



Marblehead Community Charter Public School

17 Lime Street Marblehead, MA 01945

Tel: 781-631-0777 Fax: 781-631-0500

Web: marbleheadcharter.org

MCCPS Wellness Policy Synopsis

MCCPS is committed to providing an environment that enhances learning, including the development of life-long wellness habits. The MCCPS Wellness Policy addresses foods in our school, nutrition education, physical education, and physical activity. Through this policy, MCCPS promotes behaviors that support a healthy lifestyle: the maintenance of a healthy weight, the making of healthy food choices, and the incorporation of appropriate amounts of physical activity.

The policy is intended to improve the long-term health and well being of the children in our care, and our practices have historically met or exceeded all federally regulated standards. In order to do what is in the best interest of the children, all adult members of our community are asked to foster a school climate that encourages healthy choices by serving as role models who are well informed and acutely aware of their influence as adults.

Following are the more common guidelines from the policy. The complete Wellness Policy is available on the school's website (MarbleheadCharter.org), in the Student/Parent Handbook, and in the Nutrition Office. Please contact Chef Wood at 781-631-0777 x14 with questions, comments, and/or suggestions.

Adults:

- All foods/drinks served/sold at the school for any reason must comply with the school's Wellness Policy and National School Lunch Program Guidelines. This includes meals, snacks, fundraisers, Enrichment, sporting events, dances, and other activities that are school-sponsored (specifically, 1 hour before school till 1 hour after school).
- All adults are asked to comply with the Wellness Policy standards, including faculty/staff, Enrichment instructors, volunteers, parents, and guests.
- All adults, including faculty/staff, volunteers, and visitors are encouraged to be aware of their food choices and their responsibility as role models.
- Adults should check with the nurse regarding students w/ food allergies before providing any food/drink during lessons or activities
- For the safety of our students with life threatening allergies we are no longer allowing food to be brought in for celebrations during the school day. Any food for celebrations can be ordered and purchased from the MCCPS kitchen **only**. These purchased items will be distributed during lunch. Any outside food will unfortunately be turned away.
- Unless, special permission is granted by the Head of School or the Nutrition Director, all marketing, promotions, and fundraisers should adhere to the school's Wellness Policy.

- A list of ingredients or a recipe for all food/drinks served/sold at school should and will be available in order to check for allergens.

Students:

- Students in all grades will have access to nutrition education and exposed to good nutrition.
- Physical education will be offered to all students at all grade levels regardless of their physical or behavioral abilities.
- Water fountains will be available to all students.
- Students will be encouraged to eat during meal times, and their choices/habits may be observed/monitored by their teachers and/or the nurse. Students will be allowed a minimum of 10 minutes for breakfast and 20 minutes for lunch, exclusive of the serving line.
- All students will have access to food during meal times even if they forget their food or money. An I.O.U. book will be used to record purchases from the breakfast/lunch service (not the café), and a parent/guardian will be notified if an I.O.U. is not repaid. Disciplinary measures may be applied if I.O.U.'s are not repaid in a timely manner.
- Food will not be used as a reward or punishment.
- A nutritious snack will be offered to students before MCAS testing.

Recess:

- Students will have two recesses a day for 30 minutes each. The bell to end recess will ring at 10:25 & 12:55.
- Recess will be an extension of the school's physical education program and will include a physical fitness requirement for all students.
- Recess will not be used as a substitute for structured physical education instruction.
- Teachers may, at their discretion, use a portion of recess for class make-up, extra-help, and/or punishment.

Celebrations:

- At MCCPS we recognize that many cultures celebrate with food. We, unlike most public schools, would like to give you the opportunity to order celebratory treats for your child's birthday. We have had growing concerns with safety for students with allergies. Our new policy is that any food for celebrations be purchased and supplied only by the MCCPS kitchen.