

# **Whittier Regional Vocational Technical High School**

## **Wellness Policy**

### **Mission Statement**

*The Whittier Regional Vocational Technical High School District, in collaboration with the community, is committed to providing school environments that promote and protect lifelong health, well-being, and ability to learn by supporting healthy eating and physical activity.*

*The Superintendent/delegate has operational responsibilities for District implementation of the Wellness Policy.*

### **Nutrition Standards**

Foods and beverages available to students during the school day, including those available outside the school meals program, will promote healthy eating patterns. An environment that promotes lifelong, sound nutrition practices will be fostered.

### **Nutrition Education Policy**

The Whittier Regional Vocational Technical High School's Health/Physical Education curriculum will meet the Massachusetts Comprehensive Health Curriculum Frameworks for grades 9 through 12. The Health/Physical Educators will impart to each student "the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases".

### **Physical Activity Policy Guidelines**

The Health/Physical Education curriculum of the Whittier Regional Vocational Technical High School will meet the Massachusetts Comprehensive Health Curriculum Frameworks for grades 9 through 12. The Health/Physical Educators will strive to increase students' awareness of the benefits of physical activity and fitness, to identify the relationship between exercise and overall health and empower students to continue to be physically active into adulthood.

### **Other School Based Activities**

The Whittier Regional Vocational Technical High School will provide an environment for students with healthy food choices and options for physical activity.

# Whittier Regional Vocational Technical High School

## **Wellness Team**

Whittier Regional Vocational Technical High School will establish a School Wellness Team with the responsibility for overseeing implementation of the Wellness Policy under the direction of the Superintendent. The members of the team will include parents, students, a representative of the school food authority, a school committee member, an administrator, a school nurse, community members, and a Youth Servicing Agency member.

<b><u>Wellness Team</u></b>
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<i>Primary Goal</i>
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The Wellness Teams' primary function is to implement the Wellness Policy within the school under the direction of the Superintendent.

## **District Standards:**

- Meet on a regular basis.
- Monitor the implementation of the policy.
- Evaluate the implementation of the policy.

# Whittier Regional Vocational Technical High School

## **Nutrition Standards**

### *Primary Goal*

Foods and beverages available to students during the school day, including those available outside the school meals program, will promote healthy eating patterns. An environment that promotes lifelong, sound nutrition practices will be fostered.

### **District Standards:**

- Schedule meal periods so that other school activities will not conflict with lunch.
- Utilize creative, innovative methods to keep lunch noise levels appropriate.
- Provide a dining area that is safe, comfortable, pleasing, and allows ample time and space to purchase and eat meals.
- Maintain food preparation areas that meet all health and safety codes.
- Maintain school drinking fountains in working order at all times.
- Consider the needs of the dining/kitchen areas and food service equipment in renovations or new construction.
- Supervise the advertising of food and beverages in the student areas to be consistent with the established nutrition standards.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, vegetables, and dairy products.

### **School Food Service Standards:**

- Complies with all Federal, State and Local requirements and is accessible to all students.
- Assure that all foods adhere to food safety and security guidelines.
- Assure that all School Food Service staff are qualified according to current professional standards and participate in making decisions and policies that affect the school nutrition environments.
- Price and market school meals that appeal to all students.
- Encourage students to choose and consume the complete, balanced meal.
- The Food Service Program aims to be financially self-supporting. Budget neutrality or profit generation should not take precedence over the nutritional needs of the students.
- Promote nutrition education through the School Food Service program utilizing foods offered and marketing initiatives.
- Food Service Department will consult with health professionals as needed.
- Provide a variety of meats, fresh fruits, vegetables and whole grains on a daily basis.

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- Provide training for Food Service staff in appropriate food substitutions to maintain the nutritional goals of the program.

### **Nutrition Education**

#### *Primary Goal*

The components of the Whittier Regional Vocational Technical High School's Health Education curriculum will meet Massachusetts Health Curriculum Frameworks for grades 9 through 12. The Health Educators will impart to each student "the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases".

#### **District Standards:**

- Nutrition Education is integrated into the core academic curriculum.
- Staff providing Nutrition Education will conduct activities and promotions about good nutrition that involve parents, students, and the Whittier Community.

### **Physical Activity**

#### *Primary Goal*

The Health/Physical Education curriculum of the Whittier Regional Vocational Technical High School will meet the Massachusetts Health Standards and Guidelines for students grade 9 through 12. The Whittier Regional Vocational Technical High School's Health/Physical Department will strive to increase the students' awareness of the benefits of physical activity and fitness, to identify the relationship between exercise and overall health and empower students to continue to be physically active into adulthood.

#### **District Standards:**

- The Whittier Regional Vocational Technical High School encourages physical fitness opportunities within the school day.
- Students are periodically assessed for attainment of personal fitness goals. Assessment will include but not be limited to:
  - Body composition analysis.
  - Participation in physical activities.
- Teachers hired to teach Physical Education will be certified in Physical Education through the Massachusetts Department of Elementary and Secondary Education.
- Resources related to physical fitness, such as equipment and information, will be readily available for students and staff.
- Students will be provided many choices of physical activities, including individual, group and health related fitness activities.

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- Physical activities will take into account gender, as well as varying physical abilities.
- Opportunities will be offered to staff and families to participate in wellness activities.
- Recreational facilities are safe, clean and accessible for all students.
- Students will be offered fitness opportunities during and after school.
- Opportunities for movement will be incorporated into the regular classroom/technical curriculum.
- Physical activity will not be used as a reward or punishment.
- Fitness opportunities offered to students during and after school will be supervised by appropriately trained personnel.

<b><u>Other School Based Activities</u></b>
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<i>Primary Goal</i>
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The Whittier Regional Vocational Technical High School will provide an environment for students with healthy food choices and options for physical activity.

### **District Standards:**

- School personnel will not use food as a reward or punishment.
- The Wellness Team encourages that food provided by the school, including fundraising efforts and extra curricular activities meet the Nutrition Guidelines of the school.