



Mt. Edgecumbe High School Nutrition and Physical Education Policy

Mt Edgecumbe High School (MEHS) recognizes that our school is in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore, MEHS will provide environments that promote and protect children's healthy, well-being, and ability to learn by supporting healthy eating and physical activity.

MEHS will provide nutrition promotion and education, physical education, and other school-based activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meal programs.

The MEHS Nutrition and Physical Education Policy refers to the promotion of healthy nutrition and physical education during the school hours and on the academic campus of Mt. Edgecumbe High School.

Nutrition Education and Wellness Promotion:

Classroom nutrition education shall be reinforced in the cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators, and teachers. Students shall receive consistent nutrition messages from MEHS. These messages will be incorporated into the classrooms, cafeterias, outreach programs, and other school-based activities including programs offered by residential staff in the dormitories.

Students at MEHS shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors. Skills will include how to read and analyze nutritional fact labels on foods, understanding macronutrients (carbohydrates, proteins, and fats) and how your body uses them, and how they can be incorporated into a menu designed to provide a balanced and healthy diet. Students will also learn about how food is portrayed in advertisements as part of processes of evaluating foods and their nutritional value.

Student skill development will include an understanding of the positive effects of physical activity, including long-term health benefits and how physical activity and diet affect body weight.

Wellness Goals:

Students at MEHS shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors. Skills will include how to read and analyze nutritional fact labels on foods, understanding macronutrients (carbohydrates, proteins, and fats) and how your body uses them, and how they can be incorporated into a menu designed to provide a balanced and healthy diet. Students will also learn about how food is portrayed in advertisements as part of processes of evaluating foods and their nutritional value.

Students will be offered physically active recreational activities during after school hours at least five times a week with a goal of 80% of students participating in at least 10 activities a semester.

Physical education classes will be offered throughout the day and students will be encouraged to take beyond the required 2 credits of Health and Wellness/Physical Education

Students will be served a health breakfast and lunch, a goal is to increase breakfast participation by reducing the percent not participating by half each year.

Students will receive and not refuse a school lunch and breakfast that meets the federal healthy meal guidelines.

Students will be provided mental health support services and access to a health clinic for their health needs on campus.

Health & Wellness committee

Because student health and wellness is an ongoing issue, the Wellness Committee serves as an ongoing group, responsible for leadership and feedback on a wide variety of student health and nutrition topics. Pulling programs under the unified umbrella of this group's leadership provides for coordinated efforts between programs and assures that programs are working as part of a comprehensive effort rather than working in isolation. This effort serves to tie child nutrition into the overall health education and improvement efforts at MEHS. The work of the wellness committee will be accomplished through an annual full committee meeting and regular sub-committee meetings.

Full Wellness Committee will include:

- School Counselor
- Mental Health Care Provider
- Protective Service Specialists (dorm wellness counselors)
- Kitchen staff representative(s)
- Food Service Coordinator
- Physical Education Teacher
- Student Support Coordinator
- Dorm Recreation Representative
- Health Clinic Representative

The Full Wellness Team will discuss and provide feedback and guidance on projects and activities that affect student health and wellness, and to monitor and evaluate the ongoing implementation of policy. When necessary this group will be responsible for the creation of new policy, and modification of existing policies that focus on the health and wellness of students.

Full Committee Agenda will include:

1. Review implementation of Wellness Plan
2. Identify any new or short-term goals to increase student health or respond to identified student needs

3. Identify ways to continually improve coordinated services and healthy offerings for students
4. Report to the public/School board

Sub committees will be formed around specific initiatives and students services and will meet at least an additional 3 times a year for monitoring initiatives and practices that will be reported back to the larger committee. Sub committees may include health/counseling team, recreation team, and nutrition team

Parent Involvement:

MEHS will inform and update the public, including students and families, regularly about the progress and status of the various student health, wellness, and nutrition programs and efforts. A representative from the full wellness committee will present a health topic to parents during a monthly teleconference at least four times/year with the opportunity for parent feedback and involvement. Parent feedback will be used by the Wellness Committee in adjusting the wellness policy and/or healthy initiatives.

School Meal Environment

MEHS provides a clean area designed specifically for meals. Staff supervision is provided in these areas during every meal. Efforts are taken to assure these areas are pleasant, and include posters and information about healthy food choices and proper nutrition. When necessary, the number of students participating in a meal at any one time is limited to assure there is sufficient space to comfortably eat. Meal times are scheduled to assure that students have at least thirty minutes to eat after getting their food.

Nutrition Standards for Food and Beverages

Non-meal foods and beverages made available on campus, including, but not limited to vending and concessions, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools, also known as Smart Snacks at School (Federal Register/Vol. 78, No. 125).

All items sold through vending machines shall contain no more than 35% of total calories from fat and sugar, and will contain no trans-fat. Vending machines will be stocked with items that support the overall efforts of MEHS to promote the health and wellness of students. Items such as snacks served or sold outside of regular meals will meet the standards of the Child Nutrition Program, and will not contain more than 35% of total calories from fat and sugar, and will contain no trans fats, no more than 200 mg of sodium per serving, and no more than 200 calories per package. Beverages with added sugars shall not be served or sold outside of USDA meals during the school day. Only milk, water, and 100% juice will be available at school. Only low-fat and fat-free milk will be served at meals. There will be no limit on water servings, but milk and juice will be limited to 8oz per meal per student. All grains served at MEHS is whole grain, fresh produce is served at every meal and we try to limit our service unprocessed food.

MEHS will maintain clean, fresh, and free sources of potable water that are available throughout the day, and which are available where meals are served and in other areas throughout the school grounds.

Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

Nutrition Training for Child Nutrition Director and Staff

MEHS will follow the HHFKA training guidelines that follow:

New and Current Food Service Coordinator.....Each year, at least 15 hours of annual continuing education and training. Includes topics such as:

- administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures).
- any other appropriate topics.

This required continuing education/training is in addition to the food safety training required in the first year of employment.

New and Current Kitchen Managers.....Each year, at least 12 hours of annual continuing education and training. Includes topics such as:

- administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures).
- the identification of reimbursable meals at the point of service.
- nutrition, health, and safety standards.
- any other appropriate topics.

New and Current Staff (other than the director and managers) that work an average of at least 20 hours per week.....Each year, at least 8 hours of annual continuing education and training. Includes topics such as:

- application, certification, and verification procedures.
- the identification of reimbursable meals at the point of service.
- nutrition, health, and safety standards.
- any other appropriate topics.

The trainings offered by the State of Alaska from the yearly meetings to the online eLearning programs count for both the director and staff. In-service trainings also count towards these trainings, as do trainings offered free of charge by the National Food Service Management Institute (NFSMI).

Physical Education and Physical Activity

MEHS has adopted a health and wellness curriculum that includes physical education standards..

In order to graduate students must have taken at least two health/physical education courses. Physical education courses are available to students yearly, and students are encourage to take physical education courses beyond the two required courses. Physical education classes maintain the same teacher to student ratio as found in the academic classrooms, typically 1:22 and no more than 1:30 .

The Physical Education program is provided with adequate space and equipment to conform to all applicable safety standards. This includes keeping student numbers in activity areas down to safe levels. Physical Education classes will be taught by licensed teachers with specific training and/or education in the subject.

Physical Education teachers will receive professional development on a yearly basis. At least every three years the physical education teachers will be offered specific training to enhance offerings in physical education such as but not limited to: ropes course training, aquatic training, PE curriculum specific training, and health training. This can include conferences focused on physical education and on-site or online training.

Students are encouraged to participate in physical activity outside of the school day. Dormitory and recreational staff will offer activities such as bike rides, hikes, kayaking, ropes course rock wall, swimming, and open gym to all students nightly. Additionally, students have the opportunity to engage in a wide variety of sports, no matter their ability level.

Evaluation:

The superintendent or designee will ensure compliance with district nutrition and physical education policies on an ongoing basis, with compliance reached by the end of the third of the school year. The academic and recreational principals will be responsible for maintaining compliance for site specific items such as vending machine contents. The Child Nutrition Coordinator will be responsible for maintaining compliance with nutritional standards and for the sharing of information on an ongoing basis.

In the event that a policy is unreasonable, inappropriate, or unreachable, it will be the responsibility of the Wellness Committee to review and update the policy.

The Superintendent or designee will designate one or more persons to be responsible for ensuring that MEHS complies with this policy, and that school activities, including fundraisers and celebrations, are consistent with district nutrition and physical activity goals. The Wellness Committee will meet at least one time a year to review policy and examine data that has been collected on student health and wellness, and the effectiveness of district programs in these areas. It will be the responsibility of this group to keep the Wellness Policy and related policies and plan up to date and in compliance with federal, and state standards.

The Wellness Committee will prepare an annual report for the Superintendent, School Board, and public as required by law. This report will include an evaluation of the program implementation and effectiveness, as well as recommendations for policy or program changes.