

# *Mare Island Technology Academy*

## *Board Policy*

### **STUDENTS**

The School Board of Mare Island Technology Academy recognizes the important connection between a healthy diet, physical activity, and the ability of students to learn effectively and achieve high standards in school. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for all MIT Academy students and staff, as well as a safe and healthy school environment. The Board also recognizes the school's important role as part of the larger community, to support family health, environmental awareness, and sustainable agriculture and business practices. To this end, it is the goal of the Mare Island Technology Academy Board to promote through its educational and operational efforts, the primary messages of the 2005 US Dietary Guidelines for Americans as illustrated in the USDA MyPyramid education framework: Activity, Variety, Moderation, Proportionality, Personalization, and Gradual Improvement. To further the environmental efforts of Solano County, the Board will encourage whenever possible, practices which support environmental awareness and sustainability.

### **Mare Island Wellness Council**

The MIT School Wellness Council shall meet at least quarterly, and shall be charged with making wellness policy recommendations to the Board and advising the school on school health and environment related issues, activities, policies and programs. The Director or designee shall appoint the Wellness Council, consisting of parents/guardians, students, school food service professionals, school administrators, board representatives, school nurses, physical education teachers, and/or others interested in school health issues.

### **Goals for Nutrition Education, Physical Activity and Education, and Other School Based Activities**

The Board shall adopt goals for nutrition education, physical activity and education, and other school based activities that are designed to promote student wellness consistent with the school's educational mission. The school shall promote a comprehensive nutrition education and physical education program that is sequential and generally consistent with the expectations established in the state's curriculum frameworks. The goal of the programs shall be to build the skills and knowledge that all students need to foster lifelong habits of healthy eating and physical activity.

### **STUDENT WELLNESS POLICY**

#### **Nutrition Education**

Nutrition education shall be provided in middle and high school. It is recommended that all grades:

- Integrate current, scientifically accurate nutrition content based on the 2005 US Dietary Guidelines into classroom instruction in such core subjects as science, mathematics, English language arts, and history-social science, as per the Shaping Health as Partners in education (SHAPE) California program.
  - Topics that promote understanding of the relationship between the human body, nutrition, physical activity, and disease prevention, and acceptance of individual differences in growth and development are encouraged.
  - Opportunities to analyze the influence of culture, media, technology and other factors on decisions related to nutrition, physical activity and lifestyle choices are encouraged.
  - Activities that build goal setting and decision making skills that promote self management related to diet, physical activity and safe food handling are encouraged.
- Encourage instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, tours of farmers markets and school gardens) and that engage family members in reinforcing healthy nutrition behaviors.

- Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition and health education.
- Provide instructional staff with adequate and ongoing in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy behaviors.

### **Physical Activity and Education**

All students in Middle School and High School shall be provided opportunities to be physically active on a regular basis, including students with disabilities and students with special health-care needs. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other structured and unstructured activities. All students will receive physical education instruction that meets state requirements (EC sections. 51210, 51222, 51233, 51241). The school should assess and, if necessary, improve student's ability to safely walk and bike to school. When appropriate, the school collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school.

### **Other School Based Activities**

The Director or designee shall encourage all MIT staff to strive to serve as positive role models through promoting healthy food options and opportunities for regular physical activity. Professional development shall include education and skill development that promotes health knowledge, healthy behaviors, physical education strategies and environmental awareness. To encourage consistent health messages between the home and school environment, the Director or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

### **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines selected by the school for all foods available on campus during the school day, with the objectives of promoting student health and reducing childhood obesity. The Board believes that foods and beverages available to students at school should support the health curriculum and promote optimal health. Nutrition standards adopted by the school for all foods and beverages sold to students, including foods and beverages provided through the school's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards. The Director or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by limiting unhealthy foods served at class parties and considering nutritional quality when selecting any snacks which they may donate for occasional class parties and birthday celebrations. Class parties or celebrations shall be held after the lunch period when possible.

### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed state and federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools. In order to maximize the school's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

## **Free and Reduced Price Meals**

The School shall utilize all available resources to strengthen its outreach to students and their families, to ensure that all eligible Mare Island Technology Academy students are enrolled in the free/reduced meal program. Outreach and participation plans will incorporate strategies to prevent overt identification of low income students or otherwise treat them differently because of their income status. Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible. Student preferences shall be solicited in the planning of menus and snacks, and religious, ethnic, and cultural diversity of the student body shall be incorporated in meal planning. Mare Island Technology Academy shall provide all students and staff with a clean, safe, and pleasant eating environment with sufficient time for eating meals.

## **Program Implementation and Evaluation**

The Director or designee shall designate at least one person within MIT who is charged with operational responsibility for ensuring that the school sites implement the school's wellness policy. The Wellness Council shall repeat the School Health Index baseline nutrition and physical activity assessment at least every two years to determine compliance and progress toward implementation of the adopted school wellness policy. The Wellness Council shall also recommend specific quality indicators that will be used to measure the implementation of the wellness policy school-wide. These measures shall include, but are not be limited to:

- an analysis of the nutritional content of meals served;
- student participation rates in school meal programs;
- feedback from food service personnel, the school health council, students, parents/guardians, school administrators, and other appropriate persons;
- an evaluation of marketing efforts and sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs utilizing standardized assessment tools
- data collected on student wellness and achievement from:
  - annual Fitnessgram scores including Body Mass Index (BMI) scores for students in grades 5, 7, 9
  - California Healthy Kids Survey data (exercise and eating practices, BMI)
  - Average Daily Attendance (ADA)
  - Academic Performance Index (API) scores

The Director or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity and education, and set new priorities when needed. The school shall post the school's policies and regulations on nutrition and physical activity in public view within the cafeteria or in other central eating areas.

### *Legal Reference:*

#### **EDUCATION CODE**

*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001*

*49490-49493 School breakfast and lunch programs*

*49500-49505 School meals*

*49510-49520 Nutrition*

*49530-49536 Child Nutrition Act*

*49540-49546 Child care food program*

*49547-49548.3 Comprehensive nutrition services*

*49550-49560 Meals for needy students*

*49565-49565.8 California Fresh Start pilot program*

*49570 National School Lunch Act*

*51222 Physical education*

*51223 Physical education, elementary schools*

#### **CODE OF REGULATIONS, TITLE 5**

*15500-15501 Food sales by student organizations*

*15510 Mandatory meals for needy students*  
*15530-15535 Nutrition education*  
*15550-15565 School lunch and breakfast programs*  
*UNITED STATES CODE, TITLE 42*  
*1751-1769 National School Lunch Program, especially:*  
*1751 Note Local wellness policy*  
*1771-1791 Child Nutrition Act, including:*  
*1773 School Breakfast Program*  
*1779 Rules and regulations, Child Nutrition Act*  
*CODE OF FEDERAL REGULATIONS, TITLE 7*  
*210.1-210.31 National School Lunch Program*  
*220.1-220.21 National School Breakfast Program*

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