



KIPP ACADEMY LYNN WELLNESS POLICY

Our mission is to create an environment where students develop the academic skills, intellectual habits, and character traits necessary to maximize their potential in college and in life.

Purpose

In order to fulfill our mission, KIPP Academy Lynn Charter School, which includes KIPP Academy Lynn (middle school) and KIPP Academy Lynn Collegiate (high school), (“KIPP Academy Lynn”) promotes wellness both in and out of the classroom.

Nutrition Education and Wellness Promotion

KIPP Academy Lynn has implemented planned, sequential curricula that address the physical, mental, emotional, and social dimensions of health. The curricula are aligned with the Massachusetts Health and Physical Education frameworks and existing school policies. Standards for nutrition education are included within the curricula.

KIPP Academy Lynn promotes opportunities and resources for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. Our health plan offers an annual reimbursement for staff members who maintain a gym membership for at least four months of the year. Teachers and staff are also encouraged to be healthy role models for students in terms of nutrition and fitness pursuits. Teachers participate in activity-based field trips for students such as skiing, roller-skating, and rock-climbing.

KIPP Academy Lynn provides a safe, healthy, and well-maintained campus that is free of tobacco, alcohol, and drugs, and that fosters a culture of caring, respect, and responsibility.

KIPP Academy Lynn has established a committee to ensure that this Wellness Policy is enacted and reviewed on a regular basis. Required members of this committee include the the school principals, the Food Service Director, and the School Nurse. The Wellness Policy is posted on the school’s website (www.kippma.org) for review by students, parents/guardians, and the general public. Parents, guardians, and families are invited to become part of the Wellness Committee. If you are interested in joining the Wellness Committee, please contact Jennifer Startek at 781-598-1609.

Healthy Meals

KIPP Academy Lynn ensures that its cafeteria is a clean and appealing area in which to eat meals. Nutrition information and menus are available at all times. The five components of a healthy meal (grain, protein, milk, fruit, and vegetable) are promoted in the cafeteria.

To help our families access school means, during the summer, the principals send a letter to parents, guardians, and families promoting the school's breakfast and lunch programs. The programs are also promoted at the beginning of the year school year, when free and reduced meal applications (or direct certification results) are sent to each family's household.

KIPP Academy Lynn, working with our vendor, provides reimbursable student breakfasts, lunches, and snacks that meet or exceed state and federal guidelines. Meals are nutritious, appealing, and accommodate the health and nutrition needs of all students, including vegetarians, students with allergies or other medical conditions, and students who do not eat pork for religious reasons. Students are given a 25-30 minute window to eat breakfast and lunch, depending on the grade.

To remain current on changes in school meal programming, the Food Service Director takes part in periodic trainings provided by the Department of Elementary and Secondary Education and has regular meetings with KIPP Academy Lynn's food vendor. Our cafeteria aides also complete periodic training sessions led by the Food Service Director, in addition to meeting with our food vendor.

Competitive Foods and Beverages

KIPP Academy Lynn has developed guidelines for foods and beverages sold or served at the schools that could compete with our school food programs. In compliance with the State of Massachusetts, students are not permitted to organize "bake sales" or other fundraisers that involve the sale of food from one half hour before the beginning of school to one half hour after the end of the school day. Students may organize food sales as fundraisers during events such as athletic games or report card conferences, which are held in the evening, but they are encouraged to sell a variety of food items so that everyone has the opportunity to choose foods that are not high in sugar, fat, sodium, or calories. Beverages that are sold at approved fundraisers are not all high in sugar (milk is not sold at these events). In general, student groups are encouraged to explore methods of fundraising that do not involve food or beverages, such as "dress-down days" or the sale of non-food items.

The school does not currently have vending machines or a school store, nor does it sell à la carte items in the cafeteria.

Teachers are encouraged to explore non-food options for class parties and for rewards, with the objective of promoting student health and reducing childhood obesity. When class parties and rewards do involve food, teachers are encouraged to explore food and beverage options that are not high in sugar, fat, sodium, or calories. Teachers are also encouraged to find food options that contain whole grains.

Drinking fountains are located in the cafeteria and in the hallways of the school. Students are also permitted to carry water bottles with them during class hours to encourage hydration.

Physical Education

KIPP Academy Lynn has implemented a planned, sequential physical education curriculum that addresses the physical, social, emotional, and cognitive development of all students. This program provides a variety of developmentally appropriate activities that are interwoven with sound standards, benchmarks, and assessments to focus on student learning. Middle school students take two hours of physical education classes per week. High school students are required to complete two semester-length classes offered by the Physical Education department in order to graduate. Other opportunities for active learning experiences include junior varsity, varsity, and club sports teams, as well as active elective classes.

Evaluation and Publication of the Wellness Policy

A Wellness Committee has been established at KIPP Academy Lynn that includes the Food Service Director, the cafeteria aides, the nurse, and the principals of all grade spans served at our High Rock campus. Beginning in the spring of 2015, we will invite parents, guardians, and families from KIPP Academy Lynn to join the Wellness Committee, as well as one representative from the High School Student Council.

The committee will meet in August, December, and June of each year to evaluate and update the local wellness policy. The policy will be available to the public on the school's website www.kippma.org. If you are interested in learning more or joining the Wellness Committee, please contact Jennifer Startek at 781-598-1609.