

Clarksburg School Wellness Policy

Policy Intent/Rationale: Clarksburg School promotes a healthy school by encouraging, promoting and supporting wellness, healthy eating and physical activity as part of the total learning environment, before, during and after school. Clarksburg School supports a healthy environment where children learn and participate in positive nutritional and healthy lifestyle practices. The school contributes to the basic health status of children by:

- Facilitating learning through the support, promotion and modeling of good nutrition in foods, beverages
- The health and wellness education offered within the school environment
- Physical activity and physical education opportunities available for students.
- Working to improve overall health, optimizing student performance potential and ensures a quality-learning environment.
- Supporting a healthy environment to help build a foundation for healthy lifestyle choices.

Goal of Policy: The goal and purpose of this living document is to ensure that each student is provided ongoing opportunities to gain education, information and practices around the importance and outcomes of making healthy choices. This wellness policy will help to guide the school and families in promoting and providing nutritional guidelines, information and options that play a critical role in positive and holistic student development. Regular participation or shared information of physical education and physical activity are also integral aspects of the total education of students, contributing to the physical development and promoting a lifetime appreciation of physical fitness.

Components of the Policy

Commitment to Nutrition

Nutrition Promotion and Education

Rationale: Educators, administrators, parents, health practitioners and students will consider the critical role that nutrition plays in academic performance and daily lifestyle choices, and ensure nutritional needs are met through the food served during the school day and school-sponsored activities and events, as well as through explicit and implicit curriculums.

Clarksburg Elementary School will:

- Offer a school breakfast and lunch that meets the meal patterns and nutrition standards established by the U.S Department of Agriculture and the Massachusetts Department of Education.
- Follow the standards set by the Massachusetts Department of Public Health in the Competitive Foods Act (a la carte foods- all foods sold outside school of the standard breakfast and lunch foods) offering healthy options of extra foods sold.
- Not have vending machines for students to purchase from.

- Send home newsletters to families that include nutritional information from the school nurse.
- Partner with local farmers to organize and host visits, presentations and local food taste tests by the farmer. (Many Forks Farm, owner Sharon Wyrick)
- Partner with Massachusetts Farm to School Program.
- Offer local foods in the cafeteria from local farmers and the Clarksburg school garden.
- Promote local and nutritious foods in the cafeteria through pictures, signs and inviting farmers to lunch.
- Provide school menus to all families via school newsletter. The menus include local food served and the farm from which they were grown.
- Encourage balanced food choices and include healthy options during school celebrations and school fundraisers.
- Does not allow Halloween candy in the school cafeteria or any type of junk food promotion.
- Offer nutritious beverage choices such as low-fat milk, fat-free chocolate milk, 100% juice and water. Students are encouraged to bring water bottles to school so water can be readily available throughout school day.
- Provide nutritional education and information for faculty and staff, enabling them to be role models for students. Ex. MIAA (Bluecross Blueshield Health and Wellness Program)
- Encourage parents to provide healthy snacks, by sending wish list home with suggested healthy classroom snacks.
- Dedicate student council time towards nutrition education and promotion.

Future Policy Goals:

- Look into professional development and continuing education for food service director, faculty and staff that incorporates nutritional promotion and education.
- Explore integrating and including nutrition within the classroom curriculum.
- Reconnect with UMass Extension Program.
- Organize and host a family and community health and wellness night- 1 or 2 nights per year.
- Not use food as an incentive or reward.
- Promote healthy options for food choices at school functions.
- Educate students through more publicizing of nutritional habits. For example a school bulletin board that highlights healthy food options, healthy recipes, etc.
- Involve more parent volunteer with nutrition education during and outside of school day.
- Create and hand out nutrition surveys to all students at the beginning of the school year to gather input to guide some of the nutrition education and promotion that takes place at Clarksburg School and at the end of the school year to verify that students needs were met.
- The school nurse will organize and implement nutrition presentations.
- The school nurse will provide nutrition tip for school newsletter.
- Research benefits and possibilities of scheduling recess before lunch.
- Implement "Caught Making a Healthy Choice" Program.

Measurements:

- BMI
- Pre and Post Surveys
- Monthly health and wellness questions on nurse's bulletin board
- Recognition at school wide celebrations for specific initiatives in policy

Nutrition Standards for School Foods and Beverages

Rationale: All foods and beverages served on school grounds and at school-sponsored activities during the instructional day shall meet the nutritional standards set by Clarksburg School. During appropriate seasons and when accessible and available some of the foods offered to students will be locally sourced.

Clarksburg Elementary School will:

- Offer locally grown food when accessible and available.
- Portion the salad bar servings to ensure students make healthy choices.
- Continue the maintenance and growth of a school garden, using food from the garden when accessible and available.
- Follow the state standards and regulations that pertain to food and beverages served in the cafeteria to the best of their ability.
- Not allow vending machines at the school.
- Work and collaborate with local schools in the region to learn strategies to implement nutrition standards at Clarksburg School.
- Offer students grab and go breakfast options to eat in classroom in accordance to USDA standards.
- Allow every student K-8th to have a water bottle in the classroom
- Encourage families to send in healthy options, by giving examples in newsletters and notes home, for classroom snacks or celebrations.
- Serve water during class trips and school events. There is no soda allowed at school events.
- Ensure food service director and cafeteria staff meet necessary food service certifications and follow requirements and guidelines.

Future Policy Goals:

- Work towards offering healthier food based rewards.
- Continue to work towards healthy fundraising options.
- Encourage food service director and cafeteria staff to attend professional development and trainings that pertain to nutrition of school foods.
- Exploring possibilities of free breakfast and lunch programs for students during the summer months, through grant opportunities.

Measurements:

- State and Federal cafeteria audits (done on a regular basis)
- School Menus

Commitment to Student Wellness

Other School-Based Activities to Promote Student Wellness

Rationale: The entire school environment will promote healthy school goals to encourage students' choices, beliefs and habits as they relate to health in a holistic manner, through nutritional health, physical activity and education, and social/emotional health.

Clarksburg Elementary School will:

- Encourage and promote participation of the northern Berkshire Safe Homes Network by distributing the Safe Home Pledge for parents to sign.
- Implement mandated bully prevention plan through the District Attorney Curriculum.
- Encourage student council focus around projects that promote student wellness i.e. the water bottle initiative.
- Implement and maintain student council character counts program as well as other community service learning projects led by student council.
- Promote student wellness through messages within art projects throughout the school.
- Promote student wellness through messages in the nurse's newsletter and bulletin board.
- Organize events and student trips focused around team building, for students and teachers. (Clarksburg State Forest, Brodie Mountain, Nature's Classroom)
- Have an adjustment councilor on site 2-3 days/week to facilitate crisis intervention and social/emotional support groups.

Future Policy Goals:

- Increase participation of families participating in the North Berkshire Safe Homes network
- Collaborate with nbCC and the Family Place to create Time To Talk event around the distribution of the Safe Homes resource guide for sixth, seventh and eighth grades.
- Implement peer mediation program using models from neighboring schools
- Include information about substance use prevention during parent information and family orientation evenings, as well as Grandparents Day. See packet from nbCC.

Measurements:

- nbCC Safe Homes Resource Guide
- Student council character counts follow up survey
- Displays and pictures of art projects conveying wellness around the school
- Copies of nurse's newsletter and bulletins

Establish and maintain a school-wide Wellness Team

Purpose:

- Developing guidance to ensure understanding and importance of this document
- Monitoring the implementation of this document.
- Evaluating policy and measurements progress.
- Serving as a resource to the school.
- Revising and updating policy as needed.

It is recommended that the school wellness team meet a minimum of twice annually with members including, but not limited to:

- Superintendent- Jon Lev
- School Principal- Karen Gallese (Linda Reardon principal at the time of initiation and conception of this document)
- School nurse- Linda Martelle
- PE Teacher- Tina Duval
- School Committee Representative- Patricia Prenguber
- Parent Representative- Matt Boyer
- Local Community Partner- Amanda Chilson, Mass in Motion/Northern Berkshire Community Coalition
- Food service director- Susan Berger
- Student Representation

Responsibilities may include, but not be limited to:

- Assurance that staff professional development includes nutrition and physical activity topics when possible
- Assurance that students receive nutrition education and engage in physical activity.

Commitment to Physical Education and Physical Activity

Physical Activity and Physical Education

Rationale: A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in school's daily education program from grades K-8, through regular physical education instruction, active classroom opportunities, co-curricular activities and recess.

Clarksburg Elementary School will:

- Organize and host physical education show, performed by K-8th grades, demonstrating a physical education activity incorporating movement. This is a one-day event.
- Ensure physical education for grades K-8th 2 times per week, 45 minutes per class, for each week of the school year.
- Have the Gaga Pit available for use at recess.
- Organize and host a field day that incorporates outdoor physical activity, making use of the Clarksburg Town Field adjacent to the school.
- Utilize the pathways and trails located around the school- before, after and during the school day. (See Appendix for pictures and descriptions of pathways and trail systems surrounding school.)
- Incorporate physical activity opportunities during Friday activity periods. (See Appendix for examples)
- Partner with Safe Routes to School
- Organize Bike to School Days 3 times per year (1 in the fall and 2 in the spring/summer).
- Host bike safety sessions led by MassBike.
- Host physically active extracurricular activities- i.e- ski club,
- Ensure students have 215-0 minutes of recess one time per day.
- Implement brain gym into elementary grade classrooms.
- Organize and host an all school walk two times per year. (See Appendix for mapped route)

Future Policy Goals:

- Utilize the Gaga Pit as fundraising and community building opportunities
- Build partnership with Berkshire Natural Resource Council to:
 - Create and guide outdoor education along the trail system behind the school.
 - Participate in Friday activity periods
 - Lead after school outdoor/physically active programs
- Adopt walk/bike to school policy that supports students having the ability to ride their bikes to schools on any given day during the school year, incorporating the use of the future bike/pedestrian lane along West Cross Road.
- Explore the possibility of instituting a recess before lunch policy.

- Explore the possibilities and opportunities of increasing the utilization of Natural Bridge State Park.
- Have students and local retirees become trained crossing guards for walking/biking to school.
- Increase use of brain gym in grades K-8th by utilizing train the trainer model, through the experts trained at Clarksburg School.
- Encourage PE teachers, health teacher and school nurse to attend professional development and trainings that focus on physical education and physical activity.

Measurements:

- BMI
- Presidential Fitness Challenge
- Maps of nature trails around Clarksburg School (once completed)