

# Mina Charter School of Lee County Wellness Policy

## LOCAL WELLNESS POLICY

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MINA Charter School is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating patterns and physical activity. MINA values giving every student the opportunity to achieve personal, academic, developmental and social success by creating a positive, safe, and healthy environment that promotes the importance of good nutrition and physical activity throughout the school year. To achieve this, MINA Charter School adopts this wellness policy with the following commitments to physical activity, health education, and nutrition.

The school administrator/principal or other designee will be responsible for the oversight of this wellness policy.

**Notification of Policy:** MINA will inform families and the public each year about this policy, its updates, implementation and results of recent assessments of this policy objectives via the website, school board meetings and or other school wide communications. School nutrition information will be available on the website along with the names of school personnel who can be contacted for additional information.

**Triennial Progress Assessment:** MINA will evaluate and report compliance with this Wellness Policy at least once every three years. The assessment will include the extent to which the school is in compliance with the Wellness Policy, how the Wellness Policy compares to model wellness policies, and meets state and federal requirements and a description of the progress made in attaining the goals of this Wellness policy.

**School Wellness Committee:** MINA will invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of this policy.

To ensure and support good nutrition, wellness and physical activity MINA commits to the following goals and procedures:

1. MINA's students will have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and State nutrition standards;
2. Students will receive quality nutrition education that helps them develop lifelong healthy eating habits;
3. Students have opportunities to be physically active before, during and after school;
4. MINA will engage in nutrition and physical activity promotion and other activities that promote student wellness;

5. MINA's staff will be encouraged and supported to practice healthy nutrition and physically active behaviors in and out of school;
6. Promoting community engagement that supports MINA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
7. MINA will establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives; and MINA may also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

## School Nutrition

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MINA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

MINA will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), After School Snack Program (ASSP), and Summer Food Service Program (SFSP). MINA is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs.

1. School Nutrition programs will comply with applicable federal, state, and local requirements and will be accessible to all students.
2. Foods and beverages made available at the school during the school day will be consistent with the current dietary guidelines for Americans, meal patterns and nutrition standards of the USDA.
3. Food and beverages made available at the school will adhere to food safety and security guidelines.
4. The school environment will be safe, comfortable, clean and pleasant and allow adequate time for eating meals.
5. Menus will be posted on MINA's website
6. Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
7. The nutrition program will accommodate students with special dietary needs.
8. The school will encourage all students to participate in school meal programs and protect the identity of students who eat free or reduced price meals.

9. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and where school meals are served during mealtime.
10. If food and beverages are sold and served outside of the school meal programs they shall meet the standards established by the USDA for all foods sold in school.
11. Competitive Foods: All foods sold on school campuses in areas that are accessible to students during the school day (defined as the period from midnight through 30 minutes after the dismissal bell rings) in competition with the National School Lunch or School Breakfast Programs (“competitive foods”) must comply with the federal Smart Snacks in Schools standards. Competitive foods include food, snacks and beverages from a la carte menus, vending machines, and outside suppliers, as well as foods or beverages sold in school stores and at fund-raisers.
12. Fundraising activities that involve the sale of foods and/or beverages to students during the school day (from midnight until 30 minutes after the dismissal bell rings) must comply with the Smart Snack Rules and may not be conducted until after the end of the last lunch period.
13. School principal or other designee School Administrator shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day. The board encourages principal or the designee to establish rules that are consistent with the Smart Snacks in Schools standards.
14. MINA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
15. Food and beverages will not be used as a reward nor withheld as punishment for any reason, such as performance or behavior.

## Nutrition Promotion

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1. MINA will promote healthy food and beverage choices for all students while encouraging participation in school meal programs.
2. Information promoting good nutrition will be shared with families and the community.
3. Students will be encouraged to start each day with a healthy breakfast.

## Food & Beverage Marketing

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Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart Snacks in Schools standards (as described in competitive food section, above) may be marketed or advertised on school campuses during the school day. To comply with this requirement, existing supplies, materials, or equipment that depict noncompliant products or logos will be replaced or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business. The school

nutrition service shall use the smarter lunchroom self-assessment to determine ways to improve the school meals environment and implement at least 3 smarter lunchroom techniques:

- a) Daily fruit options are displayed in a location in the line of sight and reach of students.
- b) All available vegetable options have been given creative or descriptive names.
- c) Daily vegetable options are bundled into all grab-and-go meals available to students.
- d) All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- e) White milk is placed in front of other beverages in all coolers.
- f) Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- g) A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- h) Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

## Nutrition Education

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1. MINA will teach, model, encourage and support healthy eating by all students.
2. MINA will provide nutrition education designed to provide students with the knowledge and skills necessary to promote and protect their health.
3. Classroom teachers will integrate nutrition promotion and education into other classroom subjects such as math, science, language arts, social sciences and elective subjects.
4. MINA will seek to partner with community stakeholders to promote nutrition educational activities.
5. Posters will be placed in the cafeteria that provide nutrition educational information.

## Physical Activity

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1. MINA will teach, encourage, and support physical activity by all students.
2. Teachers will be encouraged to incorporate movement and kinesthetic learning approaches into core subject instruction when possible.
3. MINA shall provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards.
4. The school will provide a physical and social environment that encourages safe and enjoyable physical activity.
5. Physical education/recess will be provided to students according to:

- a) NC Standard Course of Study, Healthful Living ; and
- b) North Carolina State Board of Education, Healthy Active Children Policy

## Other Activities Promoting Student Wellness

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1. Before, after and intersession school programs will encourage good nutrition and physical activity as appropriate.
2. Healthy foods will be considered when planning school-based activities included, but not limited to, fundraisers, field trips, classroom snacks and treats.
3. MINA will offer opportunities for professional development on student wellness and nutrition for teachers, food service and physical education staff as appropriate.
4. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued under the Child Nutrition Act and the School Lunch Act as they apply to schools.

## RECORDKEEPING

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The Local Wellness Policy designee shall maintain records to document compliance with this policy and all federal and state requirements. These records, at a minimum, must include:

1. A written copy of this policy and any updates;
2. The most recent triennial assessment;
3. Documentation demonstrating:
  - a. the efforts to review and update this policy;
  - b. how this policy and information about the most recent triennial assessments have been made available to the public.

## References

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National School Lunch Act (42 U.S.C 1751 et seq.)

The Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)

Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

<https://www.cdc.gov/healthyschools>

NC State Board of Education (SBE) Healthy Active Children Policy.

Adopted and approved by MCS: 05/20/2020