



Health and Wellness Policy

Phoenix Charter Academy (Phoenix) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. Therefore, it is the policy of Phoenix Chelsea that it will support healthy eating, physical activity and low-risk behavior.

The comprehensive school health and wellness program will incorporate the following six components:

1. **Healthy School Environment** – a culture and climate within the school that supports the physical, mental, emotional, and social well-being and safety of all its members.
2. **Student Programs** – to help address students' physical, emotional, social, and cognitive needs. These programs include, but are not limited to, extracurricular activities, peer programs, student assistance programs and mentoring.
3. **Adult Programs** – to provide information and support to parents and adult supporters directly involved in the care and education of students. The three primary elements involved are: professional development for staff, parent education and support programs, and employee assistance and wellness programs.
4. **Pupil Services** – which will include the four core disciplines of school psychology, school social work, school counseling, and school nursing.
5. **Curriculum, Instruction, and Assessment** – involves planning, implementing, and evaluating a sequential and developmentally appropriate curriculum that deals with important health and safety issues.
6. **Family and Community Connections** – This will include various forms of formal and informal working relationships between schools, the greater community, and the families that live and work within them. These relationships involve networking, cooperation, coordination, and collaboration on health, prevention, and youth development issues.

Health Education

The health education program will be an integral part of a coordinated holistic school health program, be consistent with the MA State Frameworks, overseen by the Health & Wellness Advisory Committee, and will:

1. Use theories and methods that have credible evidence of effectiveness.
2. Emphasize learning and practicing the skills students need for healthful living.
3. Include accurate and up-to-date information.

Nutrition



- It is important that we, as a school, provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students, will accommodate the religious, ethnic, and cultural diversity of the students, and provide clean, safe and pleasant settings and adequate time for students to eat.
- It is important that we participate in available federal school meal programs (which may include the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
- It is important that we not only provide the above resources and programs, but that our administrators and teachers promote a school environment supportive of healthy eating and physical well-being. Adults are encouraged to model healthy eating and the need for physical activity by serving nutritious food at school meetings and events, as well as encouraging physical activity.

Phoenix Charter Academy, will provide nutritional education that is aligned with national standards established by the National School Lunch program, the Massachusetts Framework and the USDA Guidelines. Students will be taught, both with direct instruction in Advisory periods and with indirect means such as signage and encouraged reading during PROPs. We will teach and promote opportunities to provide support to students and staff around appropriate nutritional practices for meals and snacks, as well as teach and promote opportunities to provide support to students and staff around appropriate physical activity and practices. Staff will provide a model of wellness and discuss healthy eating and lifestyle choices with students. This may include, but not be limited to:

1. Integrating nutrition and activity oriented lessons into core academic subjects.
2. Dispersing nutrition information, through various media (i.e. literature, posters, morning announcements, etc.) that support the education and awareness of the need for proper nutrition, and support the increased consumption of foods with greater nutritional value.
3. Offering professional development opportunities to improve staff knowledge and curriculum activities that focus on nutritional issues.

The school shall provide meals in the nest, an area that is meant to be clean, safe, and conducive to relationship building among students and between staff and student. We will take all means necessary to ensure that meals and snacks are chosen and provided with sensitivity to specific food allergens, intolerances, and other medical needs of staff and students.

The school shall follow federal nutrition guidelines, including:

- Offering fruits and vegetables as two separate meal components;
- Offering fruit daily at breakfast and lunch;
- Offering vegetables daily at lunch, including specific vegetable subgroups weekly (dark green, orange, legumes, and other as defined in the 2005 Dietary Guidelines) and a limited quantity of starchy vegetables throughout the week;



- Offering whole grains: half of the grains would be whole grain-rich upon implementation of the rule and all grains would be whole-grain rich two years post implementation;
- Offering a daily meat/meat alternate at breakfast;
- Offering fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored only);
- Offering meals that meet specific calorie ranges for each age/grade group;
- Reducing the sodium content of meals gradually over a 10-year period through two intermediate sodium targets at two and four years post implementation;
- Preparing meals using food products or ingredients that contain zero grams of trans fat per serving;
- Requiring students to select a fruit or a vegetable as part of the reimbursable meal;
- Using a single food-based menu planning approach; and
- Using narrower age/grade groups for menu planning.

Clean, potable water shall be provided in each classroom via water coolers. This is meant to allow students access to water in a way that reduces time outside of the classroom and off-task behavior. In addition, a snack is offered to all students at the same time every day directly after school.

Physical Education

Physical Education is offered during Advisory and students are encouraged to participate in physical activity through formation of sports-oriented clubs, which may or may not include formal competition in sports leagues organized by community partners. These clubs should be driven by student interest but will be overseen by a staff sponsor. Staff and students are also encouraged to be creative in finding unique opportunities to get some exercise, such as through volunteer opportunities that involve physical labor.

Phoenix provides Wellness requirements through a Social Emotional Learning class to all students every year as noted in our official school handbook. The course covers a multitude of areas including nutrition, mindfulness, and physical activity and is based around the Phoenix competency Develop and Sustain Self-knowledge, Wellness, and Self-love. In addition to this, Phoenix Lawrence will continue our athletics program and continue to host health and wellness related events throughout the school year.

School Health Services

Phoenix shall provide health services with qualified personnel who possess the ability to appraise and support the mental, social, emotional, and physical well-being of all students and staff members. Phoenix will intentionally support a collaborative approach to health and wellness through whole-school initiatives and by leveraging its community partnerships. All wellness efforts should support student success and help reduce negative and risky behaviors.

Phoenix recognizes that staff members are essential to the success of the school and will encourage a healthy lifestyle for all employees. This may include extra activities such as participating in community recreation plans.



Health & Wellness Advisory Committee and Public Notification

Phoenix will establish a Health & Wellness Advisory Committee. This committee may include parents, adult supporters, students, school administrators, teachers, fellows, network staff, and other interested community partners. In accordance with 2010 regulations, we will encourage any physical education and school health professionals to participate in the committee. The Director of Operations shall be responsible for organizing and guiding the affairs of this committee, as well as ensuring that the school stays in compliance with our wellness policy. Additionally, we will inform and update the public, including parents, students, and others in the community not participating in our Wellness Advisory Committee, about the content and implementation of our wellness policy.

This wellness policy is to be updated on a yearly basis at minimum, with the Wellness Advisory Committee responsible for the implementation, review, update and communication of any and all changes to the policy as appropriate. We will then make public our assessment of the implementation of our wellness policy, including the extent to which we are in compliance, the extent to which we compare to our model policy and a description of progress made in attaining the goals of our policy.

Monitoring Process

Phoenix will keep the following supporting documentation on file:

- A copy of the current local school wellness policy.
- Documentation demonstrating the local school wellness policy has been made available to the public.
- The name and title of the school official responsible for developing, implementing, and monitoring the wellness policy.
- Documentation of the district's efforts to review and update the local school wellness policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate.
- A copy of the district's most recent assessment on the implementation of the local school wellness policy.
- Documentation demonstrating the district's most recent assessment on the implementation of the local school wellness policy has been made available to the public.

Recent Assessment:

Revision/Update

August 11, 2022

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Monitoring Process and Documentation

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