

School Wellness Policy CCLCS 2024-2025

The Cape Cod Lighthouse Charter School and its Board of Trustees recognize the relationship between student well-being, health and wellness and student achievement as well as the importance of comprehensive wellness policies. CCLCS is committed to protecting children's health, well-being and ability to learn to their fullest potential by supporting a school environment that promotes healthy choices and fosters lifelong habits with respect to eating and physical activity.

Therefore, the Board of Trustees has adopted this policy to serve as a guideline for carrying out CCLCS's objectives in this arena.

A. Wellness Advisory Committee ("WAC")

1. Purpose

The purpose of the WAC is to ensure that CCLCS has an established group of school staff and concerned community representatives to recommend, review, and help implement policies addressing school nutrition, nutrition education, physical activity, and related issues that affect student health.

2. Scope and Application

a. Establishment

- The WAC shall encourage the development of a program that actively promotes wellness in CCLCS and to maximize CCLCS's opportunities for grant awards.
- Committee members shall be self appointed, including a designee to serve as a liaison between the WAC and school administration, and ensure the active functioning of the WAC.
- The WAC shall include at a minimum representatives from a wide range of school health and health-related disciplines, including the school nurse, school psychologist, community agencies serving youth, parents, students, and members of the Board of Trustees.
 - Appointees to the maximum extent possible shall reflect the cultural, linguistic, and ethnic composition of the community.
- The WAC shall meet at least four times a year.
- WAC Reports, as well as minutes of the meetings, including the names of attendees, shall be maintained and shall be provided to the Department of Public Health or the Department of Elementary and Secondary Education upon request.

2024/2025 Wellness Advisory Committee Members	
<u>Name</u>	<u>Role</u>
Elizabeth Woelflein	Associate Director
Mary Marvullo	School Psychologist
Kate Smith	School Nurse
Liz Novak	School Social Worker/intern
Dave Houghton	G6 paraprofessional
Colleen Doherty	G7 paraprofessional
Dana Strakele	7th Grade Learning Specialist
Sandra Hemeon-McMahon	8th grade Spanish Teacher
Ryan Johnson	PE / Health & Wellness Teacher

b. WAC Functions

- The WAC on an annual basis shall recommend and/or review CCLCS’s policies to promote student wellness, such as those addressing health education and services, school nutrition, the nutrition environment, physical education, and opportunities for physical activity around the school environment. Such policies shall include:
 - goals and objectives for the coming year, which shall be observable and measurable;
 - a process for evaluating the progress to be made in the coming year in reaching the annual goals and objectives, which may include the use by CCLCS of a self-assessment tool;
 - any recommendations concerning the establishment or functioning of wellness teams and initiatives.

- The WAC on an annual basis shall propose to school administration and the Board of Trustees a copy of the policies developed, including goals and objectives for the coming year. The report shall include:
 - an action plan which details ways in which the WAC may work with school personnel, including school nurses, to achieve the annual goals and objectives;

- ways that CCLCS and the WAC might best monitor and evaluate progress toward reaching the annual goals and objectives;
 - ways of developing community support for school wellness initiatives and coordinating school and community initiatives on physical activity and nutrition;
 - an assessment of the accomplishments of the previous year and identification of work still needed in order to accomplish the previous year's goals and objectives; and
 - a review of membership and membership participation in the previous year and, as appropriate, a request to school administration for replacements.
- In setting goals and objectives, the WAC shall consider:
 - suggestions and recommendations from students, parents, teachers, school nurses, school administrators, nutrition, and physical education staff and other interested parties;
 - input from all those affected by the goals or objectives, to the maximum extent feasible; and
 - general public health data, such as
 - student health needs assessments;
 - assessments and indicators of student health status and health awareness;
 - information from health providers and public health officials as to causes of morbidity and mortality and possible methods of prevention; and
 - data indicating the effect of health status on academic performance.
 - information about current programs and practices that might have a bearing on student health, such as:
 - BMI screening data;
 - status of food nutrition and nutrition education programs, and food consumption patterns, including breakfast and lunch program participation;

- meaningful opportunities for physical activity, including the amount of time and the quality of the opportunities provided for physical activity through physical education, recess and travel to and from school; and
- status of current school health and behavioral health services and health education programs.

2024/2025 Wellness Advisory Committee Goals	
Nutrition Education	Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. The goal of establishing nutrition standards is to ensure the availability of healthy food choices sold or served in the school setting.
Physical Education	The primary goal of physical education is for all students to develop the skills and knowledge necessary to not only participate in specific physical activities, but to understand the short and long-term benefits of a physically active and healthy lifestyle.

B. Development of Guidelines

Upon adoption of Wellness policies, school administration, in consultation with the WAC will develop implementation procedures. School administration will review the policies and related implementation procedures and share expectations with staff on an annual basis to ensure implementation and adherence.

2024/2025 Wellness Advisory Committee Guidelines	
<ol style="list-style-type: none"> 1.) CCLCS will be a safe and healthy place for children and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character. 2.) All students will be taught the essential knowledge and skills they need to become “health literate” - that is, to make healthy choices and avoid behaviors that can damage their health and wellbeing. 3.) CCLCS will be organized to reinforce students’ adoption of healthy behaviors and school staff will be encouraged to model healthy lifestyles. 	

C. Nutrition

CCLCS’s goal is that all students will have opportunities, support and encouragement to make healthy nutrition choices throughout the school day through meals, snacks and beverages provided as part of the school meal program, at other times during the school day such as through food and nutrition education integrated in the health education curriculum and in school events taking place outside of school hours.

- The food service program will provide students with access to a variety of

affordable, nutritious, and appealing foods and beverages that:

- Meet the health and nutrition needs of students and adhere to or exceed the USDA School Meal regulations;
 - Meet the Massachusetts School Nutrition regulations, as applicable;
 - Provide clean, safe and pleasant settings and adequate time for students to eat; and a minimum of 15 minutes for lunch and time for breakfast during morning homeroom; and
 - Ensure that no student goes hungry while in school.
- CCLCS will participate in available federal school meal programs including the school breakfast program, national school meal program; and, to the maximum extent practicable, summer food service program, fruit and vegetable snack program, and child and adult care food program.
 - School administration will ensure that CCLCS adheres to the nutritional standards set by the Massachusetts Department of Public Health for competitive foods and beverages including a la carte items offered in school cafeterias, school-sponsored, or school-related events. No low nutrition food will be sold or distributed for consumption from midnight to 30 minutes after the end of the school day.
 - In addition, CCLCS will maintain the same Massachusetts standards for concession stands, booster sales, fundraising activities and school-sponsored or school-related events. High Nutritional valued food will be prominently displayed or offered at all school after hour events involving food and beverages.
 - There will be no sharing of food at any time during the school day.
 - CCLCS will remain a Nut Free Facility clearly communicating this with all our school community members by posting it in the school, on our website, and sent home in our Notes to Home. Students will be told that no foods containing nuts of any kind should be brought as part of their meals or snacks during grade level and all-school meetings. Staff will be educated at the beginning of year meetings and regularly at staff meetings.
 - Students are not permitted to bring highly caffeinated beverages, sugary snacks or drinks onto school grounds. This includes coffee, hot chocolate, “fruit crushers” made with sugar, tea, and/or donuts or pastries.
 - Candy is not permitted on school grounds. Gum is acceptable as it has shown to help students focus.
 - Water bottles are encouraged. CCLCS has a water bottle filler and students

are encouraged to keep their water bottles accessible at their desks.

- For this document's purpose , “ low nutritional food” is defined as any food not found on the current A list developed by the John C stalker Institute at Framingham State University.

D. Physical Education and Physical Activities

CCLCS's goal is that all students will have opportunities, support, and encouragement to be physically active on a regular basis throughout the school day through physical education (PE) classes, and before and after school for example through intramurals, interscholastic athletics, active transportation (walking and biking) and physical activity integrated into the academic curriculum where appropriate. Additionally, there will be daily recess periods with active play.

- The Health, Physical Education and Athletics departments will provide all students, including students with disabilities, special health care needs, and those in alternative educational settings, with access to a variety of opportunities for physical activity. These activities will:
 - Adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework and the National Association for Sport and Physical Education Standards;
 - Ensure that students learn skills for lifelong activities; and
 - Provide students with the opportunity to participate in physical activity through a range of programs including but not limited to, intramurals and competitive interscholastic athletics, and activities that are available to all students, regardless of skill level, such as intramurals and physical activity clubs.
- The school district will ensure that physical education is taught by qualified educators who are certified by the Commonwealth of Massachusetts to teach physical education. In addition, as part of a quality physical education program, all physical education teachers will be expected to participate regularly in professional development activities.
- Students will not be kept from recess or excluded from a Physical Education class except if the removal is necessary to protect the health, safety and welfare of the student, other students and staff or the permission of the student’s parent/guardian has been given for the student’s removal or exclusion.
- Physical activity will neither be denied nor required as a form of punishment.
- All students will have at least 15 minutes of recess actively supervised by trained staff, preferably outdoors, during which the schools will encourage

moderate to vigorous physical activity verbally and through the provision of space and equipment.

- Students will not be denied recess to conference with teaching staff, finish projects or make up work unless under unusual circumstances.
- Students and staff will be encouraged to engage in physical activities (walking, bike riding, etc.) to support a healthy and active lifestyle from an early age.

E. Health and Nutrition Education and Promotion

1. CCLCS's goals for health education activities:

- Students will receive encouragement, support, and education to adopt and maintain healthy behaviors through health education, including nutrition education and social emotional learning.
- Students receive health education that teaches the skills they need to adopt and maintain healthy behaviors.
- Students receive consistent health messages from all aspects of the school program.
- Health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education curriculum. Staff who provide health and nutrition education will have appropriate training.
- Health and nutrition education curriculum will be aligned to the Massachusetts Comprehensive Health Curriculum Framework, National Health Education Standards and the National Sexuality Education Standards and will establish linkages between health education, school meal programs and related community services.

Wellness Policy (As posted in the 24/25 Family and Student Handbook)

Families are the primary teachers and caregivers of their children. The present and future health, safety and well being of students are also the concern of CCLCS. Schools have a duty to help prevent unnecessary injury, disease and chronic health conditions. Poor nutrition hampers academic achievement while increased physical activity leads to higher academic success. For students to learn to take responsibility for their own health and to adopt health-enhancing attitudes and behaviors:

- CCLCS will be a safe and healthy place for children and employees to learn and work, with a climate that nurtures learning, achievement and growth of character.
- All students will be taught the essential skills and knowledge they need to become “health literate” - that is to make healthy choices and avoid behaviors that can damage their health and well-being.
- CCLCS will be organized to reinforce students’ adoption of healthy behaviors and school staff will be encouraged to model healthy lifestyles.

Schools cannot achieve their primary mission of education if students and staff are not healthy and fit, physically, mentally and socially.

Nutritional Wellness The goal at CCLCS is that all students will have opportunities, support and encouragement to make healthy nutrition choices throughout the school day through meals, snacks and beverages provided as part of the school meal program, at other times during the school day such as through food and nutrition education integrated in the health education curriculum, and in school events taking place outside of school hours.

The food service program will provide students with access to a variety of affordable, nutritious, and appealing foods and beverages that:

- Meet the health and nutrition needs of students and adhere to or exceed the USDA school Meal regulations.
- Meet the Massachusetts School nutrition regulations, as applicable
- Provide clean, safe and pleasant settings and adequate time for students to eat for a minimum of 15 minutes for lunch and breakfast during morning homeroom
- Ensure that no student goes hungry while in school.
- CCLCS will participate in available federal school meal programs
- CCLCS will adhere to the nutritional standards set by the Massachusetts Department of Public Health. No low nutrition food will be sold for consumption from midnight to 30 minutes after the end of the school day.
- CCLCS will maintain the same nutritional standards for concession stands, booster sales, fundraising activities and school - sponsored or school - related events. High Nutritional valued food will be prominently displayed or offered at all school after hour fundraising events involving food and beverages.

For the student this means:

- Water bottles are encouraged. CCLCS has a water bottle filling station. Students are encouraged to keep their water bottles accessible at their desks.
- There will be no sharing of food at any time during the school day to ensure the health of all of our community members.
- CCLCS will remain a Nut Free facility.
- Students are not allowed to bring highly caffeinated, sugary snacks and drinks onto school grounds. This includes but is not limited to; coffee, hot chocolate, “fruit crushers” made with tea and sugar, energy drinks and pastries
- No Candy should be brought to school. Gum is acceptable as it has shown to help focus as long as students are respectful of school property and other community members’ property as it pertains to where the gum ends up.
- No in-class celebrations such as birthday parties or holidays involving food.

Physical Wellness goals at CCLCS ensure that all students will have opportunities, support and encouragement to be physically active on a regular basis throughout the school day through physical education classes, in before and after school activities such as intramurals, interscholastic athletics, active transportation (walking and biking to school), and physical activity integrated into the academic curriculum where appropriate. Additionally there will be daily recess periods with active play.

The Health, Physical Education and Athletics departments will provide all students including students with disabilities, and special health care needs, with access to a variety of opportunities for physical activity. These activities will;

- Adhere to or exceed the Massachusetts Comprehensive Health Curriculum Framework and the National Association for Sport and Physical Education standards.
- Ensure that students learn skills for lifelong activities
- Provide students with the opportunity to participate in physical activity through a range of programs including but not limited to intramurals, and competitive interscholastic athletics, and activities that are available to all students, regardless of skill level, such as intramurals and club level sports.
- All students will have at least 15 minutes of recess actively supervised by trained staff, preferably outdoors, during which the staff will encourage moderate to vigorous physical activity.
- Students will not be permitted to attend school if in the prior 24 hours they had a fever or started taking antibiotics which require 24 hours to take effect.

For the students this means:

- Come to gym class prepared to participate, wearing appropriate footwear and outerwear to go outside on the fields.
- For interscholastic and club sports, maintain a current physical on file with the health office (one that has been completed within the last year).

Health and Wellness goals at CCLCS ensure that all students will receive encouragement, support, and education to adopt and maintain healthy behaviors through health education, including nutrition education and social emotional learning.

- Students receive health education that teaches the skills they need to adopt and maintain healthy behaviors.
- Social and Emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.
- Health and nutrition education curriculum will be aligned with the Massachusetts Comprehensive Health Curriculum Framework and all other applicable state and federal standards. CCLCS will establish linkages between health education, school meal programs, and related core class curriculums and community services.

For the student this means:

- We respect the right of each community member to develop and express their own identity. This means we do not make jokes about other's race, ethnicity, languages spoken, gender, gender identity, physical appearance, religion, abilities, disabilities, culture, family members, values or other aspects of identity.
- We recognize our emotions and the emotions of others.
- We practice healthy communication skills by using "I statements", active listening, and empathy.
- We practice asking for consent, granting consent, and denying consent as the basis for all human interactions. We do not touch other people's belongings without consent.