

**Changemaker  
High School  
1300 S.  
Belvedere Ave.**

**Wellness Policy  
2022-2023**

**Preamble/Statement of Responsibility**

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Changemaker High School recognizes that health education, physical education, nutrition services and a healthy school environment are crucial components that can strongly influence student health and learning. The school board members also acknowledge the critical role that the school plays in reshaping social and physical environments and providing information, tools, and practical strategies to help students adopt healthier habits.

Changemaker High School recognizes that it is the District's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental restoration.

Changemaker High School further recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, and strengthening communities.

Changemaker High School recognizes that good physical and mental health fosters improved student attendance, education and learning. As our mission is to develop student leaders who turn ideas into action, our campus creatively integrates scholarship with our 3 main pillars, which are Sustainability, Responsibility, and Creativity, and our four competencies, which include: Empathy, Problem Solving, Teamwork, and Leadership. Our pillars and competencies encourage students to think critically and find meaningful and impactful solutions to real-world problems.

Changemaker High School desires to assist students in developing skills that promote healthy habits regarding eating and physical activity throughout the year with the integration of our four competencies, which is how the curricular units are categorized. Health and wellness education will be addressed every month through a variety of means including but not limited to nutrition workshops, health fairs, nutrition standards, physical activity opportunities, and other appropriate site-specific health activities, such as neighborhood cleanups, community service days, sports activities, and neighborhood walkability assessments.

Preamble:

## Health Education & Nutrition

The aim of health education is to provide formal opportunities for students to learn and develop healthy eating and other health-promoting, nutrition-related practices. Nutrition as a key component of health education occurs in the classroom as well as in the larger school community.

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*All health education workshops include a focus on knowledge and skills that support a healthy lifestyle. Nutrition education is integrated into all areas of the curriculum such as math, science, language arts, and social studies. Standards-based health and nutrition education information are taught by or done in collaboration with a teacher.*

*Standards-based health and nutrition education curricula information involve sharing information with families and the broader community (i.e., school family events, student exhibitions, public service days, neighborhood association meetings, etc.) to positively impact students and the health of the community.*

- *Instructional periods incorporating quality standards-based health education totals of a minimum of:
  - 200 minutes per week for secondary grades 6-12.*
- *Schools will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program.*
- *Schools will promote the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program.*

Consistent nutrition education will be provided in grades 9-12. It will be integrated through a cross-curricular hand-on-learning approach.

Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits as they prepare nutrition education workshops for the public.

Students in grades 9-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks will be behavior focused, age appropriate, and

# Health Education

culturally relevant. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

Sequential and interdisciplinary nutrition education will be provided and promoted. Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

Nutrition Education will be integrated into the curriculum. (1) The school will provide nutrition education; (2) Nutrition Education is offered 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; (3) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions and taste testing; (4) Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

The school aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that: Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices; emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services. The school district aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition designed to provide students with the knowledge and skills necessary to promote and protect their health.

Students will comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment. Achievement will be assessed by strategies that measure knowledge and skill development and support critical thinking. Instruction will be age-appropriate, based on research, grounded in accurate and current information, and provide the skills and motivation to focus on behavior change. Teachers are encouraged to utilize instructional strategies that incorporate experiential learning opportunities and that engage family members in reinforcing healthy nutrition behaviors.

Sequential and interdisciplinary nutrition education is provided and promoted through the health education curriculum. Healthy food education shall be provided through course curriculum, parent and student newsletters, posters in the buildings and special speakers on nutrition or wellness topics.

All students in grades 9-12 will receive health education instruction that includes nutrition education program that is aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state and health education benchmarks. Health instruction may be delivered by a certified health educator, but may also be taught within classroom instruction; including math, science, language arts, social sciences, and elective courses.

## Physical Activity

Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promotes a healthy lifestyle.

A comprehensive physical activity program includes: school sports activities, gardening and community cleanups, and after-school physical activity programs.

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*Physically active lifestyles and are needed to increase the physical competence, health-related fitness, personal responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime.*

- *Instructional periods providing*
- *developmentally appropriate programs total a minimum of:*
  - *200 minutes per week for secondary grades 6-12.*

*Activities that promote physical fitness provide an environment where students can learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge acquisition.*

- *Families have information to help them incorporate physical activity into their students' lives.*
- *All students will have at least 20 minutes a day of supervised recess, during which schools must encourage moderate to vigorous physical activity.*
- *Students do not have periods of two or more hours of inactivity.*
- *When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active.*
- *Schools do not use physical activity as punishment.*
- *Schools do not withhold opportunities for physical activity as punishment.*

High School students will have the opportunity for physical activity during their lunch period. The outside facilities will be open to use during lunch when possible.

Changemaker High School will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long- term benefits of a physically active and healthy lifestyle.

Changemaker High School will explore opportunities for physical activity during the school day. Encourage and promote non competitive physical activities for students. All campus will integrate physical activity into the academic curriculum. The school will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Students will be given opportunities for physical activity during the school day through daily recess periods, walking programs, and the integration of physical activity into the academic classes when possible.

## **School Meals**

*All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.*

*Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.*

### **Samples from Other States:**

Changemaker High School will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program.

Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans, such as: No more than 30 percent of total calories from fat, averaged over a week. No more than 10 percent of total calories from saturated fat, averaged over a week. Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, Be served in clean, safe, and pleasant settings, Strive to offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, will be from local sources, Include only one- percent fat and nonfat milk options, Offer whole grains whenever possible and introduce new whole grain products as they become available, Include food items selected by students and parents through taste testing, community meetings, and surveys.

Offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Encourage all students to participate in breakfast and lunch opportunities. In particular, the school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. The school will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch and school breakfast).

## School Meals:

Nutrition Services will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat. To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program).

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: Schools will, to the extent possible, operate the School Breakfast Program. Changemaker High School will utilize methods to serve school breakfasts that encourage participation. CMHS will notify parents and students of the availability of the School Breakfast Program every month throughout the year. Schools 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.

Minimum time allowance (eating time for each student after being served the meal) for student consumption of meals will be ten minutes for breakfast and twenty minutes for lunch.

The dining room facility will be conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, etc.) will receive training in appropriate dining practices from the school principal or designee.

Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.

## Nutrition Standards

*All foods and beverages sold at school to students must comply with the current USDA Dietary Guidelines (including vending and ala carte items).*

*Nutrition information for products offered in snack bars, ala carte, vending, etc. is readily available near the point of purchase.*

*Food/beverage providers must promote positive nutritional logos and trademarks on school grounds. The following items are not sold anywhere on school property:*

*Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations; all food and beverage items listing sugar, in any form, as the first ingredient, such as candy; and foods containing trans fats.*

*All snack and beverage items sold or served anywhere on school property, including items sold in ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After*

*School Snack Program, must meet the following standards:*

*Based on manufacturer's nutritional data or nutrient facts labels:*

*No more than eight (8) grams of total fat per serving, with the exception of nuts and seeds;*

*No more than two (2) grams of saturated fat per serving.*

*All beverages do not exceed twelve (12) ounces, with the following exceptions: Water, milk containing one percent or less fat.*

*Products containing 2% milk fat or more do not exceed eight ounces. Limit sugar*

### Food as Reward/Punishment

All school-based activities will be consistent with local wellness policy goals. Foods and beverages will not be used as a behavior management tool by offering as a reward or withholding as punishment. Staff is encouraged to model healthy eating by offering healthier choices at school meetings and to eliminate using food and beverages as rewards to students. Food is not to be used as a reward or punishment for student behavior.

## Nutrition Standards--Other:

### Fundraising, concessions, school stores and other opportunities to promote healthy eating

Healthy food and beverage choices will be encouraged for vending, ala carte, student stores, parties and fundraising.

Fundraising efforts are supportive of healthy eating, by emphasizing the sale of non-food items or healthy food items. Fundraising activities which involve the sale of food and beverages should take place outside the school day and must meet the District Wellness Committee Procedures.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness consistent with School Committee policies. Food and beverages sold at fundraisers will include healthy choices.

School staff shall encourage healthy food choices in the school environment in activities such as: Fundraisers, food brought from home for classes or groups of students, School parties, celebrations, dances, athletic events, concerts, picnics, field days, fairs, festivals, etc. Healthy food choices should be considered that include items such as: fresh fruit, fresh vegetables, low fat pretzels, 100% juice, bottled water, fruit smoothies, air- popped popcorn, low fat cereal bars, milk, low fat or fat free yogurt, animal crackers, vanilla wafers, trail mix/raisins, etc.

Food related fundraising items must meet state and federal regulations for competitive food sales. School related groups such as PTOs, parent events, and student organizations are encouraged to adhere to these guidelines. School staffs are also expected to follow these guidelines in school and classroom celebrations, fundraising, and to utilize other alternatives to food as performance incentives.

A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs. School nutrition practices should address all foods and beverages sold or served during the school day to students. Decisions about the sale of competitive foods should be based on nutrition goals for students, not for profit making.



## Nutrition Standards--Other:

### Celebrations

Changemaker High School encourages the promotion of a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons.

The district/school should provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Healthy party menus should be used. Beverage consumption in the classroom should be limited to water, 100% juice and milk.