

## **Washington Mathematics Science & Technology Public Charter High School Wellness Policy**

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) shall establish a local school wellness policy by School Year 2006." The Washington Mathematics Science and Technology Public Charter High School (WMST PCHS) submits the following outline as our School Wellness Policy.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

Thus, Washington Mathematics Science and Technology Public Charter High School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity habits.

Bruce Bradford will serve as coordinator of the Wellness Policy. The Wellness Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

The areas to address in the Wellness Policy include:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of the Wellness Policy
5. Monitoring adherence and evaluation

WMST PCHS will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

## **1. Policy**

### **1. A. Nutrition Services**

Qualified school professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

#### **1. A.1. Policy: School Meals**

Washington Mathematics Science & Technology PCHS will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the District of Columbia Healthy Schools Act.
2. Provide school free breakfast for all students with menus that meet the meal patterns and nutrition standards established by USDA and Healthy Schools Act.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
7. Ensure that the food service permit is current for the Food Service school site.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.

10. Offer nonfat and low-fat plain milk.
11. Offer whole-grain breads and cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all foods brought into the cafeteria meet the USDA Healthier US School Challenge (HUSSC) guidelines at the Gold Award Level.
14. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
15. Ensure that students receive adequate time to eat breakfast and the recommended 30 minutes for lunch, and sufficient time during lunch for every student to pass through the food service line.
16. Provide a cafeteria environment that is conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

### **1. A.2. Foods and Beverages Offered Outside of the Child Nutrition Programs**

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Programs includes vending machines, concession stores, school parties, fundraising events, and rewarding/bribing students with food.

#### **Vending Machine and Concession Store Laws**

Foods and beverages must meet the USDA HUSSC Gold Award Level for Competitive Foods if on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

- a.* ≤ 150 calories
- b.* ≤ 35% of total calories from fat
- c.* <10% to total calories from saturated fat
- d.* Trans fat free
- e.* ≤ 35% of the total sugar by weight
- f.* ≤ 360 milligrams of sodium

In high schools, beverages shall include:

- a.* Bottled water
- b.* Up to 8 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces.

- c. At least 50% of non-milk beverages shall be water and 100% fruit or vegetable juice.
- d. Fat Free milk and 1% milk.

**Policy: Foods and Beverages Sold Outside of the School Cafeteria**

Washington Mathematics Science & Technology PCHS will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Eliminate use of foods and beverages as **rewards** for student accomplishment.
3. Provide healthful food and beverage choices at school **parties**. A list of healthy foods and beverages and non-food rewards and activities will be provided annually to administrators, students, teachers, and parents. (See appendix B for healthy snack and school party ideas.)
4. Promote **fundraisers** that sell items other than food and beverages.
5. Provide nutritious and appealing food and beverage options (such as fruits, vegetables, nuts, low-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.
6. Not permit third parties to sell foods or beverage of any type to students on school property from 90 minutes before the school day begins to 90 minutes after the school day ends.

**1. B. Nutrition Education**

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. The use of all venues for student/teacher/parent training and education is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as **Family Nutrition Night** can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

## **Policy: Nutrition Education**

Washington Mathematics Science and Technology Public Charter High School will:

1. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
2. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
3. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
4. Provide hands-on activities that are fun and engaging.
5. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
6. Promote positive aspects of healthful eating behaviors.
7. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal-setting, social resistance skills, overcoming barriers to behavioral changes and goal setting.
8. Strive toward hiring qualified, certified health education teachers.
9. Provide nutrition education related staff development opportunities for teachers on an annual basis.
10. Encourage parent involvement in lessons taught and school activities.
11. Coordinate marketing activities with nutrition education classroom activities.

### **1. C. Physical Education and Activity**

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily and eventually have 150 minutes of physical activity.

#### **Policy: Physical Education and Activity**

Washington Mathematics Science and Technology Public Charter High School will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
4. Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.

5. Provide staff development on standards implementation for physical education instructors.
6. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
7. Ensure that all high school students take one and a half units of physical education.
8. Proposed: Use a recognized instrument or program such as *Fitnessgram*®, to evaluate students' physical fitness.
9. Integrate physical activity in the academic curriculum,
10. Work with the community to create opportunities for students to walk, bike, and skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.
11. Provide opportunities for parents and guardians to support students' participation in physical activities, such as a ***Safe Routes to School Program***, to be physically active role-models, and to include physical activities in family plans.
12. Encourage school staff to participate in physical activities to serve as role models.
13. Keeps students active for at least half of the class time.
14. Develops students' self-confidence and eliminates practices that humiliate students.
15. Provide suitably adapted physical activity as part of the IEP developed for students with disabilities.
16. Prohibit requiring or withholding physical activity as punishment.

## **2. Communication**

At the beginning of each school year, no later than one month after the first day of class, the School Health Advisory Council will share a summary of the Wellness Policy with school staff and faculty, food service staff, students, and parents. The Wellness Policy will also be posted in the school's main office and on the school's website. Updates to the Policy may be highlighted and discussed. Any special events that the Wellness Policy Committee plans to achieve should be shared with everyone affected and the School Health Advisory Council.

## **3. Environmental Sustainability**

Washington Mathematics Science and Technology Public Charter High School participates in the ***National Day of Service/Recycle Day***. Students participate in various recycling activities and learn the origin of "*America Recycles Day*" a day that, "...was created to raise awareness of the need to recycle and to buy products made from recycled-content materials- thus completing the loop." As a result, our school has now started recycling.

Additionally, we use Revolution foods as our vendor for breakfast and lunch. They offer a variety of locally grown fruits and vegetables for breakfast and lunch that allow us to meet HSA requirements.

#### **4. Monitoring and Evaluation**

The School Health Advisory Council will develop a plan of action for implementation. To accurately report the status of the Wellness Policy in the school, the Wellness Committee shall develop a plan for monitoring adherence to the Wellness Policy Guidelines, monitor, and establish a means for corrective action. The School Health Advisory Committee shall evaluate the effectiveness of the Policy and amend it based on the results of the evaluation and the needs of the school.