

6.1 School Wellness

Policy

The School is committed to promoting student well-being and academic achievement by creating a healthy environment, to include quality nutrition and physical activity, where students can adopt positive lifestyle habits in compliance with all applicable laws and regulations.

Procedure-MA Only

1. Nutrition Standards:
 - a. All food and beverages served by the school or in the residences will adhere to nutritional guidelines set forth by the United States Department of Agriculture (USDA) and the *Massachusetts Nutrition Standards for Competitive Foods and Beverages*. Nutritional information for all foods served or available for sale will be available for review.
 - b. The School provides at least 20 minutes of seat time per day.
2. Nutrition Guidelines and Education:
 - a. The school will ensure well-balanced meals and snacks are available to all students.
 - b. Nursing, Executive Director or delegated school personnel will assess each child's nutritional status at the time of admission.
 - c. In the event the student's primary care physician orders a special diet, school staff will ensure it is followed in the school and residence as appropriate. Nursing, Executive Director or delegated school personnel will train staff on special diets, food allergies and dietary restrictions.
 - d. If a parent/guardian requests that their child adhere to a diet that has not been prescribed by a physician, the parent/guardian must provide all requested food items for their child each day.
 - e. The school will enlist the support from a person who has had training in the nutritional needs of children and the USDA guidelines. This person will provide nutritional oversight and menu preparation.
 - f. Menus will be available in the school cafeteria, and residences.
 - g. Nutrition education will be provided to all students at each level as developmentally appropriate. Such education teaches skills that are behavior focused, interactive and/or participatory.
 - h. Nutrition Education is integrated into other subjects beyond health education.
 - i. Food and Beverage marketing will promote and advertise only foods and beverages that meet the school nutrition standards.
3. Stress Reduction
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 - b. The May Center values the social and emotional well-being of students and staff.
 - c. Students have the opportunity to meet with licensed social workers on a regular or as needed basis.
 - d. Students are encouraged to develop skills to express their thoughts and feelings and learn self-advocacy skills.
 - e. The May Center fosters an atmosphere where differences are respected and accepted.
 - f. The May Center individualizes education plans and behavior plans so that each student may succeed in their own way and at their own pace.

4. Wellness Advisory Committee

The School Wellness Advisory Committee will meet quarterly to monitor the progress of this policy and will keep minutes. The May Center School will seek input from staff, teachers, parents, and nursing staff in the creation and revision of the wellness policies. The committee will conduct a needs assessment annually and will develop and implement an action plan with attention to nutrition, physical activity and obesity. Goals and objectives identified will be designed to promote student wellness and will be observable and/or measurable.

Committee membership should have representation from the following:

- Parents
 - Nursing
 - Students
 - Rehabilitation Therapists/Fitness
 - School Administration
 - Food Service Coordinator
- a. Assessments will be conducted as needed to review compliance, assess progress, and determine areas of improvement. Summary reports will be generated and presented to all staff and the Quality Improvement Department.
 - b. Wellness information is provided to the May Center School Parent Advisor Board. Parents/guardians are encouraged to continue promoting healthy lifestyles at their children's homes through outreach and community engagement activities

Related Policies:

Educational Services Programmatic Policy and Procedures Manual

4.1 Anti-Hazing

4.2 Anti-Bullying

5.6 Health and Human Development Curriculum

5.7 Physical Education

5.11 Student Meals

5.12 Food and Nutrition

5.13 Meal Charge

Educational Services Healthcare Policy Manual

3.5 Allergies

6.2 Smoking Policy