



Wellness Policy 2017-2018

Revised 8-10-2017

Making Waves Academy is committed to creating a healthy school environment that enhances the development of lifelong wellness practices, promotes healthy eating, and provides physical activities that support student achievement.

Making Waves Academy will provide to each student, free of charge and regardless of ability to pay, breakfast, lunch and afternoon snack. Each meal will meet federal, state and California Department of Education dietary specifications, guidelines and requirements.

Making Waves Academy will provide students will a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

Making Waves Academy will participate in state and federal school meal programs.

Nutrition Education

Every year, all students shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors, shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The Academy shall encourage students to make nutritious food choices.

Physical Education and Physical Activity Opportunities

The Academy shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The Academy may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Governing Body

The Wellness Policy is reviewed by the MWA School Site Council. The School Site Council meets monthly. Members of the School Site Council are nominated and elected.

Nutrition Standards

The Academy shall offer school meal programs with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The Academy shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Academy's policy of promoting a healthy school environment shall be discouraged.

The Academy shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice.
- Nonfat and low-fat milk, plain and/or flavored yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.
- Marketing of food and beverages must meet competitive food and beverage as well as Smart Snacks guidelines.
- Marketing materials, posters, signage, food containers must follow these marketing policies.
- Foods provided during classroom celebrations or as rewards meet standards of this WP

The Academy shall monitor meal providers to ensure that they provide healthy food and beverage choices that comply with this policy's purpose.

Sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The Academy shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.

Other School-Based Activities Designed to Promote Student-Wellness

The Academy strives to create a healthy school environment that promotes student wellness, healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- The Academy shall provide:
 - a clean, safe, enjoyable meal environment for students,
 - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
 - drinking fountains and stations so that students can get water at meals and throughout the day,
 - encourage student participation in school meal programs, and

Time to Eat

- The school Academy shall ensure:
 - adequate time for students to enjoy eating healthy foods with friends, and
 - that lunchtime is scheduled as near to the middle of the school day as possible.

Implementation and Measurement

Making Waves Academy shall implement this policy and measure how well it is being managed and enforced. The governing body shall develop and implement administrative rules consistent with this policy. Input from teachers, specialists in health and physical education, parents/guardians, students, representatives of the school food service program, school board members, and school administrators, SNAP Coordinators, Food Service Coordinators, and the public shall be considered before implementing such rules.

Implementation deadlines are at least three years from initial WP date of June 30, 2017.

Wellness Policy will be assessed every three years by the School Site Council. The first assessment is due June 30, 2020 and will continue at least every three years afterwards. The assessment will incorporate goals set, how the Wellness Policy compares to model Wellness Policies and progress against previous goals. The Wellness Policy will be posted on the website annually.

The Director of Operations will ensure compliance with nutrition policies and can be reached at ljones-bey@mwacademy.org or 510-854-3033.