



**NASHOBA VALLEY TECHNICAL
HIGH SCHOOL
DISTRICT WELLNESS PLAN**



District Wellness Program

Nashoba Valley Technical High School is committed to providing a school environment that recognizes the importance of health and wellness, social/emotional skills and daily physical activity as essential to the academic success and overall well-being of every student and staff within the NVTHS community. To accomplish this goal NVTHS has implemented a comprehensive wellness program that's focal point is on the education and promotion of good decision making skills. National studies and data points reveal the important finding that: active and healthy students have a higher probability of success and achievement in every aspect of life. At the highschool level students are confronted on a daily basis by difficult choices regarding a multitude of options including but not limited to; Physical activity, sound nutrition, weight issues, social activities, social media, relationships/secual activity, substance abuse and technology which pose increasing challenges to them as they grow and mature. The goal of the NVTHS wellness program is to guide our students to make positive daily decisions by offering accurate information, encouragement , and motivation that will lead to healthy habits throughout their lives.

The NVTHS wellness program includes and encourages the following:

1. The promotion of a healthy school environment that provides a safe, nurturing and positive climate.
2. Services that provide a coordinated school health model that is inclusive of physical education, health services and health education, healthy nutrition, and counseling/Psychological services in a safe school environment for all students and staff.
3. Opportunities to encourage and practice good decision making skills.
4. Extracurricular and co-curricular opportunities
5. Encouragement for students and staff to engage in healthy nutrition and physical activity, while at the same time learning to recognize stressors which may interfere with achieving a good work/life balance.
6. A school wellness advisory committee consisting of representatives from a wide range of school health and health related disciplines including but not limited to; school nurses, physical education staff, coaches, advisors, teachers, students, parents, school administrators and community partners who will meet a minimum of four times a year to review, recommend and implement school district policies addressing school nutrition, health education, physical education, community wellness activities and social emotional issues that may affect student's overall health.

NUTRITION ENVIRONMENT AND SERVICES

NVTHS aims to teach, model, encourage and support healthy eating in an effort to guide students to develop healthy lifestyle practices.

Objectives

- NVTHS will comply with the National School Lunch and/or Breakfast Serving standards. School Nutrition Program Goals/Food and Beverage Marketing
https://www.cdc.gov/healthyschools/npao/pdf/LWP_MarketingFB_Brief_2012_13.pdf
- NVTHS will be committed to offering school meals that are accessible to all students, appealing and healthy, and served in a clean setting.
- NVTHS will assure time for eating meals (breakfast and lunch)
- NVTHS will ensure water is made available and accessible to all students during meals and throughout the school day, at no charge.
https://www.cdc.gov/healthyschools/npao/pdf/LWP_WaterAccess_Brief_2012_13.pdf
- NVTHS will educate and attend to Allergies & Cleanliness

Nutrition Education

- Educate students to the benefits of healthy eating habits
- Teach students what composes a healthy meal
- Emphasize importance and availability of regular meals
- Culinary & Horticulture Clubs with focus on nutrition
- Cafeteria Staff will post nutritional information through table tents and posters visible throughout the cafeteria.
- Include nutrition in 9th grade health curriculum

School Meal Proposals:

- Salad Bar- self-service, fresh fruits & vegetables
- Locally-sourced foods
- Variety- Smoothie of the day
- Deli-bar
- Smart Snacks

Health Curriculum

As part of the Health Curriculum NVTHS aims to integrate sequential nutrition education. To achieve this goal the district will:

1. Provide students with adequate nutrition knowledge including, but not limited to:
 - a. The benefits of healthy eating
 - b. Essential nutrients
 - c. Nutritional deficiencies
 - d. Principles of healthy weight management
 - e. Safe food preparation, handling and storage

2. Provide students with nutrition-related skills that minimally include the ability to:
 - a. Plan healthy meals
 - b. Understand the use of food labels
 - c. Critically evaluate nutrition information, misinformation and commercial food advertising
 - d. Assess personal eating habits, nutrition goal-setting and achievement

3. Provide Nutritional Promotion within the school and to its community through one or more of the following:
 - a. Offer healthy eating workshops for students, parents/guardians and Staff
 - b. Provide nutritional information via newsletters, handouts, presentations, website postings
 - c. Provide opportunities for students, parents/guardians and staff to share their healthy food practices and recipes
 - d. Disseminate information about community programs that offer nutrition assistance to families.
 - e. Post links specific to research/articles that explain the positive connections between good nutrition and academic performance.

FOOD SOLD FOR FUNDRAISING

Nashoba Tech will allow only non-food items to be sold as part of school-sponsored fundraising activities during the school day. This mandate extends from 30 minutes before to 30 minutes after the school day. "The standards (Massachusetts Standards for Competitive Foods and Beverages) do not apply to foods and beverages sold or provided at booster sales, concession stands, and other school sponsored or school related fundraisers and events" (outside of the time frame listed above).

School sponsored events to raise funds that do not take place during the school day should include healthy alternatives in addition to traditional offerings. Examples include a school-sponsored "Family Night Out" fundraiser at a local restaurant, where healthy choices and options are available; ice cream socials can offer and promote healthy choices by offering non-fat yogurt options and fruit as a topping rather than high fat alternative. While it is a challenge to find a way to raise the funds needed for education and after school programs while adhering to the philosophy that health and nutrition are important, there are other ways to generate this much needed money. Non-food products such as sports equipment, tee-shirts, tickets to sports and performances, calendar raffles, CDs, wrapping paper, candles, emergency kits and gas cards have been very successful fundraisers for a number of surrounding districts.

More information about non-food based fundraising ideas can be found in Appendix A.

*All fundraiser events must have prior approval by the school administration.

- Fundraising- annual memo

HEALTHY CLASSROOM PARTIES AND CELEBRATIONS

Nashoba Tech recognizes that classroom parties and celebrations are a tradition at school. However, with the current goals of promoting healthy eating, and to protect all students, food is not allowed to be brought or sent in to share. School personnel, including but not limited to teachers and administrators, will not provide any food items to students. All student eating will take place in the cafeteria.

- Classroom Celebrations- annual memo

CONCESSION STANDS

Due to the high number of students with life threatening food allergies as well as the liability of selling such products on school premises, sales of any product containing sesame seeds, nuts, nut-related products, is not allowed on school grounds. Nashoba Tech strongly encourages that a variety of healthy food options be offered to patrons, i.e. water, sugar-free or zero calorie drinks, baked chips, and limited calorie snacks. All food sold at concession stands or food related products sold as fundraisers by groups that utilize the Nashoba Tech building or premises must be approved in advance of being sold by the Supervisor of Physical Education, Health, FCS and Wellness to confirm that there are no nut products being sold. For more information, contact.....

- Concession Stand- meet with athletic director/ NVTHSF to discuss offerings
- Assessment Criteria
 - Calories, Calories from fat, Trans Fat, Sugar content, and Cholesterol Content

Nutrition Guidelines

All foods and beverages sold to students during the school day on NVTHS property under the jurisdiction of the district will meet the nutrition standards established by the U.S. Department of Agriculture (USDA) and MA Department of of Public Health Nutrition Standards 105 CMR 225.00: Nutrition standards for competitive foods and beverages in public schools:
<https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools>

These nutrition standards apply to all food and beverages sold to students, including those sold in vending machines, school stores and through district-sponsored fundraisers (which encompasses fundraising conducted by district-sponsored and student initiated groups), unless an exemption applies. For the purposes of this procedure, the school day is the time period from the midnight before to 30 minutes after the official school day.

Fundraising Exemption to Nutrition Guidelines

Unless otherwise prohibited by Board policies or limitations on marketing, the following are exemptions to the rule requiring that foods sold as fundraisers meet USDA standards:

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet the USDA standards.
2. Distribution of order forms for and delivery of foods that do not meet USDA standards and are not intended for consumption at school are permitted during the school day to the extent it otherwise complies with district policies and procedures.
3. Each school building within the district may hold up to five one day fundraisers per school year on district property during the school day that involve the sale of foods that do not meet USDA standards.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Physical Education will be required in all grades, for all four years. Physical Education provides students with the knowledge, skills and attitude to acquire physical fitness, physical skills and leisure skills necessary to maintain healthful lifestyles. The Nashoba Tech Physical Education program consists of required activities to meet the present and future physical and recreational needs of students.

The integration of movement patterns in sports and lifelong fitness activities will be taught along with relating exercise to overall health, applying social and safety skills and integrating strategies to respond to stress with intent to enhance student health and wellness.

With Lifelong learning a goal of Nashoba Techs Physical Education Program, many of the selected activities will be geared toward working together to achieve a common goal. Through team sports, individual sports and various fitness techniques, students will learn the life-management skills necessary for future personal wellness.

School Day

- Goals
 - Participate in NVTHS physical fitness classes
 - Learn proper technique for a variety of stretching, strength-building, & aerobic fitness exercises
 - Learn Vocational Program specific exercises that extend careers and prevent job-related injuries.

Extracurricular Physical Fitness activities-

Fitness Center Club

- Competition or collaboration to improve fitness
 - Coaches provide a workout regimen
 - Fitness activity club
 - keep your body fit for your livelihood & staying in shape out of season
 - 100 mile club (walk/ run 100 miles), Walking outside for wellness
 - Intramurals
 - Club Offerings
 - Hiking, cycling, meditation/ yoga, frisbee golf, fishing/ orienteering, XC skiing/ snowshoeing, downhill ski club

Additional Proposals Promoting Student Wellness and Encouraging Physical Fitness at home

- Achieve fitness goals: earn a certificate, an NT Fitness shirt, etc.
- Most active contest
 - Set a goal for the shop or student
- Collaborate for schoolwide initiative (5K, Relay for Life)
 - Encourage family participation:
 - Family fundraiser for charity selected by students in PE class
 - Free Family Fitness nights
 - Walking Challenges
 - Tutorial Videos (by staff members)
 - Wellness/ Fitness Newsletter

HEALTH EDUCATION

Nashoba Tech's Health Education directive is to encourage, educate, and motivate our students to make positive daily decisions and develop healthy lifestyle skills and habits for a lifetime. The Health Education curriculum will strive to follow the National Health Education Standards and the Massachusetts Curriculum Frameworks.

- a. Students will be challenged with a "dynamic" and inclusive education that may include, but is not limited to: Anti-Bullying behavior, social/emotional skills, self-esteem, puberty, substance use, physical activity, sexual activity, human development, proper nutrition, technology choices, and stress management. Topics will incorporate a focus on practicing good decision making skills and life skills.
- b. A productive and dynamic focus will revolve around respect, tolerance, and inclusion. Furthermore, students will be encouraged to be "upstanders" rather than "bystanders."
- c. The standards below refer to the following nationally recognized skills and expectations:

The National Health Education Standards (NHES) and skills can be located at the URL:

<http://www.shapeamerica.org/standards/health/>

The Massachusetts Comprehensive Health Curriculum Frameworks can be located at:

<http://www.doe.mass.edu/frameworks/health/I999/I099.pdf>

- d. Health Education classes will strive to have a student teacher ratio similar to mainstream academic classes

SOCIAL AND EMOTIONAL SCHOOL CLIMATE

Nashoba Valley technical High School will participate in ongoing professional development centered around social emotional learning and implement a social emotional curriculum into the classroom. Social Emotional Learning: SEL Frameworks

Social Emotional Teacher Goals

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision Making

Mindfulness- (PE & Health, Classroom, Shop)

Meditation

Resiliency

Growth Mindset

Health Assisting does a mindfulness day in exploratory

Mindfulness log, positive actions/ acts of kindness out of school,

Teachers providing organizational time/ instruction

Healthy Stress Relief

Breathing exercises

Movement exercises

Turn off social media for a certain amount of time each day

Soothing music in class w/ student choice (while working)

Visualization

Walking breaks

Holding class outside

Health and Wellness Day in the Spring

HEALTH SERVICES

The role of the Nashoba Tech's Health Services Department is to promote the health and wellbeing of our students. School Nurses recognize that their most valuable impact occurs in the role that supports the students' educational success. The premise of a good Wellness Program is, as stated by the MA DPH, "A child must be healthy to learn.... and a child must learn to be healthy."

a. The School Nurse will assist in the planning of school sanctioned events such as field trips, class activities, field days, etc. to include consideration of student's medical care and dietary needs.

b. The School Nurse will serve as advisor/consultant on school health committees for the advice and advocacy on the importance of good nutrition for learning and brain function.

c. The School Nurse will comply with the mandatory Massachusetts Department of Public Health (MA DPH) Growth Screening regulations. This requires that all students in grades 10 are required to have Body Mass Index (BMI) reported. The purpose of BMI Screening is to gather valuable data that can help MA DPH monitor trends in childhood obesity and identify possible system-wide solutions.

d. The School Nurse is required to collaborate with federal, state, local and other health resources to promote health and wellness for students, families, and staff of the school community, as well as prevent and control communicable diseases.

e. The School Nurses will utilize computerized health office data, such as visit frequency and type of encounters, results of mandated screenings (vision, hearing, postural, and growth screening), satisfaction surveys, and other community health information to identify opportunities to improve the health and wellness of students, staff and families.

- **Role as community educator**

- Disease prevention education
- School Nurse visits classrooms or class meetings annually to highlight health concerns & prevention strategies

- **Screening**

- Drug use Screening Tool
- Hearing/ sight
- Scoliosis

- **First Aid**

- **Referrals**

COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES

Student Services office

- Guidance Counselors
 - Assess students
 - Mediate between students and students/ teachers
 - Consult with outside providers
 - Academic Counseling
 - College and Career counseling
 - SBIRT screeners
 - 504 Coordinator
 - School Psychologists and Adjustment Counselor
 - Connects psychological service providers with families
 - IEP Service
 - Students in Crisis

EMPLOYEE WELLNESS

The goal of Nashoba Tech is to value the health and wellbeing of every staff member and therefore to implement activities that support personal efforts by staff to maintain a healthy lifestyle. Staff will be encouraged to participate in a variety of wellness opportunities including: wellness focused professional development, weight management groups, yoga, boot camps and annual flu immunization clinics. Staff members are also offered various resources through our Employee Assistance Program (EAP).

- Healthy outlets
 - Fitness
 - School sponsored clubs, events, open gym/track/fitness center time
 - Mindfulness
 - Yoga, meditation classes
 - Nutrition
 - Healthy cooking class
 - Monthly staff newsletter
 - At faculty meetings meditation & share relaxation techniques
- Perspectives: Employee Assistance

- Available 24/7 via phone, in person, or online website
- Legal and financial services
- Mental health service
- Childcare and Eldercare resources
- Various counseling services
- Monthly online webinars
- Brochures are available in the Business/Human Resource Office

All services are confidential and most are no cost. Additional services may have a fee.

COMMUNITY INVOLVEMENT

Implement a Community Service Day

Teachers and groups of students engage in service and return to celebrate and share their experience.

Collaboration

- Massachusetts Partners for Youth In-service workshops
- Restorative Justice
- SRO Det. Joseph Eracleo
- CPI training

FAMILY ENGAGEMENT

- Parent's Night Presentations
- Wellness newsletter
- Family Fitness Challenge
- Virtual wellness events (healthy cooking class, gardening, meditation, yoga, real-time fitness challenge)
- Career fair
 - Spring meet the tech teacher/ see students at work
 - Combine with Parent's Night

OVERSIGHT AND EVALUATION

- Criteria

- Establish Expectations (attachment)
- Monitoring
 - December 15
 - June 15
- Compliance Indicators
 - Interviews
 - Surveys
 - Questionnaires for point people (Guidance, PE teacher, Caf. Manager)
- Policy Review Committee

APPENDIX A

Non Food Based Fundraising Ideas

Corporate Donations

Many corporations will match employee contributions to schools. Ask parents to check with their employer to see if such benefits are available.

Benefit Events

Some stores and restaurants will allow schools to sponsor a day or evening benefit. The school publicizes the event and distributes flyers; customers bring the flyer with them and a portion of their purchase is donated to the school. Check with local restaurants and retailers for those that may also offer this type of fundraising event.

Things to Sell

- Silent or live auctions of donated good and services
- Flowers or plants for special occasions like Mother's Day, Valentine's Day
- Book sales, specially used books donated by students and result for \$1 each (also CD's, DVDs)
- Roadside Assistance/Emergency kits for cars and First aid kits
- Raffles – purchase tickets for donated goods and services, theme baskets
- School spirit items- tee shirts, sweats, lanyards, pennants all printed with the school logo
- Calendars designed by students
- Cookbooks, featuring favorite recipes of school's culinary department, families, illustrated, copied and bound at school

Walkathons and other "thons"

Walkathons have become popular fundraisers and are a good alternative to food, as they encourage more exercise. Students solicit sponsors to pledge a certain amount per lap for each lap they walk on a set course, track, or laps around a sports field. Schools raise additional money by selling a colorful tee shirt designed by students which promotes the event.

- Hybrid “thon” and entertainment events such as a dance marathon, in which participants pay to enter and a prize is given to the participant who is able to dance nonstop for the longest amount of time.

Entertainment

- Entertainment Book ; School Talent Show; Teacher/Student Sports Competitions
- performance by school music group

APPENDIX B

Physical fitness education and wellness websites:

<https://www.thepespecialist.com/peathome/>

<https://www.youtube.com/watch?v=M76x26Fj1To>

<https://www.youtube.com/watch?v=qZYxc6VcRGA>

<https://www.youtube.com/watch?v=ZToicYcHIOU&list=RDLVZToicYcHIOU&index=1>

APPENDIX C

Resources:

National School Lunch Program:

<https://www.fns.usda.gov/nslp>

School Breakfast Program:

<https://www.fns.usda.gov/sbp/school-breakfast-program>

MIAA Wellness Resources:

<https://miaa.net/wp-content/uploads/2022/03/Online-Wellness-Resources-for-Schools.pdf>

