

Mission Collegiate High School



Health & Wellness Policy Statement

We are proud to be part of the Alliance for a Healthier Generation initiative to help our students and staff lead healthier lives. In 2016, we were recognized with the Alliance for A Healthier Generation Bronze Healthy Schools Program award and in 2017 we were recognized with the Silver Healthy Schools Program award. This year we are striving to improve and maintain the Silver award, therefore, on our campus:

- Physical activity during the school day (including but not limited to physical activity breaks or physical education) will not be withheld or used as punishment for any reason; NOTE: This does not include participation on sports teams that have specific academic requirements.
 - The district will provide teachers and other school staff with strategies for alternative ways to discipline students.
- All foods and beverages **sold, served and offered** before school, during the school day and the extended school day MUST meet or exceed the USDA's Smart Snacks in School nutrition standards;
 - This includes, but not limited to, birthday celebrations, school wide celebrations, after school events, school dances and any food brought into the school by parents. **At Mission Collegiate HS, we allow 2 exempt school celebration days: December 21st and May 31st.** NOTE: This does not apply to foods brought by parents for their own children.
 - For the Alliance's Smart Snacks calculator, click here - <https://foodplanner.healthiergeneration.org/calculator/>
 - Any questions regarding Smart Snacks eligible items can be directed to the Child Nutrition Department.
- Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. **This includes, but not limited to, coupons and gift cards to restaurants or for food items.**

As stated above, we are recipients of 2017-2018 Alliance for a Healthier Generation Silver award, and we will continue to strive to meet our current goals which are now to achieve and maintain SILVER recognition status. As Knights, we pride ourselves in doing things a little differently here, and with the help of our staff, students, parents, and the community there is no goal that is out of reach.

Sincerely,
Orlando Farias
Principal
Mission Collegiate High School