

# HIGH TECH HIGH WELLNESS

## *Why have a school wellness policy?*

We believe in promoting a healthy environment for our students during the school day. Our Wellness Policy allows us to assess the current health and wellbeing of our students, and make changes necessary to more efficiently promote our student's health and ability to learn. All schools participating in the National School Lunch Program must have a Wellness Policy in place per federal law.



## *We focus on 4 key areas*

1. School Environment
2. Nutrition Education
3. Physical Activity
4. Community Involvement



## *Our Acheiements*



- Development of Nutrition Education Resources
- Healthy School Celebrations Resource Guide
- Implementation of Smart Snacks in Schools
- Triennial Assessment & Annual Updates of Committee Progress
- Healthy Fundraising Guide
- Compliance of NSLP nutrition standards for meals
- Implementation of breakfast after the bell & 2nd chance breakfast services



## *Community Outreach*

High Tech High provides families, students, and stake holders with annual updates, emails, and online resources

Join our wellness committee & help us support our students by modeling healthy behaviors

50% of our schools now participate in 2nd chance breakfast!



Visit us at <https://www.hightechhigh.org/lunch/> for more information & resources

Information provided by High Tech High 05/2020 Wellness Committee

This instituion is an equal opportunity provider.