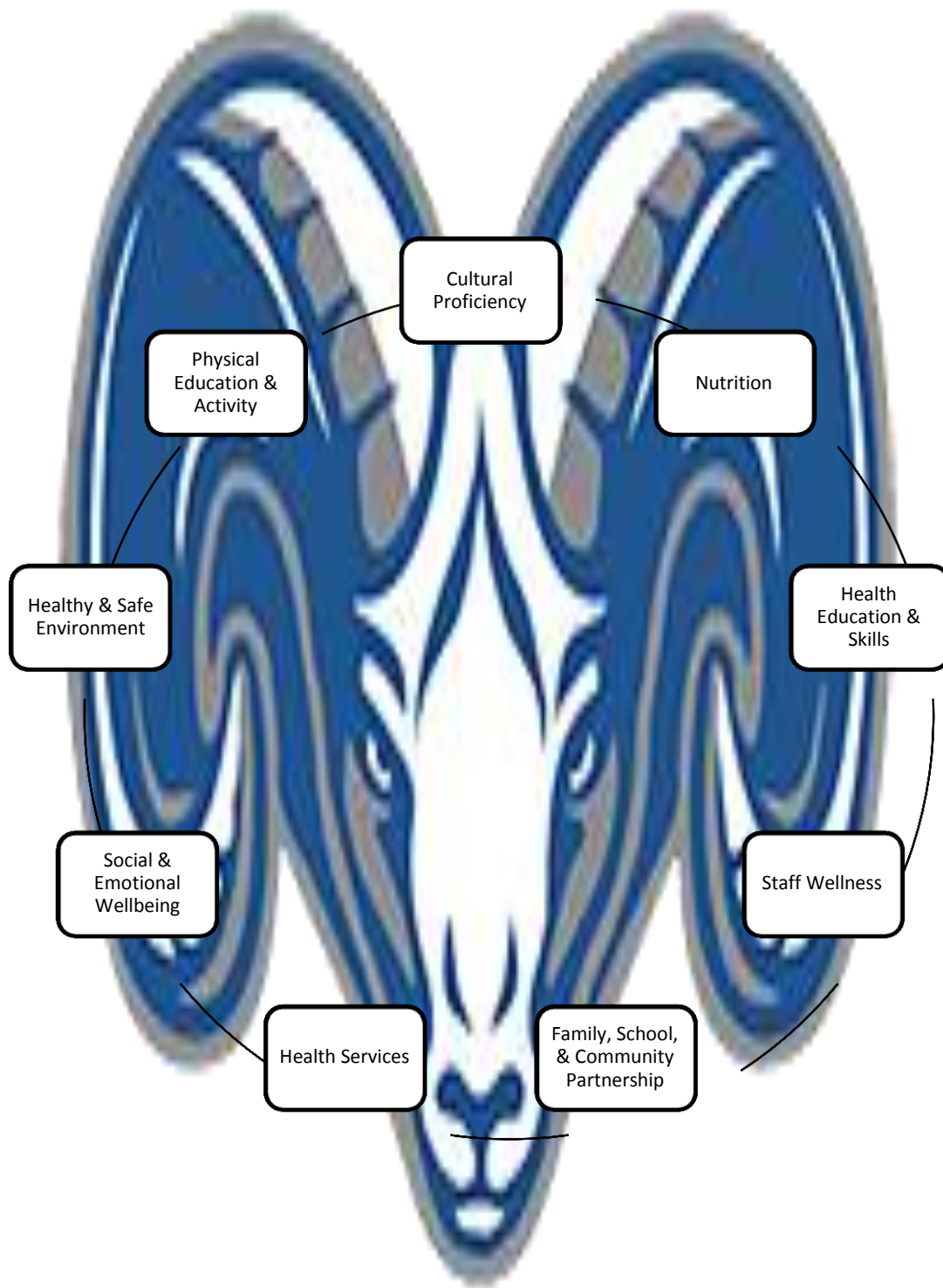


# Granby Public School Wellness Policy



# Granby Public School Wellness Policy

## The Wellness Committee Mission:

The Granby Public Schools Health and Wellness Committee is a volunteer group of school staff, administrators, parents, students, and community members that understands and values the connection between health and learning. We come together to discuss issues, practices/programs, and policies related to the physical, emotional, and social health of our school community. We examine information and make recommendations related to the health and wellness of our student body, staff, and community. We work together to create and maintain a school culture and environment that promotes optimal health for the social, emotional, physical, and mental wellbeing of our school community.

The Granby Public Schools promotes healthy schools, by supporting wellness, healthy life-style choices, good nutrition, social-emotional health, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through support and promotion of healthy nutrition, social-emotional well-being, physical activity, and education. Good health fosters consistent attendance, increased attentiveness and higher academic achievement throughout the school community. In compliance with Section 204 of Public Law 108-265 of the child nutrition and WIC Reauthorization Act of 2004 and Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 section 9A the following policies has been developed.

## **STUDENT NUTRITION**

Granby Public Schools provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition. A healthy school environment should not be sacrificed because of a dependence on revenue from high-added fat, high-added sugar, and low nutrient foods to support school programs.

Granby Public Schools supports and promotes proper dietary habits contributing to student's health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day are encouraged to meet or exceed the district's nutrition standards. All food brought in for holiday celebrations must comply with the life-threatening allergy policy and the Granby Public Schools wellness policy. File: JLCCC-R-1 (also GBGA-R-1). Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

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## The School Lunch Program:

- The full meal school lunch program will continue to follow the USDA requirements for the Federal School Meals Programs.
- The school food service program provider will strive to follow the Mass Action for Healthy Kids Nutrition Standards when determining the items in a la carte, “competitive foods,” and any vending machine sales.
- The Food Service Director will continue to work closely with the Wellness Committee and district nursing staff.

## Cafeteria Environment:

- The cafeteria environment will provide students with a relaxed, enjoyable climate.
- The cafeteria environment is a place where students have:
  - Adequate space to eat with clean, pleasant surroundings
  - Adequate time to eat meals
  - Convenient access to hand washing or hand sanitizing products before and after eating

## Fundraising:

- All fund-raising projects that occur on school grounds, where the sale of the product will result in consumption of the product 30 minutes before the beginning of the school day until 30 minutes after the school day ends must follow the Mass Action for Healthy Kids Nutrition Standards and Granby Public Schools Life-Threatening Allergy Policy.
- All fund-raising projects for sale and consumption after 30 minutes of the instructional day are strongly encouraged to follow the Mass Action for Healthy Kids and Nutrition Standards.
- Organizations operating concessions at school functions will be encouraged to include healthy food choices in their offering. It is recommended that groups market healthy options at a reasonable price to encourage selection by students, staff, and families.
- A list of alternative fundraising ideas will be made available to students, school staff, school-sponsored programs, PTO, and other organizations.

## Teacher-to-Student Incentive:

- **Rewards:** Schools will not use foods or beverages as direct rewards for individual student academic performance or good behavior, and will not withhold food or beverages as a punishment. Food items cited in a student’s IEP, and in compliance with this policy, will be allowed. Administration may use food or beverages as direct rewards for grade or school-based academic

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performance which must comply with the life-threatening allergy policy. File: JLCCC-R-1 (also GBGA-R-1)

- **Snacks:** Snacks served by the school during the school day or in after-school care or 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 ages, and other considerations. Although, parental rights will be respected and no child will be denied a snack from home at snack time, every effort will be made to educate and promote healthy foods for snacks. The Granby Schools continues to strongly encourage healthy snacks from home which may include but not be limited to:
    - ❖ Cheese and whole wheat crackers
    - ❖ Fruit
    - ❖ Vegetables
    - ❖ Raisins/Dry fruit
    - ❖ Pretzels
    - ❖ Applesauce Cups
    - ❖ Raisins
    - ❖ Gold Fish Crackers
    - ❖ Animal Crackers
    - ❖ Special K Cracker Chips
  - For those students in a peanut/nut-safe classroom, snacks **MUST** also comply with the Granby Public Schools Life-Threatening Allergy Policy in regards to all Granby Schools operating as a "nut-safe" district.
  - All foods brought into school must be in original wrapped packaging and include the nutritional and ingredient information.
  - No baked goods will be allowed from home including anything prepared at home.
  - Only 100% juice or water will be allowed in school/classrooms per MA law 105 CMR 225
  - Monster, Red Bull or other energy drinks will not be permitted in school and will be discarded. Soda (except for ginger ale from the Nurse's office), and other caffeinated beverages are also not allowed in school.
  - No candy is allowed.
- **Birthday Parties:** Student birthdays will be celebrated with non-food items and/or in a non-food manner. Ideas may include but not be limited to:

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- ❖ Make deliveries to office for the day
  - ❖ Stickers, pencil, bookmark
  - ❖ Show and tell
  - ❖ “No homework” pass for the night
  - ❖ Certificate
  - ❖ Name announced over loudspeaker
  - ❖ Birthday child is the “line leader” for the day
  - ❖ Any other manner the teacher observes in his/her classroom
- **Holiday Celebrations:** Teachers may decide to celebrate holidays within their classrooms throughout the year, keeping in compliance with the Granby Schools life-threatening allergy policy. School staff will alert their school nurse 7-10 days before the event of what food they would like to give to help the school nurse determine if the selected food can be purchased through and provided by Food Services. Any food served during school hours will be purchased through and provided by food services to ensure the safety and health needs of all students. The building school nurse will annually provide the teachers with the link to the “A list” which consists of healthy alternative party snacks that comply with the new nutrition standards. (<http://www.newenglanddairycouncil.org/PDF/MA-Food-Standards.pdf>). This list will also be made available on the district’s health services website.

The following foods will be allowed for holiday celebrations:

- ❖ Prepared fruit and vegetable platters from a serve-safe facility (i.e.: grocery store, NOT from individual homes)
- ❖ Applesauce cups
- ❖ Fruit cups (in fruit juice—not corn syrup)
- ❖ Raisins
- ❖ Whole grain crackers
- ❖ Goldfish crackers
- ❖ Pretzels (Utz or Hanover brands)
- ❖ Gluten –Free Snacks:
  - Chex Cereal (Corn Chex or Rice Chex)
  - Enviro Kidz Organic crispy rice
- ❖ Kellogg’s Special K Cracker Chips
- ❖ Animal Crackers

## **Food Allergies:**

It is recognized by the Granby Public Schools that food allergies can pose a serious risk to certain students. Therefore the Granby Life Threatening Allergy Policy and **ALL** Protocols **MUST** be adhered to at all times. FILE: JLCCC-R-1 (also GBGA-R-1).

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## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- Granby Public Schools will provide more opportunities for students to engage in physical activity. A quality education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the Granby physical education curriculum, health curriculum, MA health frameworks, as well as co-curricular activities and recess.
- The Granby Public Schools shall provide physical activity and physical education opportunities, aligned with the Granby Public Schools curriculum, that provide students with the knowledge and skills to lead a physically active lifestyle.
- The Granby Public Schools shall utilize the following implementation strategies:
  - 
  - Physical education classes and physical activity opportunities will be available for all students regardless of health condition.
  - Physical activity opportunities shall be offered daily during school (recess) or after school.

As recommended by the National Association of Sport and Physical Education (NASPE), 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 students to a wide variety of physical activities
- Teach physical skills to help maintain a lifetime of health and fitness
- Encourage self-monitoring so 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 the product
- Be active role models

The 2004 Guidelines from NASPE recommend:

- Children should accumulate at least 60 minutes and up to several hours of age appropriate physical activity on all or most days of the week.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Children should participate each day in a variety of age appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Extended periods (periods of two or more hours) of inactivity are discouraged for children, especially during the daytime hours.
- Physical education classes shall be sequential, building from year to year and content will include movement, personal fitness, and personal and social

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- responsibility. Students should be able to demonstrate competency through application of knowledge, skill and practice.
- Currently students in grades k through 6 receive one 40 minute block of PE a week per school year and one 20 minute recess a day per school year. At the middle school level, students receive a half year of health and a half year of physical education. In high school, students must have 10 credits of health and physical education to graduate. In grades 9 & 10, students have one 90 day class of health (2.5 credits) a school year and in grades 11 and 12, students can choose several health and wellness electives during the school year, each 90 days long (2.5 credits each). An effort will be made to increase time in physical education classes and recess if the schedule allows.
  - All health and physical education classes are taught by MA DESE certified staff.
  - Health and physical education helps students in setting and meeting personal fitness goals. It also provides opportunities for student enjoyment, challenges, self-expression, and social interaction with peers.
  - School staff is encouraged to incorporate movement into their curriculum, lesson plan units, and daily routine to promote physical activity.
  - School staff are encouraged but not required to become first aid and CPR trained. First Aid and CPR classes will be offered to school staff and coaches throughout the school year by American Heart or Red Cross Instructors.

## **HEALTHY AND SAFE ENVIRONMENT**

- School buildings and properties meet current health and safety codes, including environmental air quality.
- School buildings and properties are clean, safe, well-light, and in good repair.
- School facilities and properties are drug, tobacco, and alcohol free.
- Student and staff trainings and safety procedures support personal safety and are in violence, bullying, and harassment-free environment.
- The school environment and culture supports respect, values, and acceptance of all individuals. It supports a community that with aims high in personal behaviors and achievements in and outside of the classroom.

## **SOCIAL AND EMOTIONAL WELLBEING**

- Granby Public Schools provides programs and services that support the social and emotional wellbeing of our students, staff, and community and encourages a healthy school environment.
- The Granby Public Schools environment include school-based guidance, counseling, and school social work services that provide assistance to students, families, and school staff and connects them with local and community resources.

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- Students and school staff are given instruction, opportunities, and encouragement to express their thoughts and feelings in a healthy, safe, and responsible manner and give and receive support from others.
- Members of the Granby School community are instructed and encouraged to understand and respect the differences of others and to build positive, healthy interpersonal relationships.
- Students, school staff, families, and the School community will begin and maintain a mindfulness program and curriculum in the schools grades pre-k through grade 12 that will be performed on a regular basis to promote awareness, reflection, and self-empowerment.
- A buddy program will begin and be maintained with school staff, older students, and peers to encourage positive school support from school staff and older peers within the district.
- The Granby School community encourages students, staff, and families to balance life, school, and work demands, working to develop and maintain skills to identify potential and actual stressors that may interfere with their health and wellbeing in and outside of the school setting.

## **HEALTH SERVICES**

- Granby Schools Health Services provides school-based health services that support academic learning and success from certified registered nurses and other medical staff that improves and maintains the health and wellbeing of the Granby school community.
- The delivery of school based health services is provided by DESE and Massachusetts licensed registered nurses under the support and direction of the Granby Public School district, the School Physician, and the Massachusetts Department of Public Health
- The Granby Public Schools will collaborate with other local, state, and federal agencies to provide resources to students, staff, and families, and to promote the health and wellbeing of the school community
- The coordination of health services will be provided to students and staff during the school day and will include but is not limited to the prevention and detection of communicable diseases, health screenings, first aid, violence prevention and safety, social-emotional health, the care of chronic health conditions and short and long term illnesses, care coordination, health education, and health record maintenance.

## **HEALTH EDUCATION & LIFE SKILLS**

- To promote and maintain healthy life skills, students will be given instruction and support to learn and practice health concepts and skills to promote healthy lifestyle habits and disease prevention through a regular instructional program.



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- Health education and life skills helps students to enhance personal, family, and community health through the education and support of student communication, goal setting, and healthy decision-making skills.
- Health Education and life skills provides a safe and supportive environment for students to practice appropriate and safe behaviors that encourages healthy choices and decreases health risks in before and after school programs and throughout the school day.
- Health education and life skills provide an interdisciplinary, sequential skills-based health education program based on DESE MA health frameworks and approved Granby Public Schools health curriculum.
- Health education and life skills provide and gives access to appropriate, relevant and valid health information through health promotion and health services.
- Students will also receive education regarding the impact of technology on their health, well-being, and communication with others through topics such as technology etiquette, technology addiction, and other appropriate themes.

## **CULTURAL PROFICIENCY**

- The Wellness Committee will evaluate the district's learning environment, culture, and organizational traditions to identify inclusive practices, opportunities for improvements, and opportunities to celebrate diverse cultures and identities. This includes the physical and academic environment, classroom curriculum, school culture, school menus, and promotional materials. Cultural proficiency-related policies will reflect respect, understanding, and awareness including but not limited to those regarding race, ethnicity, language, gender, sexual orientation, gender identity, age, and disabilities. These policies will also encourage and promote family, student, and community engagement in and outside of the school setting.
- Professional development opportunities will be offered to school staff to promote learning, understanding, and the development of culture competency in diverse cultures, identities, and inclusive practices. Staff is encouraged and expected to promote, support, and engage in a respectful culture and environment that is sensitive and understanding to the diverse needs of all students, staff, and community members.
- Student engagement opportunities will be offered during the school year through the educational curriculum, events, and activities.
- Staff will provide and connect with district and community resources as needed for students, staff, and families needing culturally sensitive information and assistance.

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## FAMILY, SCHOOL, & COMMUNITY PARTNERSHIPS

- Granby Public Schools works to develop and maintain strong community partnerships that enhance the learning and promotion of health skills for students, staff, and community members within and outside of the school setting.
- Students, families, school staff, and community members should be included on an ongoing, consistent basis in the Granby School district wellness processes.
- The Health and Wellness Committee values and respects diversity and equality in its planning and implementation of wellness activities.
- The district will develop and maintain ongoing community partnerships for district programs, events, and activities and supports the district and community members' involvement in health promotion activities and events in the schools and in the community.

## STAFF WELLNESS

- Health Resources and services will be provided to school staff to encourage all school staff to improve their own personal health and wellness. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics.
- Granby Public Schools will develop and maintain a staff health committee who will identify, evaluate, and support the health, safety, and wellbeing of district staff.
- The district and its schools will be in compliance with local, state, and federal drug, alcohol, and tobacco-free policies.
- Each district building and school will be a safe, accessible, and productive work environment for school staff, free of physical and emotional dangers in accordance to health and occupational codes, policies, and regulations.
- School staff will be encouraged to participate in daily nutrition and physical activity and movement breaks before, during, and after work hours at site-sponsored events and activities.
- Social-emotional and physical activity classes such as yoga and mindfulness will be made available to all school staff before and after school. **Reference File: JLCCC-R-1 (also GBGA-R-1).**

## MONITORING & EVALUATION

The Health and Wellness Committee was established and maintained in the Granby Public Schools to:

- Develop guidance in implementing the wellness policy

# Granby Public School Wellness Policy

- Monitoring the implementation of the wellness policy such as the nutrition and physical education standards, including time and credit requirements and student's engagement in physical activity and nutrition education
- Monitoring the integration of physical activity and nutrition into the overall curriculum and staff development in nutrition and physical education
- Food services will perform ongoing and regular checks of contracts with vendors to ensure vendors are following the USDA federal requirements, district wellness policy, and the selling of healthy options in all school venues
- Regularly evaluates the policy's progress
- Acts as a resource for district schools in implementing and supporting the wellness policy
- Revises the wellness policy as needed
- The Wellness Committee will implement the requirement of informing and updating the public about the content and implementation of the Granby wellness policy.
  - Food services will provide nutrition promotion and healthy lifestyle information will be provided to parents throughout the school year. This information will be provided in the form of handouts, Connect-Ed calls, postings on district website, articles and information provided in school newsletters and through any other appropriate means available for reaching parents and the community.
- The committee will provide an annual report to School Committee by June 15<sup>th</sup> that includes:
  - Monthly food menus and meal counts
  - List of all a la carte, vending, and competitive foods items that were sold by school food services
  - List of all physical and health education and nutrition education programs and events provided to students throughout the school year
  - List of staff professional development opportunities that were attended or provided to school staff during the school year.
  - Current conditions of school buildings and areas of concern
  - List of any events and activities promoting a healthy school environment for the school community
  - List of any programs, events, and activities promoting school community social and emotional health
  - School health services will present their annual report in September for the previous school year
  - List of community partnerships with activities and events that occurred throughout the school year.
  - List of health resources, programs, events, and activities provided to school staff throughout the school year.
  - List of cultural reflective practices, activities, and opportunities that were provided to the school community throughout the school year.

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This committee will meet a minimum of 4 times a year and including but not limiting members to:

- District Food Service Manager
- Dietician
- Local Health Practitioner
- School Nurse
- School Teacher
- Guidance, LISW
- School Psychologist
- Parent representative
- Student representative
- Staff member representative
- School Committee member
- ELL chair
- Physical education chair
- Principal
- Director of Pupil Services
- Superintendent
- Local community partners
- Local emergency services providers

All Granby Public School staff will review and sign at the beginning of each school year that they have read, understand, and will follow the district's wellness and life-threatening allergy policies and will submit their signed paper to their building's school nurse.

This Wellness policy and any revisions will be posted on the Granby Public Schools district website and Health Services web pages.

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## Ideas for Alternative Healthy Fundraising Ideas for Schools, Sports, and Clubs

### ITEMS YOU CAN SELL:

Art created by students-Square One	Mistletoes
Activity theme bags	Monograms
Bath accessories	Pet treats/toys/accessories
Books	Plants
Bracelets	Pocket calendars
Brick/stone/tile memorials	Prepaid phone cards
Bumper stickers and decals	Raffle donations
Buttons, pins	Scarves
Calendars	School Art Drawings
Candles	School Frisbees
Cookbooks made by schools	School spirit wear
Christmas ornaments	Scratch-off cards
Christmas trees	Sell/rent wishes
Coffee cups, mugs	Souvenir cups
Cookbooks	Split/seasonal flags
Coupon books	Stadium pillows, blankets
Crafts	Stationary
Customized stickers	Stuffed animals
Emergency kits for cars	Temporary/Henna tattoos
First Aid kits	Family/Glamour portraits
Flowers, bulbs, plants	T-shirts, sweatshirts
Foot warmers	Valentine flowers
Football seats	Yearbook covers
Giant coloring books	Yearbook graffiti
Gift baskets	Beach blankets
Gift certificates/gift cards	Window clings
Gift items	Water bottles
Gift wrap, boxes, and bags	Magnets with school logo
Greeting cards	
Hats and jewelry	
Holiday wreathes	
Key chains	
License plates holders with school logo	
Magazine subscriptions	

\*Adapted from Boston Public Schools, Springfield Public Schools, Cambridge Public Schools, Wayland School District, and Chadwick-Milledgeville CUSD #399 School District.

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## THINGS TO DO:

Art show
Auction
Bike-A-Thon
Bowling night/bowl-a-thon
Car wash (pre-sell tickets as gifts)
Carnivals
Craft sales
Dances (kids, family, father/daughter, Sadie Hawkins)
Dunk booth
Festivals
Field Day
Fun Runs
Golf Tournaments
Hoop or Jump-a-thons
Magic show
Raffle
Recycle cans/bottles/paper
Restaurant nights
Singing telegrams
Skate night/skate-a-thon
Talent show
Tennis/horseshoe pitching competitions

\*Adapted from Creative Financing and Fundraising and Springfield Public Schools