

SHCPS Wellness Policy 2011-2012

Seven Hills recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, we are committed to providing developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee

The Seven Hills Wellness Committee, and Food Advisory Subcommittee, is coordinated by a school administrator, and is comprised of at least one (1): parent, student, and staff member, the school nurse, school doctor- when available, administrator and community members (as appropriate). The Wellness Coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Nutrition Guidelines

It is the policy of Seven Hills that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. SHCPS has adopted the following procedures:

- The food service director shall ensure that the meals and snacks offered by the school food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.
- The food service department will continue to work on improving the nutritional quality and student acceptance of school meals by focusing on food presentation, and giving students opportunities to sample new foods.
- The food services department will offer health education training annually to all school food service staff.
- Items sold in vending machines will meet the guidelines established by the MA Action for Healthy Kids, as seen in the document entitled “MA A La Carte Food and Beverage Standards to Promote a Healthier School Environment.”
- The level of student participation in the school breakfast and school lunch programs is appropriate.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Seven Hills will provide a clean and safe meal environment for all students, along with adequate time for students to sit and eat lunch scheduled as near to the middle of the school day as possible. The American School Food Service Association recommends at least 20 minutes for lunch, from the time students are

seated with their food, as well as access to hand washing or sanitizing facilities before meals.

- Seven Hills prohibits the withholding of food for punishment and discourages the denial of recess as a consequence for behavior or work effort.
- Seven Hills staff will not use candy as a reward for children's accomplishments.

Celebrations taking place during school hours

- Classrooms should limit celebrations that involve food. Life-threatening food allergies must be considered at all times. All celebrations must have approval prior to the event. **The "Celebration Approval Form" must be completed and have all required signatures signed prior to the event.** The form is available online, in the shared folders or can be requested by calling the Food Service Department. All edible items to be shared in school must comply with the **Massachusetts Action for Healthy Kids guidelines** www.ActionForHealthyKids.org. or from the **John Stalker Institute "A List"** www.johnstalkerinstitute.org/alist/. **All items must be individually wrapped and prepared from a commercial kitchen. Copies of the standards and lists are available by calling the food service department or visiting the listed websites.**
- Staff members and parent groups conducting fund raisers are encouraged to hold non-food related fundraisers. **All fundraisers that do sell food must be conducted during non-school hours.**
- Parents are discouraged from dropping off fast food lunches. If students bring a home lunch it should be sent to school with the child in proper insulated containers. For a list of suggested snacks and ideas please refer to the school website. If a lunch has to be dropped off to a student it must be done prior to the student's lunch time.
- **Staff members are not allowed to order food outside for student's lunches.**

Nutrition and Physical Education

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The school district will provide physical education training aligned with the standards established by the Department of Education. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

Nutrition Education

The following goals have been established for our nutrition education program. For additional information, please refer to the health portion of our SHCPS Curriculum Overview section of the school handbook.

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

- Nutrition education is offered in the classroom with coordination between the foodservice and physical and health education staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- Staff that provides nutrition education has appropriate training.

Physical Education Activities

The following goals have been established for our physical education program. For additional information, please refer to the health portion of our SHCPS Curriculum Overview section of the school handbook.

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Seven Hills works with parents and the community to create ways for students to access an environment that is safe and supportive of a student's physical activities and promotes enjoyable, life long habits of physical activity and wellness.
- Student heights and weights are recorded annually through the health room and physical education department.
- Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

Hygiene

Personal hygiene is the practice of keeping oneself clean in order to prevent disease and to maintain good health. We should encourage and establish proper hygiene habits early in childhood. Practicing proper personal hygiene helps prevent the spread of disease and infection. Our children need assistance and guidance with personal hygiene to ensure and maintain their good health and prepare them for independence as they mature and develop. Children should shower or bathe often enough to be clean and have no body odor. For many children this may be every other day, but for active children this may be daily. For children who have reached puberty, and in the summer, children should shower or bathe daily. Handwashing is the best way to prevent the spread of germs and illness. Children should wash their hands with soap and water after using the bathroom, before they eat, after using a tissue, after playing, etc. Handwashing should be vigorous and last at least 20 seconds. A good measure of this is teaching the child to sing "Happy Birthday" or the alphabet song while they are washing their hands. When they are done singing, they are done washing. Fingernails should be kept trimmed and clean as well. Scratching skin with dirty nails can lead to infection.

Dentists recommend that students brush their teeth after every meal, however, brushing at least two times a day before school and after supper is sufficient for most children.

Once your child reaches grade four or five, deodorant should be considered. Don't wait for them to develop body odor. Get them into the habit of wearing it daily. Lack of attention to hygiene is the main reason for body odor. (Body odor makes children feel unsafe and insecure in the presence of others).

School uniforms should be mended, clean or freshly laundered. Younger children should be sent in with an extra uniform, underwear and socks in case of accidents.

A CLEAN STUDENT IS A HEALTHY STUDENT. IT IS IMPORTANT FOR CHILDREN TO LEARN LIFELONG HABITS OF GOOD HYGIENE TO KEEP THEMSELVES HEALTHY AND PREVENT THE SPREAD OF COMMON ILLNESSES.

If you need any assistance with hygiene issues and your child please feel free to contact the nurses at ext. 1117 or the guidance staff at 1108.