and healthy beverages may be sold on school grounds before and during instructional day.
- Sodas will not be sold or distributed to students during the school day.
- Vending machines for students will not offer soda.

District Physical Activity Goal:

CCSL shall provide physical activity and physical education opportunities, aligned with Massachusetts State Frameworks for physical education, that provide students with knowledge and skills to lead a physically active lifestyle.

CCSL shall utilize the following implementations strategies:

1. Physical education classes and physical activity opportunities will be required for all students.
2. Physical activity opportunities shall be offered daily during or after school. These opportunities could include recess and physical education classes.
3. As recommended by National Association of Sport and Physical Education school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose children to a wide variety of physical activities.
 - Teach physical skills to help maintain a lifetime of health and fitness.



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- Encourage self-monitoring to students can see how active they are and set their own goals.
 - Individualize intensity of activities.
 - Focus feedback on process of doing your best rather than on product.
 - Be active role models.
4. Introduce developmentally appropriate components of health-related fitness awareness.
 5. Physical education classes shall be sequential, building from year-to-year, and content will include movement, personal fitness, and personal and social responsibility.
 6. Students should be able to demonstrate competency through application of knowledge, skill and practice.
 7. Make students aware of the National Association of Sport and Physical Education (NASPE) goals for physical activity beginning at the elementary level. The most current guidelines from NASPE will serve as appropriate guidelines when possible.

Time, Frequency, Intensity:

All elementary students will serve a minimum average of 50 minutes of physical education per week. Student involvement in other physical activities (e.g. community leagues and or after school events at the YMCA, Boys and Girls Club, etc...) is encouraged. Students will spend at least 50% of PE class time participating in moderate to vigorous physical activities.

Staff Training and Certification:

All physical education courses will be taught by a highly qualified physical education teacher.

Standards/Requirements:

Our physical education classes are aligned with MA DESE Frameworks that include a standard on physical education in grades K-8. National PE standards will also be incorporated in classes to address motor skills, movement forms, and health related fitness.

The school will discourage extended periods of inactivity and will give students periodic breaks during which they are encouraged to stand and be moderately active (stretch breaks).

Directed Instructional Kinesthetic Activity:

All elementary and middle school students should have at least 15 minutes a day of supervised recess, preferably outdoors, which will support the physical education standards. The school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Collegiate Charter School of Lowell does not discriminate on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, creed, ethnicity, gender, mental or physical disability, age, ancestry, athletic performance, special need, proficiency in the English language or a foreign language, homelessness, or prior academic achievement. 603 CMR 1.06(I)