



HIGH TECH HIGH

High Tech High Wellness Policy

1. Overview

High Tech High (“HTH”) schools aim to create learning environments that support the healthy development of every student.

The **HTH Wellness Policy (“Wellness Policy”)** outlines HTH's approach to ensuring environments and opportunities for students to practice healthy eating. Specifically, the Wellness Policy establishes goals and procedures with the intention that:

- HTH students have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available at school—in accordance with federal and state nutrition standards;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The broader HTH community works together to create continuity between school and other settings supporting students to practice lifelong healthy habits; and
- HTH establishes and maintains a system for the management, oversight, implementation, communication, and monitoring of the Wellness Policy and its established goals and objectives.

The Wellness Policy in its entirety may be viewed at each school's front office as well as online at www.hightechhigh.org.

This Wellness Policy applies to all HTH schools, students, staff, and volunteers.

2. School Health and Wellness Committee

a. Committee Composition, Role and Scope

HTH will convene a representative **Health and Wellness Committee (“HWC”)** that meets four (4) times per year to establish goals and monitor the development and implementation of programs pursuant to the Wellness Policy.

The HWC members will represent HTH's K-12 schools, and may include: students; representatives of the school nutrition program; athletics program representatives; teachers; mental health and social services staff; school administrators; parents and caregivers; health professionals; and other school professionals. To the extent possible, the HWC will include representatives from each school, and will reflect the diversity of the broader community. HWC members are subject to change throughout the school year.

The HWC will periodically review and recommend amendments to the Wellness Policy. Through the **HTH Food and Nutrition Services Manager**, the HWC also will make recommendations to the HTH schools for school consideration regarding the subjects of this Wellness Policy including nutrition, physical activities, and other ways of promoting student health and wellness (See, Sections III-V of this Wellness Policy). The HWC will observe, collect information, and reflect on actions taken under this policy.

b. Leadership

The Food and Nutrition Services Manager or designee(s) will convene the HWC and facilitate development of, and updates to, the Wellness Policy, and will work with each HTH school toward compliance with the Wellness Policy.

Each school will designate a **School-Level Wellness Policy Coordinator**, who will be responsible for school site communications and efforts related to the Wellness Policy.

3. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

a. Implementation Plan

HTH will develop and maintain an implementation plan to manage and coordinate the execution of this Wellness Policy. The implementation plan will set goals and nutrition standards for foods and beverages available on school campuses, nutrition promotion and education, physical activities, and other school-based activities that promote student and staff wellness. The HWC will assess progress on the Wellness Policy, and may assist the Food and Nutrition Services Manager in compiling information for reports.

b. Recordkeeping

The Wellness Policy will be posted, as required by applicable law, on the HTH website, www.hightechhigh.org.

In addition, HTH will retain records to document compliance with the requirements of the Wellness Policy at High Tech High, 2861 Womble Road, San Diego, CA. Documentation will include, but will not be limited to:

- The Wellness Policy;
- Documentation demonstrating compliance with community involvement requirements, including:
 - (1) Efforts to actively solicit HWC membership from stakeholder groups; and
 - (2) HWC participation in the development, implementation, periodic review, and amendment of the Wellness Policy, as appropriate;
- Annual Report ("**Annual Report**");
- Triennial Assessment of the Wellness Policy ("**Triennial Assessment**"); and
- Documentation demonstrating compliance with public notification requirements, including:
 - (1) Methods by which the Wellness Policy, Annual Reports, and Triennial Assessments are made available to the public; and
 - (2) Efforts to actively notify families about the availability of the Wellness Policy.

c. Annual Progress Reports

HTH will prepare an Annual Report to share basic information about this Wellness Policy, and report on the progress toward meeting wellness goals. The Annual Report will be published each September, and will include:

- Information from each school within HTH;
- The website address for the Wellness Policy and/or how the public can receive/access a copy of the Wellness Policy;
- A description of school progress toward meeting the Wellness Policy goals;
- A summary of each school's events or activities related to Wellness Policy implementation;
- The name, position title, and contact information of the designated Wellness Policy member(s) (See, Section I, above); and
- Information on how individuals and the public can get involved with the HWC.

The annual report will be available in English, and translated into other languages as requested.

d. Triennial Progress Assessment

At least once every three years, HTH will evaluate compliance with the Wellness Policy ("Triennial Assessment"). Among other things, the Triennial Assessment shall include the following:

- A review of the extent to which schools are in compliance with the Wellness Policy; and,
- A description of the progress made in attaining the goals of HTH's Wellness Policy.

The HTH Food and Nutrition Services Manager is responsible for overseeing the Triennial Assessment, and may be reached at iconnor@hightechhigh.org.

e. Amending the Wellness Policy

The HWC will recommend amendments the Wellness Policy based on the results of the Annual Reports and Triennial Assessments, or as: priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state standards are issued. The Wellness Policy will be reviewed for updates at least every three years, following the Triennial Assessment. Amendments to the Wellness Policy must be approved by senior HTH staff and, possibly, the HTH board.

4. Community Involvement, Outreach, and Communications

HTH will communicate ways in which representatives of HWC and others in the broader HTH community can participate in the development, implementation, and periodic review and amendment of the Wellness Policy through a variety of appropriate means. HTH will also inform parents of the improvements that have been made to school meals, compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School Nutrition Standards. HTH will use a variety of mechanisms for communicating information about the Wellness Policy including: electronic mechanisms, such as email or displaying notices on HTH's website, and non-electronic mechanisms, such as newsletters, flyers, posters, letters/mailers, and presentations to parents.

5. Nutrition

a. School Meals

HTH is committed to serving healthy meals to children that include fruits, vegetables, whole grains, fat-free and/or low-fat milk; that are moderate in sodium, low in saturated fat, and contain zero grams of trans fats per serving (as per nutrition label or manufacturer's specification); and that meet the nutrition needs of school children within their caloric requirements. HTH aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

HTH schools participate in USDA child nutrition programs, including the National School Lunch Program ("NSLP"), the School Breakfast Program ("SBP"), and Afterschool Snack Program. Through the NSLP and SBP programs, and other applicable federal child nutrition programs, HTH schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (HTH offers reimbursable school meals that meet USDA nutrition standards), (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>); and
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques, (<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>):
 - Whole fruit options are displayed in attractive ways;
 - Daily fruit options are displayed in a location in the line of sight and reach of students;
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal;
 - Student surveys and taste testing opportunities are used to inform menu development;
 - Menus are created/reviewed by a certified nutrition professional;
 - School meals are administered by a team of child nutrition professionals;
 - HTH child nutrition program will accommodate students with special dietary needs; and
 - Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

b. Water

To promote hydration, free, safe, unflavored drinking water will be available to HTH students throughout the school day. HTH will make drinking water available through drinking water stations throughout campus and where school meals are served during mealtimes. Students will be allowed to bring and carry water bottles filled with only water throughout the day. For purposes of this Wellness Policy, the term “**school day**” is defined in the Glossary below.

c. Competitive Foods and Beverages

HTH will endeavor to ensure that foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold outside of the school meal programs during the school day as defined in the Glossary below (i.e., “competitive” foods and beverages) should meet the USDA Smart Snacks in School Nutrition Standards, at a minimum. Further information regarding smart snacks may be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. Any questions regarding competitive foods and beverages, or the USDA Smart Snacks in School Nutrition Standards, may be addressed to the HTH Food and Nutrition Services Manager at Iconnor@hightechhigh.org.

d. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition Standards may be sold through fundraisers on the school campus during the school day as school day is defined in the Glossary below. Foods and beverages sold outside of the school day hours are not subject to these restrictions.

e. Nutrition Education

HTH aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated into other classroom instruction through subjects such as math, science, language arts, humanities, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods; and
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

6. Physical Activity

a. General

HTH provides opportunities for students to be physically active through recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time athletics programs. Physical activity during the school day (including but not limited to recess, physical activity, and breaks) **will not be withheld** as punishment for any student.

HTH will ensure that its grounds and facilities are safe, and that equipment is available to students to be active, to the extent practicable.

b. Physical Fitness

HTH will promote student physical fitness through individualized fitness and activity assessments (e.g. the Presidential Youth Fitness Program as applicable, <http://www.pyfp.org>).

c. Active Academics

When possible and appropriate, teachers should incorporate movement and kinesthetic learning approaches into instruction (e.g., science, math, language arts, social studies, and others) to limit sedentary behavior during the school day. HTH will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

7. Other Activities that Promote Student Wellness

HTH will seek to integrate other health initiatives related to physical activity, nutrition, and other wellness components in an effort to promote student well-being, development, and improved educational outcomes.

GLOSSARY

School Campus: Areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day: The period from the midnight the night before, to 30 minutes after the end of the official day.