



## **High Tech High Wellness Policy**

Policy: High Tech High Schools will comply with the requirements of The Child Nutrition and WIC Reauthorization Act of 2004 and the requirements of participants in federal meal reimbursement programs through the following Local School Wellness Policy that meets the following minimum requirements:

1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate
2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity
3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools
4. Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy
5. Involves parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy

### **Student Wellness Goals (1)**

#### Nutrition Education

- Teachers will be encouraged to incorporate lessons designed to build the skills and knowledge to maintain a healthy lifestyle.
- The vendors under the National School Lunch Program will provide a nutrition education offering included in meal service (for students and families).

#### Physical Activity

- The schools' 6 to 6 programs will be encouraged to support a physical activity component.
- Schools will offer after school sports programs and encourage student participation.
- Promote and support both structured and unstructured physical activity for students and staff.
- Provide a low cost employee exercise program that promotes a healthy lifestyle.

#### Other School-based Activities



- School-based organizations including PTA, other parent groups, and Associated Student Body sales shall be encouraged to use healthy food items or non-food items for fundraising.
- Fundraising events of all kinds which involve food must be done outside of regular school hours.
- Staff shall encourage parents/guardians or volunteers to consider nutritional quality when selecting snacks for parties and limiting foods or beverages that do not meet nutritional standards.
- Vending machines will not be utilized on campus.

### **Nutrition Guidelines (2)**

Food offered by the school through the National School Lunch Program (NSLP) will meet the following criteria:

- NSLP compliant meals (all meals eligible for reimbursements)
- NSLP menu recordkeeping and planning necessary to receive reimbursements
- All fresh, home-style foods: no processed, fried, re-heated or packaged product lunches
- Organic and locally sourced ingredients used whenever possible
- All meats and dairy products are hormone and anti-biotic free

### **Nutritional Guidelines Restrictions (3)**

Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools

### **Accountability (4)**

The Director of Operations, a staff person within the central High Tech High organization, will be responsible for ensuring that each school meets the local wellness policy.

### **Community Involvement (5)**

Provide ongoing education opportunities for parents and family about physical activity.

Increase parent/guardian outreach and involvement efforts to emphasize the relationship between student health and fitness and academic performance and address the need for consistent messages among school, home and community.