



Wellness Policy

(Latest Revision November 2018)

Adopted by Moscow Charter School Board of Directors on July 10, 2006

Authored by MCS Wellness Committee

Moscow Charter School Wellness Policy

The Moscow Charter School promotes health by supporting physical, social, and emotional wellness, including good nutrition and regular physical activity as a part of the total learning environment. The School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of positive relationships, good nutrition, and physical activity, the school contributes to the basic health status of children.

I. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

IMPLEMENTATION:

- Meet the Goals of Idaho Achievement Standards for Health at each grade level
 - Standard 1: Healthy Lifestyles— acquire the essential skills to lead a healthy life.
 - Standard 2: Risk Taking Behavior—Demonstrate the ability to practice health-enhancing behaviors and reduce health risks
 - Standard 3: Communication Skills for Healthy Relationships-- Demonstrate the ability to use communication skills to enhance health
 - Standard 4: Consumer Health -- Organize, analyze, and apply health information practices and services appropriate for individual needs.
 - Standard 5: Mental and Emotional Wellness –Understand and demonstrate the key components to positive mental and emotional health
- Nutrition/fitness information will be included with the school handbook and newsletter.
- Nutrition/fitness education will be included in annual theme-based learning.

II. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should be served with consideration toward nutrition, variety, appeal, taste, and safety.

IMPLEMENTATION:

- Students will be provided adequate time to eat lunch. The American Food Service Association recommends at least 20 minutes for lunch from the time students are seated. Students are not allowed to share food or snacks.
- Parents and teachers will be provided with handouts outlining guidelines and suggestions regarding healthy treats for school parties. This wellness policy establishes standards for all food available to students on school campus during the school day (e.g., classroom/school celebrations)
- Health benefits of good nutrition will be emphasized and integrated into class lessons when appropriate. Nutritional themes include, but are not limited to:
 - Knowledge of the food guide pyramid
 - Healthy heart choices/healthy diet
 - Healthy snacks and breakfast
 - Identifying and limiting junk food
 - Food labels/nutrients/serving sizes
 - Proper sanitation
- People in charge of fundraising projects must follow the school's Smart Snack Competitive Food Standards to meet all the basic needs in marketing of food and beverages and be compliant with those standards if food is being sold during school hours. They are encouraged to follow the Smart Snack Competitive Food Standards after school hours as well.
- Student rewards: MCS teachers are committed to helping students develop into self-motivated learners who are not dependent on extrinsic rewards. There are, however, times when extrinsic rewards are desirable and age appropriate. As a norm, teachers will give the students non-food rewards, i.e. special privileges in the classroom. On occasion, teachers may choose to reward the whole class with a popcorn party or nutritious snack.

III. Increase the amount of time students are engaged in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity will be included in a school's daily educational program. Physical activity should include regular instruction in physical education, recess, and other related activities.

IMPLEMENTATION:

- Classroom teachers will include Health/Nutrition education.
- Teachers will be provided with suggestions for in-class physical activities.

IV. Moscow Charter School will continue to promote a safe and caring environment in which students are socially and emotionally nurtured. The culture of the school will be characterized by the three Rs: Respect, Responsibility, and Resourcefulness.

IMPLEMENTATION:

- The school counselor and other staff will work together to teach students non-violent communication skills, how to resolve conflicts respectfully and build healthy relationships with others.
- New staff and students will be instructed in *MCS Steps to Solving Relationship Problems*
- School-wide meetings, class meetings and special group meetings will continue to keep the lines of communication open and provide opportunities for students, parents, teachers and staff to discuss concerns.

V. Moscow Charter School is committed to improving the academic performance of all children.

We invite all educators, administrators, school board members, school food service staff, parents, school health practitioners, P.E. teachers, students and community members to acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met.

IMPLEMENTATION:

- MCS will invite members listed above to participate in the development, implementation, review and updating of the local wellness policy. The MCS Board will appoint a standing Wellness Committee.
- The Wellness Committee will meet once every year or as needed to review and revise Moscow Charter School's Wellness Policy.
- The MCS Administrator will ensure the school is in compliance with the wellness policy annually and complete an implementation and monitoring plan.
- We will communicate the results of the written wellness policy implementation and progress to the public via our Website. Our policy is available to the public via our website www.moscowcharterschool.org
- The MCS Board of Directors will review the wellness policy for compliance and adherence to best practices at least once every 3 years.

VI. Moscow Charter School will permit the marketing of only those food and beverages that meet the competitive food requirements.

IMPLEMENTATION:

- The marketing of food and beverages will be limited to those food and beverages that meet the Smart Snacks in school nutrition standards. The Administrator will ensure any new marketing and advertising on our campus meets these standards.

VII. Nutritional Guidelines

In accordance with the Federal Smart Snack standards, all foods and beverages sold to students on campus must meet the current Smart Snack Regulations.

VIII. Fundraisers

All fundraisers that meet the nutritional guidelines are allowed at any time. The State of Idaho is allowing each school 10 exempted fundraisers per year. All fundraisers must be tracked and if greater than 10 exempted fundraisers are needed in a year, MCS must get permission from the State to hold an additional exempted fundraiser.

Foods and/or beverages offered at school-sponsored events outside the school day, (i.e. concessions) will be exempt from the wellness policy; but are encouraged to also offer healthy choices as well. Fundraisers held off campus are also exempt from the wellness policy.