



WELLNESS POLICY

I. PHILOSOPHY

Essex North Shore Agricultural & Technical School District (ENSATSD hereafter) and Essex North Shore Agricultural & Technical School (ENSATSD hereafter) Wellness Policy emphasizes positive lifelong health, personal fitness, safety, and nutritional practices and will serve as a tool to promote the health and well-being of our students and staff. ENSATSD is committed to providing health and nutrition education, programming and services to promote and foster these outcomes. In addition, the school nurses and school counselors will work to support and supplement education and services in the areas of social emotional learning and wellness. Specifically, the ENSATSD Wellness Policy is aligned to the [National Wellness Institute](#) interdependent model which promotes a preventive and holistic approach to supporting the whole person in all six dimensions of wellness (physical, occupational, emotional, social, intellectual and spiritual health). Through the influence of focused and measurable programs, activities, and school based resources, students can develop positive attitudes related to personal wellness and self-advocacy across all six dimensions of wellness that will serve them and their communities throughout their adolescent and adult lives in both the ENSATSD school setting and as 21st century citizens upon graduation.

II. ENSATSD WELLNESS ADVISORY COMMITTEE

The purpose of [105 CMR 215.000](#) is to set standards for the establishment and operation of School Wellness Advisory Committees. These committees are intended to ensure that each public school district has an established group of school staff and concerned community representatives to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity and related issues that affect student health.

Consistent with [105 CMR 215.000](#), ENSATSD will establish a Wellness Advisory Committee that consists of at least one (1): parent, student, school nurse, representative of a community agency serving youth, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. To the extent feasible, appointees to the Wellness Advisory Committee will include: a qualified, credentialed nutrition professional, representatives of local boards of health, school physicians, and local health care providers. The superintendent shall appoint all committee members; the superintendent and the school committee designate the following individual as Wellness Program Coordinator(s): ENSATSD Principal or designee. The Wellness Committee shall meet at least four (4) times per year. Only employees of the district who are members of the Wellness Advisory Committee may serve as the Wellness Program Coordinator. The Wellness Program



Coordinator, in consultation with the Wellness Advisory Committee, will be in charge of implementation and evaluation of this policy.

III. NUTRITION

ENSATSD is instrumental in promoting and supporting students in the development of healthy eating habits. Nutrition influences a student's development, health, well-being and potential for learning. All members of the school community are encouraged to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutritional messages and healthy food choices. Foods and beverages sold in the cafeteria will be evaluated to ensure compliance with federal and state guidelines.

- Nutritional guidelines that require the use of products that are consistent with current [U.S. Dietary Guidelines](#), and served in appropriate portion sizes shall be established for all foods offered to students/staff. Menu and product selection shall utilize input from student, parent/guardian, staff and community and advisory groups whenever possible.
- The school meals program will operate in accordance with the [National School Lunch Program](#) standards and applicable Massachusetts and local laws and regulations.
- In accordance with the [Child Nutrition and WIC Reauthorization Act of 2004](#), the school meals program will implement a food safety program for the preparation and service of school meals based upon the [Hazard Analysis and Critical Control Point \(HACCP\)](#) principles.
- Nutritional service policies and guidelines for reimbursable meals shall not be more restrictive than USDA and state regulations require.
- ENSATSD will make every effort to prevent the overt identification of students who are eligible for free and reduced price meals utilizing electronic identification and payment systems.
- All snacks sold throughout the school day shall meet the [MA Competitive Foods and Beverage Nutrition Standards](#) defined below and shall be selected with input from students, parent/guardian and staff. Snacks sold 30 minutes or more before the school day begins and 30 minutes or more after the school day ends are exempted from these standards.
 - ✓ All snacks sold in the cafeteria shall comply with allergy policies and procedures and provide only single-serving snacks that meet the following criteria:
 - ✓ 200 calories or fewer per item
 - ✓ 35% or less total calories from fat
 - ✓ No saturated fat or trans fat
 - ✓ 35% or less sugar by weight
 - ✓ 200 mg sodium or less per item
 - ✓ Whole grain as first ingredient for grain products (crackers, granola bars, bakery items, etc.)
 - ✓ No artificial sweeteners or caffeine



✓ Beverages

- a. Options shall include: water; 100% fruit/vegetable juice in 4 ounce or less containers with no added sugar; and non-fat or 1% plain or flavored milk or milk substitutes in 8 oz. containers with no more than 22g sugar.
- b. All beverages shall not have added sugars, sweeteners, artificial sweeteners, more than trace amounts of caffeine.

Nutrition Education Primary Goal: The components of the ENSATSD Health Education curriculum address the [Massachusetts Comprehensive Health Curriculum Frameworks](#) for grades 9 through 12. Specifically assigned ENSATSD faculty will impart “the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.”

Nutrition Promotion Goal: ENSATSD will prepare and offer foods and beverages that are nutrient-based, including whole grain products and fiber-rich fruits and vegetables, to provide students a variety of choices to maintain a balanced diet. This will include foods and beverages outside the school meals program. By doing so the Food Services program will facilitate an environment that promotes sound, lifelong nutrition practices.

IV. WELLNESS EDUCATION (Physical Education & Health Education)

The focus of wellness education in Physical Education and Health Education classes will focus on creating lifelong health in our students, emphasizing regular movement as well as fitness education in Physical Education and lifelong healthy decision-making in Health.

Physical Education:

The Physical Education program is designed to encourage healthy physical movement for life according to the Massachusetts Health Curriculum Frameworks and M.G. L. c. 71 sec. 3. The curriculum will include teaching about a wide variety of physical activities to improve/maintain the five health related fitness components. Examples are fitness room activities, group fitness exercises, adventure, and team sports. Students will be taught in the freshmen year how to properly use fitness center equipment.

Physical Education will be taught by qualified Physical Education instructors (consistent with the Massachusetts DESE licensure and certification requirements and ENSATSD hiring protocols).

Primary Goal: The Health/Physical Education curriculum of the Essex North Shore Agricultural & Technical School will meet the Massachusetts Health Standards and Guidelines. The Essex North Shore Agricultural & Technical School’s Health/Physical Department will strive to increase the students’ awareness of the benefits of physical activity and fitness, to identify the relationship between exercise and overall health and empower students to continue to be physically active into adulthood.



Health Education:

A comprehensive health curriculum will be taught by ENSATSD faculty consistent with state regulations and requirements and the curriculum needs of the ENSATSD students. Courses are aligned to the [National Health Education Standards](#) and focus on Advocacy skills, Decision Making Skills, Goal Setting Skills, Interpersonal Communication Skills, Accessing Valid Information, Analyzing Influences, and Healthy Self Management. Curriculum topics may include but are not limited to:

Human Sexuality
Tobacco, Alcohol and Other Drugs
Mental Health
Nutrition
Teen Dating Violence Prevention
Disease Prevention
Community Health Referrals
First Aid & CPR Certification

Health Education will be taught by qualified Health Education instructors (consistent with the Massachusetts DESE licensure and certification requirements and ENSATSD hiring protocols).

Primary Goal: ENSATSD students participating in health education courses will have a greater awareness of the factors contributing to personal wellness, development and growth as well as the skills to facilitate improved wellness in their own lives as well as those in their community.

V. HEALTHY AND SAFE ENVIRONMENT

ENSATS is committed to providing a safe and healthy learning and working environment for both students and staff. The district will continue to provide opportunities and develop policies and procedures that foster improvements to each individual's quality of life in the following areas:

- Every classroom and career technical program area shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments. School buildings, grounds and facilities will meet all current health and safety standards;
- The school district will foster healthy behaviors by providing nutrition and health prevention and intervention support services.
- All students and staff will be offered social and emotional support systems to address relevant needs.
- The school district will develop procedures concerning the management of students with life-threatening allergies (LTA).



- Appropriate safety training procedures will be provided for all students and staff to support personal and occupational safety standards.
- School buildings, offices and grounds will be maintained in a manner which promotes an environment that is free of tobacco, alcohol, and other drugs.
- All classrooms, career technical areas, and school-wide facilities will offer educational and extracurricular services, activities and programming in a non-violent and harassment free environment.
- The school district's administration will work in cooperation with local law enforcement (e.g: the district's School Resource Officer, local emergency responders, NEMLEC) to facilitate a safe school environment.

Primary Goal: ENSATSD will facilitate a safe and supportive school environment by offering the resources (e.g.: information, services, and/or staff) to students and staff to meet their emotional and physical needs consistent with being a member of the ENSATSD community. Resources may include, but will not be limited to: healthy food choices; options for physical activity; preventative education; and counseling supports to address the social emotional and personal/developmental needs of our students.

VI. SOCIAL AND EMOTIONAL LEARNING (SEL)

The MA DESE “commonly uses the Collaborative for Academic, Social, and Emotional Learning (CASEL's), definition of Social and Emotional Learning (SEL): SEL is the process of developing students' and adults' social and emotional competencies—the knowledge, skills, attitudes, and behaviors that individuals need to make successful choices.” (Source: <http://www.doe.mass.edu/candi/sel/>). ENSATSD aligns to this state endorsed definition by promoting resources, services and/or programs that support and value the social-emotional learning, health, and safety of students and staff to foster an inclusive school environment.

- Opportunities for self-exploration are afforded students throughout their enrollment during developmental guidance lessons and are reinforced during career and college exploration and planning activities consistent with MyCap.
- Students are encouraged to develop and execute self-advocacy skills, and express their thoughts and feelings in an appropriate and responsible manner to trusting adults in the safe and nurturing environment afforded them at ENSATSD.
- ENSATSD strives for students to feel their differences are respected in an environment that is accepting of everyone for who they are as a person.
- ENSATSD will provide faculty, staff and administration with opportunities and resources to promote and encourage culturally inclusive and competent SEL initiatives and supports across the continuum of ENSATSD's academic, career technical, and extracurricular offerings.
- ENSATSDS will offer a diverse variety of extracurricular and athletic opportunities to students to foster healthy relationships and team building skills.



- ENSATSD has adopted policies and protocols to address concerns relating to Bullying, Harassment, and Discrimination consistent with state and federal mandates;
- ENSATSD endorses and ENSATSD faculty delivers the [MARC \(Massachusetts Aggression Reduction Center\) Curriculum](#) as well as [Boston Children's Hospital Break Free From Depression Curriculum](#).

Primary Goal: In addition to teachers, coaches, advisors and administrators, the district is committed to ensuring all students shall have access to relevant school based services, programming, curriculum and/or staff to assist them with addressing their social and emotional needs, including but not limited to school counselors and school nurses.

VI. HEALTH SERVICES

ENSATSD school-based health office services address health-based obstacles to learning and development by facilitating access to and/or referral to school-based and/or community-based health care services, managing chronic disease conditions and symptoms presenting during the school day or activity times, providing emergent care for illness or injury, identifying communicable diseases, and enacting practices and systems to ensure that all students have access to key resources and services that are developmentally appropriate. ENSATSD strives to improve the mental and physical health of students by facilitating ongoing collaboration with parents, guardians, teachers and administration.

In addition, the Health Office administers state mandated screenings such as vision and hearing, scoliosis, BMI Index.

The ENSATSD Health Office is currently staffed with two (2) Massachusetts DESE licensed School Nurses (also [Registered Nurses, Commonwealth of MA](#)).

Primary Goal: The ENSATSD School Health office will ensure students and staff are well informed of the school based Health Office resources available to them to ensure they have equitable access to curriculum, educational opportunities (including but not limited to extracurricular activities) and/or employment opportunities. In doing so, ENSATSD Health Office faculty and staff, supported by relevant ENSATSD faculty, staff, and administration, commit to communicating with stakeholders regularly in an effort to promote preventative health measures as well as to ensure stakeholders are prepared to respond to the various medical needs of ENSATSD's community members be it first aid, episodic or chronic school based care and/or crisis intervention.

VII. FAMILY, SCHOOL AND COMMUNITY PARTNERSHIPS



ENSATSD students, parents/guardians and staff members as well as the Wellness Advisory Committee may engage other stakeholders as necessary and relevant to assist with developing, implementing, monitoring and reviewing nutrition and wellness policies and programming.

- Committees pertaining to student wellness shall have student, parent/guardian, and community representation consistent with expectations set forth in 105 CMR 215.000: Standards for School Wellness Advisory Committees.
- All student cooperative employment opportunities shall be approved through ENSATSD to maintain healthy and safe work environments for all students and staff.
- ENSATSD shall develop and maintain diverse community partnerships through a variety of programs, projects, activities and events.
- ENSATSD shall develop and support the engagement of students, families, and staff in enhancing activities and events throughout the community.

Primary Goal: ENSATSD will continue to ensure that family, school and community partners are invited to regularly contribute to the ENSATSD Wellness Policy, protocols, programming, professional development and/or other initiatives to further promote the goals set forth in this policy as well as the mission of ENSATSD. These efforts are consistent with MA DESE'S "...commitment to building out supports and policies in partnership with practitioners in the field and other state agencies... [in an effort] to promote systems and strategies that foster safe, positive, healthy, culturally competent, and inclusive learning environments that address students' varied needs and improve educational outcomes for all." (Source: <http://www.doe.mass.edu/research/StrategicPlan-Summary.pdf>).

Established key stakeholders include but are not limited to the ENSATSD School Committee, CVTE Program Advisory Committee Members, Parent Teacher Student Organization (PTSO, hereafter), School Council, Cooperative Education and/or Adult Education partners, [North Shore Community Mediation Center](#), [NEMLEC: The Northeastern Massachusetts Law Enforcement Council](#), Jeff Perrotti Senior Consultant, [MA DESE Safe & Supportive Schools Program for LGBTQ Students](#), Danvers Cares, Cape Ann Business Collaborative, [North Shore Community College](#), [Community Change Inc.](#), [Massachusetts Partnerships for Youth](#); [Bridge for Resilient Youth in Transition \(BRYT\)/ the Brookline Center](#), [McLean School Nurse Liaison Project](#); [Massachusetts School Mental Health Consortium \(MASMHC\)](#), the [Clay Soper Memorial Fund](#)) and [HAWC \(Healing Abuse Working for Change\)](#).

ENSATSD will continue to strive to enhance community partnerships to support this policy's mission and efforts.

VIII. STAFF WELLNESS

ENSATSD cares about the wellbeing of staff members and understands the influence that staff actions have on all student health behaviors. All staff shall promote a school environment



supportive of healthy behaviors. Staff are encouraged to model healthy behaviors, especially on school property and/or at school-sponsored meetings and events.

- ENSATSD shall be in compliance with drug, alcohol and tobacco free policies.
- ENSATSD shall provide an accessible and productive employment environment that is as safe as possible and free from physical dangers or emotional threat consistent with applicable occupational safety and health laws, policies and rules.
- ENSATSD shall provide access to multiple fitness facilities and quality programs located at the school to balance work and recreation. The resources are partially provided to promote physical well-being, reduce stress, and enhance socialization.
- ENSATSD staff shall work to build positive interpersonal relationships.

Primary Goal: ENSATSD will provide opportunities, including but not limited to: mentoring and/or professional development opportunities as well as access to resources (e.g.: ENSATS Fitness Center, EAP resources) for staff to improve their own wellness in all of the [National Wellness Institute](#) six (6) dimensions of Wellness while exemplifying and modeling lifelong wellness practices and skills.

IX. EVALUATION

The ENSATSD Wellness Advisory Committee and/or their designee shall be responsible for devising a plan for implementation and evaluation of the district Wellness Policy and are charged with operational responsibility for ensuring that ENSATSD meets the goals of the district wellness policy. The “[Wellness Policy Assessment Tool](#)” Form 357 Rev 12/15 will be referenced annually to support these efforts. The District Wellness Program Coordinator will report to the School Committee annually. This report will include: an action plan for implementing the Wellness committee policies and goals, recommendations for monitoring and evaluation, recommendations for developing community support, assessment of accomplishments; identification of areas of need; and a review of the membership and as appropriate, request to the Superintendent to appoint additional/replacement members.

X. APPENDIX

Legal References

[Child Nutrition and WIC Reauthorization Act of 2004](#), (Section 204, P.L. 108-265)

Richard B. Russell National School Lunch Act, (42 U.S.C. 1751-1769j)



Child Nutrition Act of 1966

Healthy, Hungry-Free Kids Act of 2010 (P.L. 111-296)

[105 CMR 215: Standards for School Wellness Advisory Committees](#)

[105 CMR 200: Physical Examination of School Children](#)

[105 CMR 201.00: Head injuries and concussions in extracurricular activities](#)

[105 CMR 210.00: The administration of prescription medications in public and private schools](#)

[105 CMR 225: Nutrition Standards for Competitive Food and Beverages in Public Schools](#)

603 CMR 49: Notification of Bullying or Retaliation

603 CMR 49: Hazing Reporting Secondary Schools

Massachusetts General Laws:

[c.71 s.3 \(physical education\)](#)

c.71, s. 57 (physical examination of pupils)

c.111, s. 223 (Nutritional standards for sale or provision of foods or beverages in public schools; school wellness advisory committees; food safety inspections at public schools)

c.69 s.1C (nutritional standards and food services in public school)

c71s.2A (tobacco, student use)

c.71 37H (tobacco, use on school grounds)

c.69 s.37O (Bullying in Schools)

Cross References:

ENSATDS School Committee Policies

Wellness Advisory Committee Approved Date: Sept. 5, 2019

ENSATSD Policy Subcommittee School Committee Approved Date: Oct. 10, 2019

ENSATSD School Committee Approved Date: Dec. 12, 2019

[Wellness Policy Assessment Tool](#)” Form 357 Rev 12/15