



Health and Wellness Policy 2018-2019

2018-2019 Members:

- Yanina Boshes, Lower School Nurse & Operations Coordinator
- Liane Dixon, Athletic Director, PE & Health Teacher
- Amanda Kay Loring, Director of Operations
- Kim Misci, Office Manager and School Food Administrator
- Jen Ryan, Middle and High School Nurse & Health Teacher

1. Food and Beverages Brought Into the School, Sold and Served

a. *School Meals*

Any meal served through the National School Lunch and Breakfast Programs at BCCS 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 and fat-free milk. We will not serve flavored milk.

b. *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:

- BCCS will arrange morning room schedules and utilize methods to serve school breakfasts that encourage participation, including serving "grab-and-go" breakfast, and allowing students to eat breakfast during advisory.
- BCCS will notify parents and students of the availability of the School Breakfast Program.
- BCCS will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, and other means.
- BCCS will ensure breakfast time to be at least 30 minutes.

c. *Free and Reduced-priced Meals*

BCCS 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.

- BCCS will use random number codes for all students who eat school breakfast and lunch.
- BCCS will not use any identifying materials during meal service on student lists should a person who is a non-foodservice provider see it.



- iii. BCCS will not accept any monies in the area where lunch or breakfast are served.
- iv. BCCS will ask that all families submit the Free and Reduced Lunch application whether they plan or need to participate in the program.

d. ***Summer Food Service Program***

BCCS will notify parents of locations in their neighborhoods where children can receive free breakfast and lunch during the summer.

e. ***Meal Times and Scheduling***

BCCS:

- i. Will schedule meal periods at appropriate times - between 11:00am and 12:30 pm
- ii. Will provide students access to hand washing or hand sanitizing before, after and while they eat meals.
- iii. Will provide access to water fountain access.

f. ***Food Service Professionals***

The food program will be managed by certified professionals. Professionals will obtain appropriate certification and/or training to administer the food program on a continuous basis. All staff or volunteers involved in distributing food or maintaining food service areas will be trained by a certified food service professional.

g. ***Competitive Foods***

Boston Collegiate Charter School will follow all state and federal laws regarding the sale and distribution of competitive foods. In fact, we do not sell food outside of our meal service program.

h. ***Beverages***

- i. Allowed: water or seltzer water; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice; unflavored or flavored low-fat or fat-free fluid milk
- ii. Not allowed: soft drinks containing caloric sweeteners; sports drinks; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine

i. ***Celebrations and School-Sponsored Events***

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

- i. Boston Collegiate will continue to disseminate a list of healthy party ideas to parents and teachers



- ii. Foods and beverages offered or sold at school-sponsored events outside the school day will meet state and federal nutrition standards for meals or for foods and beverages sold individually

j. ***Fundraising Activities***

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food.

k. ***Snacks***

Snacks eaten during the school day, in after-school programs, or in enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will continue to disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

l. ***Rewards***

Schools will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

2. **Physical and Nutrition Education**

Boston Collegiate aims to teach, encourage, and support healthy eating by students. BCCS will:

- i. Offer physical and nutrition education 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;
- ii. Integrate health education into subjects such as math, science, language arts, social sciences, and elective subjects;
- iii. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- iv. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- v. Teach media literacy with an emphasis on food marketing; and
- vi. Include training for teachers and other staff.

b. ***Family Support***

Boston Collegiate will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically

active outside of school. Such supports will include sharing information about physical activity and physical education, providing ways for students to get physical activity afterschool, and sharing information in the Family Newsletter about opportunities for physical activity in and around Boston. BCCS will:

- i. Support parents' efforts to provide a healthy diet and daily physical activity for their children.
- ii. Offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
- iii. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- iv. Provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- v. Provide opportunities for parents to share their healthy food practices with others in the school community.

3. Physical Activity

a. ***Physical Activity Opportunities and Physical Education***

- i. All students in grades 5-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education
- ii. 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.
- iii. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

b. ***Recess***

All 5th and 6th grade students will have recess at least once during every school week. Recess will be held in the multi-purpose room, during which BCCS will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

c. ***After-School Physical Activity Opportunities***

BCCS will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. BCCS 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.

d. ***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.

4. **Evaluation**

Base-line 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, BCCS will review 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. BCCS will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Process and outcome measures will be developed to measure progress toward program goals.

The School Food Administrator will ensure that this committee assesses our School Wellness program triennially and will share updates from meeting minutes with families via our twice-monthly Family Newsletter.

The Director of Operations or designee, along with school food service staff, will ensure compliance with established school-wide nutrition and physical activity wellness policies noted above.