

Mountain Island Charter School, Inc. LEA 36C
Local Wellness Policy

Mountain Island Charter School, Inc. is committed to providing school environments that promote and protect children's health and well-being, reduce childhood obesity, and enhance students' ability to learn by supporting healthy eating, physical activity, and the development of lifelong wellness practices.

To further these goals, and in compliance with federal and North Carolina statues and North Carolina Board of Education requirements, the Board requires the following:

- All Mountain Island Charter School students will have the opportunity, support, and encouragement to be physically active on a regular basis. Mountain Island Charter School will comply with the requirements of the North Carolina Board of Education policy HSP-S-000 that requires a minimum of 30 minutes of vigorous physical activity for all students in grades K – 8, effective with the beginning of the 2014-2015 school year.
- Mountain Island Charter School will provide nutrition education to foster lifelong habits of healthy eating through its Healthful Living curriculum.
- Mountain Island Charter School will meet or exceed the nutrition standards established by the State Board of Education for school meals, a la carte foods and beverages.
- Each principal shall assure that all products offered for sale in vending machines on school campuses meet the nutritional standard for vending sales of beverages and snack foods established in North Carolina law and are sold only during the times allowed by North Carolina law. In addition, elementary principals shall assure that students in elementary schools do not have access to snack products from vending machines.
- The principal shall establish nutritional goals for foods and beverages available to students on campus during the school day other than in the school cafeteria and vending machines.
- The principal shall establish and maintain a local School Health Advisory Council to plan, implement and monitor compliance with this policy as part of the coordinated school health planning process.

The principal shall develop regulations setting forth the detailed procedures to implement the requirements of this policy. In addition, the principal shall develop a plan to measure implementation of this policy and its accompanying regulations and shall designate a person (s) to assure that Mountain Island Charter School complies with the policy and regulations.

Policy established to meet or exceed requirements of the Healthy, Hunger Free Kids Act of 2010.

Date of adoption: proposed September 8, 2014

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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