



New Media Technology Charter School Student Wellness Policy



Adopted: August 31, 2006

Revised:

	STUDENT WELLNESS
1. Purpose	<p>New Media Technology Charter School (NMTCS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. NMTCS is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Board establishes that NMTCS shall provide to students:</p> <ul style="list-style-type: none">▪ Access at reasonable cost to foods and beverages that meet established nutritional guidelines.▪ Physical education courses and opportunities for developmentally appropriate physical activity during the school day.▪ Curriculum and programs for grades 5-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
3. Delegation of Responsibility Pol. 808	<p>The Operations Director shall be responsible to monitor the schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Staff members responsible for programs related to student wellness shall report to the Operations Director regarding the status of such programs.</p>

	The Operations Director shall <u>(annually)</u> report to the Board on the school’s compliance with law and policies related to student wellness. The report may include:
	<ul style="list-style-type: none"> ▪ Assessment of school environment regarding student wellness issues. ▪ Evaluation of food services program. ▪ Listing of activities and programs conducted to promote nutrition and physical activity. ▪ Recommendations for policy and/or program revisions. ▪ Suggestions for improvement in specific areas. ▪ Feedback received from school staff, students, parents/guardians, community members and Wellness Committee.
P.L. 108-265 Sec. 204	An assurance that guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (annually) by the: <ul style="list-style-type: none"> ▪ Business Manager.
4. Guidelines	<u>Wellness Committee</u>
	The CEO shall appoint a Wellness Committee comprised of at least one (1) of each of the following <ul style="list-style-type: none"> ▪ Teacher ▪ School Nurse ▪ Parent/Guardian ▪ School counselor ▪ Administrator ▪ Food Service Representative

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

- The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.
- The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.
- The Wellness Committee shall provide periodic reports to the CEO or designee regarding the status of its work, as required.

Nutrition Education

- The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- New Media Technology Charter School will continue to provide resources to support an annual Health Fair, in partnership with Black Women in Sports. The Health Fair will provide an opportunity for students, parents, staff and the community to gain health information relative to their lives and community.
- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.”
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.
- NMTCS will partner with agencies and community organizations to provide opportunities for appropriate student projects related to health and nutrition.

Physical Activity

- New Media Technology Charter School will continue to hold the annual Black & Green Day. Black & Green Day is a unique opportunity for students and staff to enjoy track and field, basketball and double dutch competitions.
- Age-appropriate physical activity opportunities, such as recess; After-school physical education activities; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- The importance of physical activity and the need for lifelong, health-enhancing physical activity will be promoted during weekly school wide community meetings.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- New Media shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical Education

- Continued partnership with the Black Women in Sports organization will provide students the opportunity to learn a variety of different sports to promote lifelong physical activity.
- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class.
- Documented medical conditions and disabilities shall be accommodated during class.

Other School Based Activities

- NMTCS shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours.
- Drinking water shall be available at all meal periods and throughout the school day.
- NMTCS shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- Goals of the Student Wellness Policy shall be considered in planning all school-based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- New Media shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Safe Routes To School

- NMTCS shall continue to work with the Northwest Community Coalition for Youth (NCCY), a network of schools and organizations whose aim is to provide a safe corridor for students and to promote safety and nonviolence as students travel to and from school.