

Wellness Policy for: MATCH CHARTER PUBLIC SCHOOL

Preface:

As referred to in this policy, “wellness” means a process by which individuals move toward optimal physical and mental health, regardless of current health status or disability, by practicing healthy choices within an enabling environment which encourages healthy decision making. Match Charter Public School (“Match”) recognizes the importance of providing such an enabling environment in the school setting, and has established a School Wellness Advisory Committee (the “Wellness Council” or “Council”) that will collaborate with relevant stakeholders to optimize students’ wellness.

Statement of Protocol:

Match aims to promote students’ wellness by empowering students’ ability to make healthy choices and to maintain a healthy self-concept in school and throughout their lives. This policy will outline Match’s wellness-promoting practices and protocol for improving the policies and practices contained herein.

Administrative Guidelines:

In accordance with 105 CMR 215, M.G.L. c. 111, § 233, Public Law 111-296 and Public Law 108-265, the Executive Director will appoint a Wellness Council (the “Council”) to maximize Match’s opportunities to receive grant awards related to student wellness and to oversee the design and implementation of programs that actively promote wellness at each Match campus (the “Wellness Plan”). The Director of Network Operations or designee shall serve as chairperson of the Council to ensure the active functioning of the Council and shall serve as a liaison between the Council and the Executive Director. The Council shall convene quarterly, and any Council reports and minutes of Council meetings shall be provided to the Massachusetts Department of Public Health or the Department of Elementary and Secondary Education upon request. When possible, parents, students, community agencies serving youth, representatives of local boards of health, school physicians and local health care providers shall be invited to attend Council meetings and/or to formally join the Council. The Wellness Plan (the “Plan”) contained herein shall be reviewed and made available to the Match Board of Trustees and the Executive Director annually, as well as posted for public access on Match’s website.

A. Wellness Council Functions:

- I. Wellness Plan: Each academic year, the Council revises the Wellness Plan that outlines programs and procedures to minimally address Match’s health education and services, school nutrition, physical education, and additional opportunities for physical activity in the school environment. The Plan shall include:
 - a. Observable and measurable goals and/or objectives for the coming year which shall take into account, when possible:
 - i. Suggestions from stakeholders, including, for example, students, parents, teachers, school nurses and school administrators;

- ii. input from each campus;
 - iii. general public health data;
 - iv. information about current initiatives and practices that may have a bearing on student health, such as;
 - 1. BMI screening data;
 - 2. status of food nutrition programs;
 - 3. meaningful opportunities for physical activity, including physical education, recess, and travel to and from school; and
 - 4. status of current school health education and services;
 - b. an action plan which details ways in which the Council and school personnel will collaborate to achieve the annual goals;
 - c. a protocol for evaluating the success of the Wellness Plan;
 - d. an action plan for leveraging community support for school wellness initiatives;
 - e. an assessment of the accomplishments of the previous year and identification of work still needed to accomplish the previous year's goals and objectives; and
 - f. a review of memberships and membership participation in the previous year, if needed.
- II. Grant Seeking: The Council shall research, apply for, and manage grants to increase Match's capacity to support student health and wellness, when possible.
- III. Quarterly Meetings: The Council shall convene quarterly to assess the impact of the Wellness plan, and to make changes to the plan as needed.

B. Wellness Plan for Match Charter Public School:

- I. Wellness Council Members: The following individuals will serve on the Wellness Council:
- a. Chairperson: Director of Network Operations;
 - b. Director of Community Engagement;
 - c. Chief Schools Officer;
 - d. Athletic Director & PE Teacher, Match High School;
 - e. History and Health Teacher, Match High School;
 - f. Assistant Principal Match High School;
 - g. Athletics and Match Corps Director, Match Middle School;
 - h. Physical Education Teacher, Match Middle School;
 - i. Social Worker, Match Middle School;
 - j. Nurse, Match Community Day; and
 - k. Fitness Teacher, Match Community Day.
- II. Wellness Council Meeting Schedule: The Council will convene on:

- a. December 6, 2023, 3:00 PM – 4:00 PM, Match Middle School
- b. February 7, 2024, 3:00 PM – 4:00 PM, Match Middle School
- c. May 1, 2024, 3:00 PM – 4:00 PM, Match Middle School

III. Goals and Procedures:

- a. **Goal 1: “Create a Safe Environment to Support Academic Success”** by taking the following actions:
 - i. All staff will create, contribute to, and maintain classroom and school environments in which students, parents and colleagues are respected, valued, and accepted;
 - ii. all school buildings and grounds, buses, and equipment will meet required health and safety standards and will be maintained regularly to ensure that they are inviting, clean and safe; and
 - iii. the Food Service Department will follow Match’s Life-Threatening Allergy Policy to ensure the safety of the food. All kitchen facilities will be inspected by the local Board of Health at least once a year; and
 - iv. Train all staff and students on the research-based ALICE active shooter response method to improve the school’s emergency preparedness.

Goal 1 will be measured by inspections records, surveys regarding the implementation of ALICE active shooter drills/ training, and/or Match’s end of the year survey.

- b. **Goal 2: “Provide High-Quality Wellness Education”** to teach, encourage, and support students in making choices that support lifelong health and consequently reduce the risk of illness and future chronic diseases, including:
 - i. Nutrition Education, which includes:
 - 1. A K1-12 interactive nutrition education that is developmentally appropriate and culturally sensitive that offers students the skills they need to adopt healthy eating behaviors and choices with an emphasis on moderation, reasonable portion sizes and limitation of concentrated sweets;
 - 2. encouragement and support for the integration of Nutrition Education into the core curriculum such as math, science, language arts and social studies, when appropriate;
 - 3. consistent nutrition messages throughout the school, classroom, cafeteria;

4. ongoing professional training for staff, as needed, and;
 5. clear communication with families;
- ii. Physical Education, which includes:
 1. Physical education class that provides opportunities for students with disabilities or special healthcare needs, and for students in alternative educational settings; and
 2. physical education teachers who emphasize the life-long benefits and enjoyment of fitness and activity;
 - iii. Health Education, which includes:
 1. An inclusive health education program that educates students on a wide range of topics, such as anti-bullying behavior, social/emotional skills, respect, pre-planning, puberty, substance use, physical activity, sexual activity, human development, proper nutrition, technology choices, and stress management; and
 2. a focus on practicing good decision-making skills.

Goal 2 will be measured by health screening metrics (such as BMI data over time), as appropriate, as well as by curriculum reviews.

- c. **Goal 3: “Provide Consistent Access to Nutritious Foods”** to ensure that healthy foods are available throughout the school environment and that students can practice making good choices by:
 - i. Participating in the National School Lunch and Breakfast Program under the Community Eligibility Provision (CEP), which provides free nutritious meals to all students;
 - ii. participating in the Fresh Fruit and Vegetable, USDA program which provides fresh fruit and vegetables to all elementary school students K2-5, two days a week
 - iii. providing healthy snacks for students through the CEP, when possible;
 - iv. ensuring that all foods made available during lunch adhere to food safety and security guidelines;
 - v. ensuring that nutritional and ingredient information is available for all foods offered through the School Lunch Program upon request, which includes age-appropriate daily requirements and portion size information; and
 - vi. ensuring that appropriate accommodations will be available for students with food allergies and special dietary needs, and medical concerns.

Goal 3 will be measured by student participation in the National School Lunch Program, USDA Fresh Fruit and Vegetable program, as well as a review of Match’s lunch vendor’s nutritional information, as needed.

- d. **Goal 4: “Provide Opportunities for Physical Activity”** to encourage students to get and stay physically fit by:
- i. Providing access to school-sponsored and community-based clubs, sports, intramural activities, recess, and physical education classes when possible;
 - ii. striving to provide short physical activity breaks between lessons or classes for mental and physical stimulation, as appropriate.

Goal 4 will be measured by tracking student participation in extracurriculars and athletics over time.

- e. **Goal 5: “Ensure that High-Quality Health Care is Available to all Students During the School Day”** by:
- i. Ensuring that school nurses actively work to achieve the Health Office Mission Statement, as stated in the Student Health Handbook;
 - ii. ensuring that school leaders, nurses, and staff collaborate to plan school sanctioned events such as field trips, class activities, field days, etc. in consideration of student’s medical care and dietary needs; and
 - iii. following all Massachusetts Department of Public Health regulations and guidelines related to student health.

Goal 5 will be monitored by the Director of Network Operations, or designee, by evaluating the implementation of relevant school policies.

IV. Implementation Action Plan 2023-2024: The Council will implement the Plan for the 2023-2024 school year as follows:

- a. The Director of Network Operations, or designee, will notify the Board, and school staff about the Plan’s updates, and will review inspection records and performance reviews, or other relevant data to evaluate the success of the Plan.
- b. Over the course of the school year, the Council will take the following actions to improve the implementation of the Plan:

- i. The Director of Network Operations will oversee the revision/implementation of student surveys, the use of a shared online tracker to monitor medical equipment maintenance, and will ensure that the Match Life-Threatening Allergy Policy is posted in multiple, visible locations to improve the implementation of **Goal 1**;
- ii. The Director of Network Operations will collaborate with school leadership teams to train all staff and students on the ALICE active shooter response method, and to conduct developmentally-appropriate drills to improve the implementation of Goal 1;
- iii. Director of Student Records and Enrollment will continue to closely monitor the implementation of **Goal 3**;
- iv. Athletics Directors and the Director of Network Operations will interface with internal and external stakeholders to seek additional opportunities to provide extra-curricular activities for students to advance **Goal 4**;
- v. Athletics Directors will implement a system to collect and retain data on student participation in athletics to more effectively evaluate **Goal 4**; and
- vi. The Director of Network Operations will assist school leadership teams in implementing a school-wide operational protocol related to student health and field trips to improve the implementation of **Goal 5**.

Updated: July 2023