

Martha's Vineyard Public Schools

Tisbury School Wellness Policy

The Tisbury School Wellness Committee is committed to the wellness of the school community.

The Wellness Committee recognizes that wellness in our school community requires health promotion and practices in: **nutrition, physical activity, social emotional health, our environment and school sponsored events/celebrations.**

The Committee may include, but is not limited to parents, students, school administrators, teachers, health professionals, school nurses, a cafeteria director, a physical education teacher and other interested members. This Committee will meet at least four times per school year. The Wellness Policy will be reviewed every 3 years to assess the need for changes to the policy.

Nutrition

The Tisbury School addresses the important of balanced nutrition by offering a variety of learning opportunities in this area. Nutritional needs, food sensitivities and allergies are addressed according to each individual student's need.

- The Tisbury School will meet federal and State guidelines for our meal programs.
- The School's breakfast and lunch programs offer a varied selection of nutritious, fresh food choices for all students.
- Lunch schedules for each grade are at least 20 minutes and up to 25 minutes were scheduling allows.
- The School Nurse will have an updated allergy list of the student body, and will provide this list to the cafeteria staff for food accommodations and to classroom teachers.
- All staff will follow the Policy on Managing Life-Threatening Allergies in schools.
- The Tisbury School is committed to utilizing the locally and regionally grown food when possible in the school lunch menu.
- Students have the opportunity to participate with Island Grown School Schools for food, gardening, and farm education.
- Our Health curriculum incorporates age-appropriate lessons regarding the link between healthy eating and health promotion/disease prevention.

Physical Education and Physical Activities

The Tisbury School recognizes the importance of physical activity. The Tisbury School will provide activity opportunities such as:

- Recess
- Physical Education for all students. Appropriate alternative or modified activities shall be provided for students with a physical disability or who have special healthcare needs.
- Movement breaks in the classroom

- Extracurricular sports activities for students in 6th – 8th grades
- After school clubs that encourage physical activity
- Walk and bike to school days
- Students and staff will be encouraged to engage in active transportation (walking, biking, etc.) to and from school.

School personnel will not withhold opportunities for physical activity as a form of punishment.

Celebrations

The Tisbury School recognizes that celebrations are an important way to acknowledge successes whether that be individual or whole community. Throughout the years this has become a part of our School culture.

- Parents will be notified in advance of classroom projects that involve the handling and/or sharing of food so that dietary accommodations can be made. This notification may be in the form of a written letter or email in advance of the project.
- We encourage non-food celebrations when rewarding academic performances or good behavior.
- Classrooms that wish to celebrate with food, can access a list of healthy food alternatives. In addition, a list of non-food celebration ideas is also available. See appendix A.

Social Emotional Health

- After school clubs are offered when possible. These clubs give students the opportunity to help foster friendship and try new activities.
- Health education is taught by our Health Teacher to grades Kindergarten (K) – 8.
- The Guidance Department and School Nurse are liaisons for parents and staff for outside resources if needed.
- The Guidance Department and School Nurse provide health promoting information as needed for staff and families through email, and monthly through the school newsletter.
- Outside counseling services are available and coordinated through our Guidance Department.
- The School Nurse and Guidance Department screen 7th grade students in compliance with state SBIRT (Screening, Brief Intervention, and Referral to Treatment) requirements.
- The All Island Behavioral Health Coordinator provides wellness education and support to the staff.
- Encourage community partnerships

School Sponsored Events

- All School sponsored events abide by the Tisbury School Wellness Policy.

Waste Reduction

- Staff and students will be encouraged to recycle, conserve water and energy, and dispose of waste in an environmentally sound way.
- The School Cafeteria will model environmentally sound practices of waste reduction and increase the use of reusable or recycled materials, and use less pre-packaged, processed food items and more fresh whole ingredients.
- Water refill stations are located throughout the School and students are encouraged to bring their own reusable water bottles to school with them.

Safety

- Encourage community partnerships where students learn about physical and emotional safety, safe practices online, and emergency safety.

Appendix A

Many children like to celebrate their birthdays with their classmates. Sending a food treat to the classroom can exclude those children who have food allergies or other dietary restrictions. It could create an unsafe environment even with the best intentions. Additionally, excess sugar from treats can contribute to unstable blood sugars and hyperactivity.

Promoting non-food celebrations and rewards in school can be a valuable opportunity to demonstrate that happiness and celebrations do not have to be associated with unhealthy eating.

Non-food or health food alternatives for birthdays and classroom parties:

- Come into the classroom and read your child's favorite book to the class.
- Buy something for the classroom (books, games, music).
- Decorate a box and send it to the classroom (have the teacher ask each child to write one sentence about something nice about the birthday student).
- Bring in something that all of the classmates can sign (shirt, tote bag, autograph stuffed animal, pillowcase, etc.).
- Ask the teacher if the birthday student can have a show and tell and bring in a favorite thing or something that tells about their life

Healthy Food Ideas:

- Fruit kabobs
- Veggie sticks and hummus
- Popcorn cups
- Yogurt parfaits
- Smoothies
- Healthy muffins
- Tomato, mozzarella, basil kabobs
- Mini pizzas
- Guacamole and chips

Revised and submitted to Tisbury School Committee 01-15-25

{Adoption Date} 8/8/2006 by the Tisbury School Committee

Approved Revision: 3/31/2025 by the Tisbury School Committee

1 st Reading	2/11/25
2 nd Reading	3/11/25
3 rd Reading	3/31/25