



KIPP ACADEMY LYNN WELLNESS POLICY

Our mission is to create an environment where students from Lynn will develop the academic skills, intellectual habits, and character traits necessary to maximize their potential in high school, college, and the world beyond.

Purpose

In order to fulfill our mission, KIPP Academy Lynn Elementary School, KIPP Academy Lynn Middle School, and KIPP Academy Lynn Collegiate High School – collectively known as KIPP Academy Lynn Charter Schools – promote wellness both in and out of the classroom. These three schools will be referred to as “KIPP Academy Lynn” in this document.

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 safe, healthy, and well-maintained surroundings that are tobacco, alcohol, and drug-free and foster a culture of caring, respect, and responsibility.

A committee has been established to ensure that this Wellness Policy is enacted and reviewed on a regular basis. This committee is made of up the Nutrition Director,

Nutrition Manager, Cafeteria Aides, School Nurses, and Principals of the three schools. The Wellness Policy is posted on the KIPP MA website (www.kippma.org) review by students, parents, and the general public. Parents are invited to become part of the Wellness Policy Committee via email.

Healthy Meals

KIPP Academy Lynn, with our vendors Revolution Foods and City Fresh Foods, provides reimbursable student breakfasts, lunches, and snacks that meet or exceed state and federal guidelines. Meals are nutritious and appealing and accommodate the health and nutrition needs of all students, including vegetarians, students with allergies and other medical conditions, and students who do not eat pork for religious reasons.

The breakfast and lunch programs are promoted in August in a letter to parents from the principals and at the beginning of the year when notification of school participation in Community Eligibility Provision is sent to the households. Students are given a 25-30 minute window to eat breakfast and lunch, depending on the grade.

The Nutrition Director, Nutrition Manager, and Cafeteria Aides participate in a variety of trainings annually, some of which are provided by the Department of Elementary and Secondary Education, and have regular meetings with the food vendor.

The 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.

Competitive Foods and Beverages

KIPP Academy Lynn has developed guidelines for competitive foods and beverages sold or served at the schools. 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 people have 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 schools do not currently have vending machines or school stores, nor do they 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 and Physical Activity

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. Elementary school students (grades K-3) take one hour of physical education classes per week. Middle school students (grades 5-8) take two hours of physical education classes per week. High school students (grades 9-12) are required to complete two semester-length classes offered by the Physical Education department in order to graduate. Other opportunities for active learning experience include junior varsity, varsity, and club sports teams, and active elective classes.

Evaluation and Publication of the Wellness Policy

A Wellness Committee has been established at KIPP Academy Lynn and consists of the Nutrition Director, the Nutrition Manager, the nurses, the cafeteria aides and the principals of the three schools. We have invited parents from KIPP Academy Lynn to join the Wellness Committee as also encourage participation from members of the high school Student Council.

The committee meets December and June of each year to evaluate and update the local wellness policy. The policy is available to the public on the region's website www.kippma.org.