

Wellness Policy Hampden Charter School

Pursuant to the “Healthy, Hunger-Free Kids Act of 2010”, Pub. Law 111-296, sec. 204 and the Richard B. Russell National School Lunch Act, sec 9A.

By adopting this policy, it is the intention that Hampden Charter School of Science West will make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and will afford each of the opportunity to fully participate in and benefit from the education process.

The Hampden Charter School of Science West will develop, and implement a broad plan for a coordinated school-based health program that will:

- Be designed in response to demonstrate needs in the community,
- Be based on models that demonstrate models of effectiveness,
- Emphasize a positive youth development approach
- Make efficient use of school and community resources,
- Respond to families’ need and preferences: and
- Include goals for Health Education, Physical Education and Nutrition

The coordinated school-based health program plan will incorporate the following components and goals:

1. Health Education

A comprehensive program of health education that is designed to promote healthful living and discourage health-risk behaviors shall be offered Grade 6 through Grade 12. The health education program will be an integral part of a coordinated school-based health program. It will be consistent with the Massachusetts Health Curriculum Frameworks, coordinated by the district health education coordinator. The health education coordinator will consult with the district coordinator for nursing regarding all issues affecting student-based health.

2. Physical Education

The Hampden Charter School of Science West will continue to implement specific learning goals and objectives for physical education for students in Grades 6

through Grade 12, in accordance with G.L.c.71§3.A sequential, developmentally appropriate curriculum will continue to be implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

3. Nutrition

The Hampden Charter School of Science West recognizes that a healthy intake of food and nutrients is essential for students to take full advantage of the learning environment in school. Healthy eating patterns during childhood can affect eating patterns in the later years and students need to gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases. Students of all ages need the knowledge to make wise food choices in the contemporary food environment, to evaluate food promotion and media messages regarding realistic body size shape and select appropriate food in varied settings.

The nutrition program will include guidelines for reimbursable school meals which are not less restrictive than regulations and nutrition guidelines issued by the Secretary of Agriculture pursuant Pub. Law 111-296, sec.204(a) and the Richard B. Russell National School Lunch Act, sec.9A. The nutrition program will also ensure that profit generation will not take precedence over the nutritional needs of the students. Finally, the nutrition program will include guidelines for nutrition education and promotion.

4. Health Services:

Hampden Charter School of Science West recognizes the increasing health and medical needs of our students and staff population. Many of our students require daily nursing care to enable them to perform to their academic potential. Hampden Charter School of Science West will strive to provide safe and effective nursing care in all school buildings during the school day. Nursing staff will also act as a liaison between parents, students and community medical professionals.

Health Services will work with a School Health Advisory Group under this policy.

A school Health Advisory Group shall be established. The group will consist of {} representatives chosen from each of the following groups and officials and shall be appointed by the Superintendent.

Parents

Teachers

Students

Coordinator for Nursing Services

Health and Physical Education Coordinator

Food Services Director

School Physician

School Principal

Credential Nutritionist, if available.

Board of Health

General Public of the Town of West Springfield

The Advisory Group's role and responsibilities will include but not be limited to:

- Recommend procedures to the Superintendent, Principals and School committee
- Review the policy and protocols annually
- Monitor and evaluate the progress towards compliance with the goals of the policy
- Measure the outcomes of the changes as evidenced by various tools including student satisfaction surveys, parent satisfaction surveys, school health statistical data collected in compliance with the Massachusetts Department of Public Health (MDPH) and other collection data and monitoring systems.

- Provide an annual report to the Superintendent of Schools which assesses implementation of this Wellness Policy, including which schools are in compliance and progress toward achieving goals, as well as recommendations and suggested measures for improving student wellness. This report shall be made available to the public.
- Promote parent and staff education regarding this Policy.
- The Director of Nursing will review Food Allergy guidelines annually with nursing staff.
- The Director of Nursing or school-based nursing staff will annually review emergency plans for individuals experiencing anaphylaxis with administrative, teaching, food services and custodial staff in each school.

The school Health Advisory Group will be responsible for devising a plan for implementation and evaluation of this Policy and is charged to work with the principals of each school to ensure that schools meet the goals of the district wellness policy. The Principal of each school shall be responsible for implementation of this Wellness Policy and all guidelines and protocols established under this Policy in his/her school. The School Advisory Group will report to the School Committee annually.