

TRI-COUNTY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL



WELLNESS POLICY 2018 - 2019

Committee Members:

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ROLE OF THE HEALTH AND WELLNESS ADVISORY COMMITTEE

Tri-County Regional Vocational Technical High School (RVTHS) will continue to convene a Health and Wellness Advisory Committee whose objectives include the following:

- Maintain an updated Wellness Policy.
- Submit an annual progress report to the Superintendent and the School Committee.
- Recommend updates and modifications to the Wellness Policy based on the annual review and/or as the district's and community's needs change, new health, science, information and technology emerges or as new federal or state guidelines are issued.
- Meet quarterly to monitor progress made.

GOALS AND ACTION PLAN

Tri-County RVTHS is committed to maintaining an environment that promotes the health and well-being of its students via a comprehensive nutrition program, health and physical education courses, and health and wellness services. The district will facilitate learning by increasing access to nutritious foods and opportunities for physical activity, encouraging positive lifestyle choices and self-care and demonstrating the school's recognition that students perform at their best when their needs are attended to in their entirety. To that end, this policy articulates goals to improve student health and wellbeing.

1. Nutrition

Tri-County RVTHS will support and promote healthy dietary habits. All foods available on school grounds and at school-sponsored activities during the instructional day will meet or exceed the district nutrition standards. Emphasis will be placed on foods that are nutrient dense per calorie. To ensure high quality meals, foods will be served with consideration toward variety, appeal, taste, safety, and packaging. The availability of healthy choices will complement classroom education and positively influence a student's understanding, beliefs, and habits as they relate to good nutrition.

1.1 Nutrition Standards Tri-County RVTHS will promote the sale or distribution of nutrient dense foods for all school functions and activities. To support the consumption of these foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Minimal guidelines are as follows:

- Food provided for sale by the food services program and throughout the instructional day will meet these standards.
- Items for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of their total calories derived from saturated fat.
- Nuts and seeds will be exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat; foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- Consumption of nutrient dense foods such as whole grains, fresh fruits, and vegetables will be encouraged.
- Vending sales of soda or other artificially sweetened drinks and candy will not be available to students until the conclusion of the instructional day.
- Milk, water, and 100% fruit juices may be sold throughout the instructional day.

1.2 Food Access Tri-County RVTHS is committed to ensuring access for all students to nutritious foods and a comfortable cafeteria environment.

- The student meal program will follow the U.S. government's nutrition standards. The food services director will make every effort to follow the district's nutrition standards when determining the items in a la carte sales.

- Tri-County RVTHS will accept applications for free and reduced-priced meals. All students may pay for lunch using their school ID, thereby eliminating any social stigma attached to, and preventing the overt identification of, students who are eligible for free and reduced-price school meals.
- A cafeteria environment that provides students with a relaxed, enjoyable climate will be maintained. The cafeteria will allow adequate space to eat as well as access to bathroom facilities before and after meals.
- Tri-County RVTHS will follow the district's nutrition standards for activities relative to any fundraising.
- Nonfood items will be utilized as part of classroom incentives. Food will not be utilized.
- For students with food allergies, alternatives will be provided and efforts will be made to minimize exposure to allergens.

2. Safe physical environment

Tri-County RVTHS will take measures to ensure that its physical plant supports a safe and healthy environment for its students and staff. All school personnel will be familiar with and work collaboratively to enforce the student handbook policies for tobacco, drugs and alcohol, and medication to ensure a substance free environment. Tri-County RVTHS will continuously support an environment free of harassment and discrimination, pursuant to Title IX and the student handbook.

2.1 Learning environment Tri-County RVTHS will seek to create a healthy environment to optimize conditions for learning and minimize human exposure to indoor/outdoor hazardous chemicals, allergens, irritants, and pollutants. The plan will address the following elements:

- An assessment of environmental factors that can enhance or detract from student learning and comfort, including lighting, ventilation, temperature, noise, availability of quality drinking water, and sanitation facilities.
- An assessment of environmental factors that are potentially harmful to human health, including but not limited to tobacco smoke, pests, mold, pollen, dust, animal dander, chalk dust, cleaning agents, scented and unscented personal care products, volatile organic chemicals, unvented fumes, vehicle exhaust, asbestos, lead and substances in drinking water, arsenic treated lumber, radon and excessive exposure to the sun.
- A plan for the physically isolated storage, safe usage, and proper handling of cleaning agents and other hazardous chemicals that cannot be eliminated from school buildings and grounds.
- Procedures to maintain clean and efficient operation of heating ventilation and plumbing systems.
- Procedures for minimizing human exposure to the exhaust of school buses and other vehicles.
- Mechanisms for resolving cases of hazardous chemical exposure and water quality problems as they occur.
- Specific actions, steps, strategies, and long-term goals to address issues of concern.
- Procedures to minimize exposure to diesel fumes.

2.2 Safe climate and a drug free school The school health curriculum, school nurse's office and targeted wellness initiatives will educate students about healthy choices and the risks associated with tobacco, drug and alcohol use, unsafe internet usage and other topics. In order to adhere to school policies, maintain a drug free environment and ensure a safe school for all its students, the district will enforce the following policies pursuant to the student handbook:

- Tobacco use policy
- Drug and alcohol policy
- Internet policy
- Prescription medication policy
- Bullying, harassment and discrimination policy

3. Health services

Tri-County RVTHS will provide health services through the nurse's office, in consultation with the school's doctor as necessary. The school nurses will provide routine care and health education, monitor individual health plans and train staff as necessary relative to chronic conditions such as allergies, asthma, diabetes and epilepsy. The school nurse(s) will perform routine screenings and monitor immunization status. The school nurse(s) will be responsible for medication distribution, according to the guidelines outlined in the student handbook, the MA Department of Public Health, and the Board of Registration in Nursing.

3.1 Policies and procedures The Director of Student Support Services and the school nurse(s) will develop, implement, monitor, and annually update a plan for administering health services that will be consistent with the State Nurse Practice Act as well as relevant state and federal laws and include the following elements:

- Documentation that the nurse and the athletic trainer have the authority to administer basic first aid as well as health status monitoring procedures, including services specified in the students Individual Health Care Plan and Individual Education Plan.
- Requirements that all personnel who administer specified school health services are appropriately qualified, licensed (if applicable), trained, supported and supervised.
- Requirements that school health personnel coordinate the provision of frequent or recurring health care services with student's primary health care provider and home caregivers.
- Procedures to make certain that school health staff, with written consent from the parent/guardian and a licensed health care provider, administer prescribed medications and medical procedures in a safe, reliable, effective and timely manner.
- Procedures to make certain that medications and medical equipment are safely, securely and confidentially stored, with due regard to expiration dates and safe disposal procedures.
- Procurement, safe storage, and maintenance of necessary equipment and medications for the rapid response of properly trained school personnel in cases of anaphylactic shock and other health emergencies at school.
- Procedures that all medications administered and medical procedures performed at school are documented, including the name of the recipient, name of the medication given or procedure performed, the date, time, and route for each medication provide, the name of the person who gave the medication or performed the procedure, and the documentation of any refusal by the recipient to take or receive a medication.
- Procedures to ensure that the confidentiality of physical health and mental health information will be maintained in accordance with state and federal laws for ethical standards of medical practice such that health information is shared only when necessary to support a student's educational progress or to address a student's potential health care and emergency needs.
- Promoting and improving student health by offering education on maintaining a healthy lifestyle.

3.2 Chronic health conditions The school nurse(s) will supplement health care providers' efforts to provide those students with health conditions the knowledge and skills necessary to adhere to self-management plans. This includes:

- Basic information about chronic health concerns.
- Procedures typically used to manage or control students' asthma, diabetes, and other chronic health conditions while at school.
- Strategies to minimize exposure to allergens and irritants.
- Orientation to early warning signs and symptoms of potentially serious medical emergencies, including asthma episodes, severe allergic reactions (anaphylaxis), diabetic coma and seizures as well as emergency response procedures.

3.3 Individual student health plans Tri-County RVTHS' school nurse(s), in collaboration with the school physician as necessary, will develop and implement planning procedures addressing the needs of students with chronic health conditions. The procedures will be consistent with established standards of care for chronic health conditions, state and federal laws regarding students with disabilities, and state and federal laws regarding health record confidentiality and appropriate information sharing. The procedures will be designed to:

- Systematically identify and monitor students who have chronic health conditions that may require school-based care.
- Determine on a case-by-case basis, in consultation with the student's parents and health care provider, special accommodations that students with special health concerns need in order to participate in school while maintaining optimal health.
- Share information about individual students' educational support and the emergency response procedures that their conditions may require with appropriate school staff on a "need to know basis," with respect for medical confidentiality and parent and student rights.
- Ensure that school personnel receive the training, support, and supervision necessary to implement the plan.

4. Physical activity and health education

Tri-County RVTHS's health educators are committed to providing a comprehensive curriculum which will focus on lifestyle choices and healthy decision making, including but not limited to education on nutrition, chronic health conditions, and the benefits of physical activity. The district will ensure that both health and physical education classes are included in the academic curriculum.

4.1 Physical education A quality physical education program is an essential component in student development. Physical education instruction will incorporate NASPE's Quality Physical Education guidelines, including the opportunity to learn via meaningful content and appropriate instruction. The physical education program will align with the Massachusetts Health Curriculum Framework and the National Standards for Physical Education.

4.2 Health education The health department will adhere to the standards of the MA Curriculum Frameworks to provide health education to all grade 9 and grade 10 students. Health educators, in collaboration with other school support personnel, will prepare a curriculum responsive to student needs and state mandates, such as utilizing community resources to increase opioid awareness, implementing the Signs of Suicide prevention program and utilizing the Screening, Brief Intervention, Referral to Treatment (SBIRT) assessment tool for substance abuse screening.

5. Social-emotional well being

Tri-County RVTHS's educators, administrators, parents, health practitioners, and community acknowledge the critical role that mental health plays in academic stamina and performance. The district will assure access to guidance staff and school counseling staff. Grade-level guidance counselors are responsible for establishing relationships with the students; fostering student trust in an adult in the district is a critical component in encouraging students to reach out for help or support. For those students who present with social, emotional, behavioral or mental health needs requiring a higher tier of intervention, referrals can be made to the Wellness Team who may assign a student to a School Adjustment Counselor or School Social Worker for ongoing support. Tri-County's School Adjustment/Social Work staff will work closely with students, families and community resources to assure a student's social-emotional well-being. These staff members will collaborate with community providers, maintain a comprehensive list of available mental health services and refer students and families to these services as necessary.