



MOT CHARTER

K-12 • Arts, Science & Technology

MOT Charter School

Wellness Policy

MOT Charter School's wellness policy is intended to influence a student's actual behaviors to result in lifelong healthy choices. These healthy choices will help eliminate barriers to learning that are associated with improper nutrition and fitness.

I. Nutrition Education

A. Goals for Nutrition Education

1. Encourage teachers to integrate nutrition education in an interdisciplinary approach.
2. Promote and disseminate information related to integration of nutrition education into curriculum.
3. Promote nutrition awareness throughout school environment by displaying nutrition information.
4. Promote nutrition awareness to parents by sending nutrition information home, posting nutrition tips on websites and providing nutrient analysis of school menus.
5. Incorporate nutrition education into after school programs.
6. Initiate school-based nutrition education and health promotion, such as limiting food and beverage marketing to the promotion of foods and beverages that meet nutrition standards.
7. Promote healthy foods, including fruits, vegetables, whole grains and low-fat dairy products.
8. Establish a school wellness committee to develop, promote, and oversee a multi-faceted plan to promote staff health and wellness.
9. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.

B. Nutrition Education Standards

1. Students of MOT Charter School will be encouraged to make healthy choices around the following healthy choice themes:

Knowledge of the Food Guide Pyramid	Dietary Guidelines for Americans
Understanding calories	Healthy snacks
Healthy breakfast	Healthy diet
Food labels	Major nutrients
Multicultural influences	Serving sizes
Proper food safety	
2. Students will receive the state recommended hours of instruction around nutrition education.

II. Nutrition Guidelines

MOT Charter School is committed to promoting healthy eating with all students and school personnel. MOT Charter School will work toward expanding awareness about the nutrition guidelines among students, parents, teachers and the community.

A. Nutrition Guidelines

1. All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group.
2. School lunches will, over the course of a school week, include nutrient dense foods, whole grain products, fiber rich vegetables and fruits.
3. Encourage students to consume all components of the school meal.
4. Display prominently the nutrition information for food offered a la carte, in vending machines and at the school store.
5. All snacks and beverage items sold on school property during the school day, including items sold in a la carte lines, vending machines and school stores shall meet Competitive Food standards. The school day is defined as any time between 12:00 AM and thirty minutes after the end of the school day. This does not prohibit the occasional treat offered by students or parent groups for school celebrations

SMART SNACKS—QUICK REFERENCE GUIDE

A LA CARTE SNACKS MUST MEET ONE OR MORE OF THE FOLLOWING:

Must be $\geq 50\%$ WGR

WG first ingredient on label or second only to water

First ingredient on label is fruit, vegetable, meat/meat alternate

Combination food w/at least 1/4 cup fruit or vegetable

Contain 10% of Daily Value for calcium, potassium, Vitamin D, or fiber

a. Portion Size

One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruit

Two ounces for cookies or cereal bars

Three ounces for bakery items, including but not limited to pastries, muffins and donuts

Four fluid ounces for frozen desserts, including but not limited to ice cream

Twelve-ounces for beverages (except water and milk products)

b. Nutrition Standards

STANDARD	REQUIREMENT	EXEMPTION
Fat	≤35%	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats
Saturated Fat	≤10%	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats
Trans Fat	≤0.5 g	NONE
Sugar	≤35% by weight	Dried whole fruits/veggies Dehydrated fruits or veggies
Sodium	≤230 mg per item per snack ≤480 mg per entrée	NONE
Calories	≤200 calories snack ≤350 entrée	Entrée sold a la carte on day served NSLP/SBP Entrée sold a la carte day after served NSLP/SBP
Caffeine	Not Allowed K—8	Allowed in Grades 9—12 if calories meet the requirements in the beverage chart below

Beverages

GRADES	WATER	FF FLAVORED/ WHITE	FF UNFLAVORED	100% JUICE (INCLUDES CARBONATED)	≤5 CAL PER 8 OZ	≤10 CAL PER 20 OZ	≤40 CAL PER 8 OZ	≤60 CAL PER 12 OZ
K—5	√	√ ≤8 OZ	√ ≤8 OZ	√ ≤8 OZ	No	No	No	No
6—8	√	√ ≤12 OZ	√ ≤12 OZ	√ ≤12 OZ	No	No	No	No
9—12	√	√ ≤12 OZ	√ ≤12 OZ	√ ≤12 OZ	√	√	√	√

For more detailed information on Competitive Food requirements, please reference § 210.11 Competitive Food Service and Standards

B. Eating Environment

1. MOT Charter School students shall have at least 15 minutes after receiving their lunch in which to eat it.
2. Lunch periods are scheduled as near the middle of the school day as possible.
3. Food service staff and school administration collaborate to provide sufficient space and time for meals.
4. Students shall be permitted to go to the water fountain at mealtime.
5. Students will be encouraged to wash their hands or use hand sanitizer before meals to prevent spread of germs and reduce the risk of illness.
6. Meals and snacks will not be used as a reward or a punishment for individual student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP). This does not preclude the occasional pizza party lunch for a class meeting certain goals. Pizza served must be whole grain.
7. A list of healthy snacks, including snacks that are free of common allergens (i.e., peanut, egg, wheat, dairy) will be distributed to parents to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities. Parents will be encouraged to provide healthy snacks for school functions.
8. MOT Charter School will encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as

fundraising to support physical activities. Any food advertised or sold by the school during the school day must meet national Smart Snack requirements. This includes any food related fundraiser conducted during the school day by the school, student groups or PTO.

9. Educational activities (Student Market Day, Student Spanish Food Projects, etc) during the school day may produce food that does not comply with school lunch nutritional standards.
10. School nutrition programs will be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation will not take precedence over the nutritional needs of the students.
11. The school district will employ a properly qualified, certified and /or credentialed director to administer the school lunch program.
12. All food service personnel shall have adequate in-service training in food service operations.
13. Students are encouraged to start each day with a healthy breakfast.
14. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
15. Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.

III. Physical Activity

MOT Charter School will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes, and providing opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education teaches the knowledge and skills to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

1. MOT Charter School students in grades K- 10 will receive a quality physical education program that is
 - Age-appropriate
 - Taught by a certified physical education teacher
2. The physical education program will:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate in physical activities
 - Enhance skills in leadership, teamwork and self-confidence
3. MOT Charter School will promote 60 minutes per day of moderate to vigorous physical activity and will provide opportunities for students and staff to engage in such activities. This includes opportunities in various settings such as:
 - Physical Education
 - Classroom
 - Recess
 - After-school clubs and athletics
4. Students will not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor will the imposition of physical activity be used as a disciplinary measure.
5. After-school programs should include supervision by staff trained in CPR and First Aid, and provide developmentally and age-appropriate physical activity for all participants.
6. The benefits associated with physical activity will be shared with community groups and parents.
7. Staff wellness opportunities will be available to employees.

IV. Implementation of Wellness Policy

MOT Charter School will appoint a Wellness Policy Coordinator to assist in the implementation, coordination and evaluation of the Wellness Policy by:

1. Facilitating collaboration among staff.
2. Assisting the administration with the integration, management and supervision of the Wellness Policy.
3. Facilitating collaboration between MOT Charter School and other agencies and organizations in the community who have an interest in the health and well being of children and their families.
4. Evaluating the results of the Wellness Policy on a triannual basis.

5. On a minimum of a yearly basis, invite participation by the general public and school community (parents, students, school food authority representatives, physical education teachers, school health professionals, school board, school administrators) in the wellness policy process.
6. Ensure that the School Wellness Policy is posted on the school website and is distributed to parents on a yearly basis.
7. Currently the Wellness Policy Coordinator is the Director of Pupil Services.

Glossary

A la carte foods - items sold separately from the National School Lunch Program.

Food Allergens – substances that trigger the immune system and can cause severe allergic reactions.

Dietary Guidelines for Americans – is published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

My (Food Guide) Pyramid - a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of low nutrient density - foods that are high in calories, often from fats or sugars and contain little or no of vitamins, minerals or other essential nutrients.

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) – children who are eligible for special education services have a written document that outlines an educational program that is tailored to the individual student to provide maximum educational benefit.

Nutrient Analysis – evaluation of a menu to ensure that it meets the appropriate nutrient standards.

Nutrient dense foods - foods that are high in essential nutrients proportional to their caloric value.

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion,

Physical Education – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Reimbursable meals – meals that are free, reduced and are reimbursable by the federal and state government.

Saturated Fats - fats such as those in meat, poultry, some dairy products, processed and fast foods and other sources can cause an elevation in blood cholesterol levels. High levels of saturated fats are risk factors for cardiovascular disease.

School Day - from 12:00 AM to thirty minutes after the end of the school day.

Trans fats – trans fats naturally occur in some foods, but are more commonly formed from “partial hydrogenation” of liquid oil. Trans fats contribute to cardiovascular disease by raising levels of LDL (bad cholesterol) and decreasing levels of HDL (good cholesterol).