

Mountain Island Charter School, Inc. LEA 36C
Local Wellness Policy
Revised May 9, 2022

SUBJECT: Mountain Island Charter Wellness Policy

Mountain Island Charter School, Inc. is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The MICS Health and Wellness Committee provides oversight for, and advises the Executive Director on, implementation, evaluation, revision, and updating of the policy. Mountain Island Charter will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, and related community services. Communication with teachers, parents, students, and food service personnel will be an integral part of the school's implementation plan. Physical Education staff, Health Teachers, and School Nurses will share information with parents to help encourage families to teach children about health and nutrition and help them incorporate physical activity into their lives, thereby, positively impacting the health of the community.

Goals to Promote Student Wellness

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

Nutrition Education and Promotion

To facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and wellbeing, Mountain Island Charter will provide nutrition education that:

1. Is offered at each grade level in grades K-5 and in health classes in grades 6-9 as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of health education classes as well as being integrated into classroom instruction when appropriate;
3. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
5. Will foster links with school lunch programs and other foods offered by MICS food service;
6. Includes awareness for teachers, other staff and parents.

Physical Activity and Promotion

Mountain Island Charter School will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

1. Physical education for all students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings. State-certified physical education instructors will teach physical education classes;
2. Classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, playing video games, etc.;
3. A daily recess period for elementary students of at least 15 minutes if scheduling and weather permits. Middle school students (grades 6-8) participate in Health and Physical Education each school day for 60 minutes. High school students will complete a minimum of one credit of Health and Physical Education during the course of their high school career.
4. Extra-curricular physical activity programs such as afterschool enrichment, interscholastic athletics, and clubs for middle and high school students.

Mountain Island Charter School will provide physical activity facilities on school grounds that are safe and well maintained. Adequate equipment will be made available for students to participate in physical activity.

Other School-based Activities

Mountain Island Charter wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. To achieve that goal and present a coordinated school-wide approach related to nutrition and physical activity, MICS will:

1. Ensure that eligible children have access to free and/or reduced-price meals and make every effort to eliminate any social stigma attached to the program; and
2. Provide an environment that is conducive to proper eating and hygiene habits where students will have a designated time allotted for lunch with sufficient time to eat.

Nutrition Guidelines

The MICS Health and Wellness committee will recommend to the Executive Director that nutrition standards be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to

encourage lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

1. At a minimum, school meals will meet the program requirements and nutrition standards.
2. Minimum standards for nutritional value of foods and beverages sold on school campus will be specified in detail in accompanying regulations to this policy.
3. Nutrition information for products sold on campus will be available upon request.
4. All foods and beverages sold on the school campus during the school day will adhere to standards that are consistent with federal regulations for school meals, the Smart Snacks in School nutrition standards, and state competitive food regulations for all food and beverages sold to students during the school day.
5. All foods and beverages marketed and advertised to students on the school campus during the school day will meet or exceed Smart Snacks in School nutrition standards.

Principals in conjunction with their staff will:

1. Encourage healthy snack options at class parties and celebrations.
2. Limit non-curricular food celebrations in the classroom and building per month. At all food celebrations, the majority of choices will be healthy. MICS will provide a list of recommended food and beverages.
3. Educate about and encourage healthy classroom snacks.

A food celebration is defined as an occasion observed with festivity, such as a birthday party, One Hundredth Day of School party, Valentine's Day party, etc.

Parents and guardians may provide commercially prepared food items or prepackaged and washed fruits and vegetables for classroom/building food celebrations. In response to student allergies and health concerns, food/snacks may not be shared in the classroom, in the cafeteria or, at other school events unless it is a pre-approved building celebration. Ingredient lists must be provided to the teacher/event coordinator.

Assurance

Guidelines for school meals shall meet or exceed applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Mountain Island Charter Wellness Policy

MICS will ensure school and community awareness of this policy through various means such as publication in weekly MICS raptor call and/or the MICS school calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate,

on the goals of the Mountain Island Charter School's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

MICS will review and evaluate the plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. In order to be compliant with the USDA final rule, at least once every three years, the district will assess the wellness policy by measuring:

- the extent to which the wellness policy aligns with model Local Wellness Policies
- the extent to which the school is complying with the wellness policy
- the progress made in attaining the goals of the wellness policy

The results of the triennial assessment will be made publicly available to the school community through school communications, such as the weekly newsletter and school website.

Accordingly, the Executive Director shall designate one or more staff members within the school as appropriate to have operational responsibility for ensuring that MICS meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

1. Administrators
2. Director of Food Services.
3. Health and Physical Education Teachers
4. Nursing professionals
5. Students
6. Committee

The Executive Director of the school shall prepare a summary report on school-wide compliance with the wellness policy based on input from within MICS annually. The report will be provided to the Board and also distributed to the MICS School Health and Wellness Committee, parent teacher organizations, building principals, and school health services personnel within MICS. The report shall also be available to community residents upon request.

These designated school officials will also serve as liaisons with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Policy established to meet or exceed requirements of the Healthy, Hunger Free Kids Act of 2010. Date of adoption: proposed September 8, 2014: amended December 13, 2021.

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