

### **LUNCH PROGRAM:**

**Sacred Heart STEM School will be participating in the National School Lunch/Breakfast program, designated as a CEP school.** As part of this program, **Sacred Heart STEM School** will offer healthy meals every school day at NO COST due to the Nationwide Waiver to Allow the Seamless Summer Option through School Year 2021-2022. Students will be able to participate in these programs without having to pay a fee or submit a household application.

**YOU STILL NEED TO SUBMIT A COMPLETED LUNCH MENU ON TIME.**

**GLASS BOTTLES ARE NOT ALLOWED IN THE CAFÉ OR CLASSROOM.**

### **WELLNESS POLICY**

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- Health/nutrition classes by the school nurse.
- Gym once a week
- Daily exercise and activity
- Daily walking
- School wide field days

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## **WELLNESS GOALS:**

Wellness is a state of being healthy in body, mind, and spirit. It is the result of making choices that lead to a more balanced and fulfilling life. When we are well, we have more energy, feel better emotionally, and are able to enjoy our lives more fully. By making small changes, we have a great opportunity to build lasting wellness through healthy habits and ultimately achieve our health goals.

**Drink more water.** Ideas: Use larger (re-fillable) water bottles; implement 30-second “water breaks/reminders” during your classes; keep a post it notes at your desk to track water consumption throughout the school day. Faculty and staff will model healthy water consumption throughout the day. Water is available to all students throughout the day.

**Take more steps.** Ideas: Don’t use escalators or elevators for a month; take a short class break to walk in place or take a quick lap of the classroom; set up a schedule to walk your pet (or your neighbor’s pet!). Recess games and physical activity.

**Try a new form of exercise.** Ideas: Dance to five of your favorite songs every day; join a sports team; try a new sport or game at recess.

**Practice mindfulness.** Ideas: Sit quietly for 5 minutes every day; listen to a calming instrumental song every morning while you get ready for school; get the entire class to spend two (quiet) minutes focusing on their breath after coming back from recess.

**Create healthy sleep habits.** Ideas: Read a few pages of a book before bed; don’t look at screens for 30 minutes before going to sleep; spend a few minutes stretching before bed.

**Healthy School Celebrations.** Birthdays are celebrated with a dress down day, birthday crown and a birthday pencil. No food may be brought into school for parties **NO OUTSIDE FOODS WILL BE SOLD**, and branding and marketing of these foods is prohibited.

**Healthy Snacks.** Parents are notified that no chips, candy maybe sent in for snacks. Acceptable snack choices include fruit, vegetables, yogurt etc. Weekly nutrition classes for all grades.

The Wellness Committee’s meeting times, minutes of the meetings will be made available to the public.

**The Wellness Committee reviews its policy every three years. Policy established 2023. The next scheduled assessment of the policy will be in September of 2025. Results of that assessment will be made public by the website and notifications sent home.**

School lunches are ordered from ICater and follow the National School Lunch program requirements. The program is Allergy Aware. Menu order forms will be sent home monthly. The school provides balanced meals with low-fat milk. Soft drinks, candy, and other non-nutritional foods are NOT sold in the cafeteria. For safety reasons, students are NOT allowed to use a microwave at lunch. In the interest of fairness to all students and to encourage healthy eating habits, fast food and /or take-out food are NOT allowed. **NO OUTSIDE FOODS WILL BE SOLD**, and branding and marketing of these foods is prohibited. Water is available to all students during the school day. Free and reduced

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**Non-Discrimination Statement:**

**Sacred Heart School** will be participating in the **National School Lunch Program and School Breakfast.** As part of this program, **sacred Heart School** will offer healthy meals every school day at NO COST due to the Nationwide Waiver through School Year 2021-2022. Students will be able to participate in these programs without having to pay a fee or submit a household application.

**Non-Discrimination Statement:**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

### **Meal Modifications in Child Nutrition Program**

The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the Child Nutrition Programs, make it clear that substitutions to the regular meal must be made, at no extra cost, for children who are unable to eat meals served in any Child Nutrition Program (CNP) because of their disabilities.

### **Definition of a Disability:**

The Americans with Disabilities Act (ADA) Amendments Act of 2008 made important changes to the meaning and interpretation of the term "disability." The changes demonstrated Congress's intent to restore the broad scope of the ADA by making it easier for an individual to establish that he or she has a disability. After passage of the ADA Amendments Act, most physical and mental impairments constitute a disability.

**Please contact Iveka Soto at [Isoto@sacredheart-boston.org](mailto:Isoto@sacredheart-boston.org) or 617-323-2500 if you need a Meal Modification request form.**

### **Meal Price Policy**

#### Notification to Parents/Legal Guardians

To maximize federal nutrition benefits and minimize further debt to the household, during this 30-day period, school districts should affirmatively contact households and offer an application for the National School Lunch Program (NSLP).

When notifying households of unpaid meal debt, Sacred Heart School will contact the responsible parent or legal guardian of a student with unpaid meal debt. Recommended ways to ensure households have received and read the notification are either the use of first-class mail or through email communication that includes a receipt response.

Districts are urged to make every effort to reach and discuss unpaid meal charges with the responsible adult.

#### Determination of a Student's Free and Reduced-Price Meal Eligibility

During the 30-day period after notifying the parent or legal guardian of unpaid meal debt, DESE is requiring all school districts to access all methods of benefit determinations including:

- direct certification matching through the Virtual Gateway,
- determining if the student is otherwise categorically eligible through either the homeless, migrant or runaway categories,
- in foster care through the state, or

- determined through an NSLP household application.

As noted in the companion memorandum "New Requirements Related to Special Provisions," school districts are strongly encouraged to conduct monthly direct certification file uploads to timely capture students who are automatically eligible for free or reduced-price meals. Given the more than 30% increase in Supplemental Nutrition Assistance Program (SNAP) participation in the Commonwealth since the onset of the pandemic<sup>1</sup> and the expiration of the federal pandemic unemployment assistance in September of 2021, more Massachusetts students and their siblings are in receipt of SNAP benefits and thus are also eligible for free school meals.

#### Required Serving of a Reimbursable Meal

Students should not be denied access to school meals during the 30-day period unless the district has decided that the household is ineligible for free or reduced-price meals. Ineligibility for free and reduced-price meals takes place when an application is determined over income. The meal provided during that timeframe must meet the United States Department of Agriculture (USDA) meal pattern whether it is the main meal being offered or an alternate meal.

#### Protection of Students with Unpaid Meal Debt from Public Identification and Punishment

M.G.L. Chapter 71, Section 72B also protects students with unpaid meal debt from public identification, embarrassment or any disciplinary action due solely to unpaid meal debt.

M.G.L., Section 71, Section 72B (b) states the following:

No agent, employee or volunteer of a school or school district shall:

- take any action that would publicly identify a student when payment has not been received for a school meal or for meals previously served to the student.
- serve a student with unpaid meal debt an alternate meal that is not also available to all students at the cafeteria.
- deny a student a meal as a form of behavioral discipline or punishment.
- dispose of an already served meal because of the student's lack of funds to pay for the meal or because of unresolved meal debt.
- prohibit a student or a sibling of a student from attending or participating in non-fee based extracurricular activities, field trips or school events solely because of the student's unresolved meal debt.
- prohibit a student from receiving grades, official transcripts, report cards or from graduating or attending graduation events solely because of unresolved meal debt; or
- require a parent or guardian to pay fees or costs in excess of the actual amounts owed for meals previously served to the student.