



BOSTON COLLEGIATE CHARTER SCHOOL

Health and Wellness Policy 2022-2023

Committee Members

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All meals are free for all students for the entirety of the 2022-2023 School Year due to Boston Collegiate Charter School becoming Community Eligibility Provision (CEP) certified this year. Boston Collegiate Charter School has advertised free meals to all of our families for students for both breakfast and lunch. Across several forms of social media sharing/advertising, the school has encouraged students to pick up meals at no cost. Boston Collegiate has also encouraged families to apply for SNAP benefits which may help eligible families to purchase groceries.

ANNUAL POLICY

1. Food and Beverages Brought Into the School, Sold and Served

a. *School Meals*

Any meal served through the National School Lunch and Breakfast or SSO Programs at Boston Collegiate will:

- i. be appealing and attractive to children;
- ii. be served in clean and pleasant settings;
- iii. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- iv. offer a variety of fruits and vegetables; and
- v. serve only low fat and fat-free milk.

b. *Breakfast*

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, Boston Collegiate will:

- i. arrange morning room schedules and utilize methods to serve school breakfasts that encourage participation, including serving "grab-and-go" breakfast, and allowing students to eat breakfast after the bell;
- ii. notify parents and students of the availability of the School Breakfast Program;
- iii. encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, and other means; and
- iv. ensure breakfast time meets the necessary requirements.



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c. ***Free and Reduced-priced Meals***

Boston Collegiate is now Community Eligibility Provision (CEP) certified and every student can receive a school meal at no cost. Boston Collegiate will still 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. In order to do this, Boston Collegiate will:

- i. not use any identifying materials during meal service on student lists should a person who is a non-food service provider see it;
- ii. not accept any monies in the area where lunch or breakfast are served

d. ***Summer Food Service Program***

Boston Collegiate will notify parents of locations in their neighborhoods where children can receive free breakfast and lunch during the summer.

e. ***Meal Times and Scheduling***

Boston Collegiate:

- i. will schedule meal periods at appropriate times -- between 10:30am and 1:30 pm
- ii. will provide students access to hand washing or hand sanitizing before, after, and while they eat meals; and
- iii. will provide access to potable running water.

f. ***Food Service Professionals***

The food program will be managed by certified professionals. Professionals will obtain appropriate certification and/or training to administer the food program on a continuous basis. All staff or volunteers involved in distributing food or maintaining food service areas will be trained by a certified food service professional.

g. ***Competitive Foods***

Boston Collegiate Charter School will follow all state and federal laws regarding the sale and distribution of competitive foods. In fact, we do not sell food outside of our meal service program.

h. ***Beverages***

- i. Allowed: water or seltzer water; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice; unflavored or flavored low-fat or fat-free fluid milk
- ii. Not allowed: soft drinks containing caloric sweeteners; sports drinks; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine

i. ***Celebrations and School-Sponsored Events***

Nearly all celebrations and school-sponsored events that occur at Boston Collegiate Charter School occur well after the school day, around dinner time. When school celebrations occur, Boston Collegiate will follow all state and federal laws pertaining to



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events. Boston Collegiate will continue to disseminate a list of healthy party ideas to parents and teachers. Foods and beverages offered or sold at school-sponsored events outside the school day will meet state and federal nutrition standards for meals or for foods and beverages sold individually.

j. ***Fundraising Activities***

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food.

k. ***Snacks***

Snacks eaten during the school day, in after-school programs, or in enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

l. ***Rewards***

Schools will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

2. **Physical and Nutrition Education**

Boston Collegiate aims to teach, encourage, and support healthy eating by students. Boston Collegiate will:

- i. offer physical and nutrition education at each grade level 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;
- ii. integrate health education into subjects such as math, science, language arts, social sciences, and elective subjects;
- iii. promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- iv. emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- v. teach media literacy with an emphasis on food marketing; and
- vi. include training for teachers and other staff.

b. ***Family Support***

Boston Collegiate will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education, providing ways for students to get physical activity



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afterschool, and sharing information in the Family Newsletter about opportunities for physical activity in and around Boston. Boston Collegiate will:

- i. support parents' efforts to provide a healthy diet and daily physical activity for their children.
- ii. offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
- iii. encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- iv. provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- v. provide opportunities for parents to share their healthy food practices with others in the school community.

3. Physical Activity

a. ***Physical Activity Opportunities and Physical Education***

- i. All students in grades 5-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education
- ii. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- iii. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

b. ***Recess***

All 5th, 6th, 7th, and 8th grade students will have recess once during the school day. . Recess will be held outside if weather permitting and inside during less optimal weather, during which Boston Collegiate will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

c. ***After-School Physical Activity Opportunities***

Boston Collegiate will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Boston Collegiate will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.

d. ***Physical Activity and Punishment***

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.



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4. Evaluation

Base-line assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Boston Collegiate will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Boston Collegiate will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The School Food Administrator will ensure that this committee assesses our School Wellness program triennially and will share updates from meeting minutes with families via our twice-monthly Family Newsletter.

The Director of Operations or designee, along with school food service staff, will ensure compliance with established school-wide nutrition and physical activity wellness policies noted above.