

Local Wellness Policy

Mission Heights Preparatory High School

Purpose

Kaizen Education Foundation d.b.a. Mission Heights Preparatory High School is dedicated to providing a healthy eating environment and instilling the importance of physical activity.

Nutritional Services:

- Lunch meals served meet the new meal pattern Nutritional Standards designated by the USDA, including minimum requirements for fruit, vegetables, whole-grain rich foods, meat/meat alternates and 2 varieties of milk.
- All students will receive healthy, well balanced meals.
- Students will be given adequate time to eat breakfast and lunch.
- Foods and beverages served or sold will meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day)
- School does not sell competitive foods.
- All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School Nutrition guidelines,
- The school allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snack guidelines. The school submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet Smart Snack guidelines.
- Students will have access to free, safe, and fresh drinking water throughout the school day.
- The school will provide skim and 1% milk to students.
- School will provide hand sanitizers throughout the campus.
- Food service staff encourages participation in the National School Lunch Program (NSLP).

Education:

- Nutrition education shall be integrated within the comprehensive health education curriculum.
- Nutritional education course will include:
 - Wellness- Mental Health
 - Nutrition- Eating disorders
 - Substance abuse
 - Growth & Development
 - Abuse & Violence Prevention- Sexual Harassment
 - Consumer Health decisions

- The school will provide nutrition education through the use of the schools announcements, bulletin boards and website.

Physical Education & Physical Activity:

- Health & Nutrition classes are available, by a teacher, for all students in all grade levels, this course will promote the importance of daily physical activity
- All students in grades 9-12 shall receive a daily supervised lunch break to provide 25 minutes of physical activities chosen by the student.
- Sports are available in each season: Boys and girls soccer, boys and girls basketball, girls volleyball, track and field, cheerleading, and softball.

Promote Student Nutrition:

The school posts menus monthly on the school information bulletin board and website.

Implementation and Monitoring:

- To ensure implementation of the LWP, the policy will be posted on the schools website. The NSLP Coordinator will be responsible for monitoring policy implementation and distributing pertinent information to the school.
- The school convenes a representative district wellness committee
- The public is notified of their ability to participate in the wellness committee through the school website, presentations to parents and newsletters.
- CaSandra Senger is designated to convene the DWC and facilitate development of and updates to the wellness policy
- At least once every three years, the school evaluates compliance with the wellness policy.
- Policy is updated when appropriate including when: school priorities change, community needs change and when new state or federal guidance/standards are issued.
- The public has access to the LWP and Triennial Assessment at all times via school website.
- Anyone who has recommendations, questions or would like to become involved in the development or changes of the school wellness policy can contact Amanda Mace at amanda.mace@leonagroup.com