



## **KIPP ACADEMY BOSTON 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 Boston Charter School (“KIPP Academy Boston”), which includes KIPP Academy Boston (middle school) and KIPP Academy Boston Elementary (elementary school), promotes wellness both in and out of the classroom.

### **Nutrition Education and Wellness Promotion**

KIPP Academy Boston 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 Boston 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 Boston 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 Boston 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 school principals, the Food Service Director, and the School Nurse. The Wellness Policy is posted on the school’s website ([www.kippma.org](http://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 Trevor Wissink-Adams at 617-238-7300.

## **Healthy Meals**

KIPP Academy Boston 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 meals, 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 Boston, 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 Boston's food vendor.

## **Competitive Foods and Beverages**

KIPP Academy Boston 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 hallways of the school. Students are also permitted to carry water bottles with them during class hours to encourage hydration.

## **Physical Education**

KIPP Academy Boston 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. All students at KIPP Academy Boston have physical education classes each week. Other opportunities for active learning experiences include KIPP Academy Boston sports teams, as well as active elective classes.

## **Evaluation and Publication of the Wellness Policy**

A Wellness Committee has been established at KIPP Academy Boston that includes the Food Service Director, the nurse, and the principals of all grade spans served at our Warren Street campus. Beginning in the spring of 2015, we will invite parents, guardians, and families from KIPP Academy Boston to join the Wellness Committee.

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](http://www.kippma.org). If you are interested in learning more or joining the Wellness Committee, please contact Trevor Wissink-Adams at 617-238-7300.