**High Tech High Wellness Policy**

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**High Tech High Wellness Policy**

**Preamble**

*High Tech High* (hereto referred to as HTH) is committed to the optimal development of every student. HTH believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that good nutrition and physical activity are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.[[1]](#endnote-2),[[2]](#endnote-3),[[3]](#endnote-4),[[4]](#endnote-5),[[5]](#endnote-6),[[6]](#endnote-7),[[7]](#endnote-8) Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.[[8]](#endnote-9),[[9]](#endnote-10),[[10]](#endnote-11)

This policy outlines HTH's approach to ensuring environments and opportunities for all students to practice healthy eating. Specifically, this policy establishes goals and procedures to ensure that:

* Students in HTH have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
* Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
* The community is engaged in supporting the work of HTH in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
* HTH establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

The Wellness Policy in its entirety may be viewed at each schools front office as well as online at [www.hightechhigh.org](http://www.hightechhigh.org).

This policy applies to all HTH students, staff, and schools.

1. **School Wellness Committee**

***Committee Role and Membership***

HTH will convene a representative health and wellness committee (“HWC”) that meets four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the HTH Wellness Policy “Wellness Policy.”

The HWC members will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., School Nutrition Director); athletics program representatives; teachers; other school professionals, and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; and health professionals (ex., dietitians, doctors, nurses, dentists). To the extent possible, the HWC will include representatives from each school building and reflect the diversity of the community. Please note all HWC members are subject to change throughout the school year.

***Leadership***

The Student Nutrition Program Manager or designee(s) will convene the HWC and facilitate development of and updates to the Wellness Policy, and will ensure each school’s compliance with the policy.

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Title | Email address | Role |
| Kelly Verburgt | Senior Food & Nutrition Services Manager | Kverburgt@hightechhigh.org | Committee Chair |
| Johnnie Lyman | Teacher | jlyman@hightechhigh.org | Committee Member |
| Cate Challan | Teacher | cchallan@hightechhigh.org | Committee Member |
| Michal-Lynn O'Kelley | Director of Athletics and Wellness | mokelley@hightechhigh.org | Committee Member |
| Susan Battistuz | Site Manager | sbattistuz@hightechhigh.org | Committee Member |
| Kathy Tempco | Dean of Students | ktempco@hightechhigh.org | Committee Member |
| Liliahna Vargas | Student |  | Committee Member |
| Nuvia Rulan | Teacher | nruland@hightechhigh.org | Committee Member |
| Aatash Parikh | School Leadership Intern | aparikh@hightechhigh.org | Committee Member |
| Marissa Thompson | School Psychologist | mthompson@hightechhigh.org | Committee Member |
| Clarissa Guerrero | Parent |  | Committee Member |

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

1. **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

***Implementation Plan***

HTH will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](http://www.schools.healthiergeneration.org/) to complete a school level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

***Recordkeeping***

HTH will retain records to document compliance with the requirements of the wellness policy at the High Tech High, 2861 Womble Road, San Diego, CA and/or on the High Tech High website, [www.hightechhigh.org](http://www.hightechhigh.org/)

Documentation maintained in this location will include but will not be limited to:

* The written wellness policy;
* Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit HWC membership from stakeholder groups; and (2) These groups’ participation in the development, implementation, and periodic review and update of the wellness policy;
* Documentation of annual policy progress reports for each school under its jurisdiction; and
* Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
* Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

***Annual Progress Reports***

HTH will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within HTH in meeting wellness goals. This annual report will be published each September, and will include information from each school within HTH. This report will include, but is not limited to:

* The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
* A description of each school’s progress in 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 policy leader(s) identified in Section I; and
* Information on how individuals and the public can get involved with the HWC or SWC.

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

HTH will actively notify households/families of the availability of the annual report.

The HWC, will establish and monitor goals and objectives for HTH’s schools, specific and appropriate for each instructional unit (middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

***Triennial Progress Assessments***

At least once every three years, HTH will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools under the jurisdiction of HTH are in compliance with the wellness policy;
* The extent to which HTH’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
* A description of the progress made in attaining the goals of HTH’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Lynley Connor, Student Nutrition Program Manager, 619-398-8784.

The HWC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.

HTHwill actively notify households/families of the availability of the triennial progress report.

***Revisions and Updating the Policy***

The HWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.  **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

***Community Involvement, Outreach, and Communications***

HTH is committed to being responsive to community input, which begins with awareness of the wellness policy. HTH will actively communicate ways in which representatives of HWC and others can participate in the development, implementation, and periodic review and update 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 and 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 electronic mechanisms, such as email or displaying notices on HTH’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. HTH will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that HTH and individual schools are communicating other important school information with parents.

HTH will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. HTH will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

1. **Nutrition**

***School Meals***

High Tech High is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim 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.

All schools within HTH participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Afterschool Snack Program. All schools within HTH are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, 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](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)
* Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas):
  + 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 Registered Dietitian or other 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.

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.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (“school campus” and “school day” are defined in the glossary). HTH will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

***Competitive Foods and Beverages***

HTH is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the extended school day will meet or exceed the state nutrition. These standards will apply in all locations and through all services where foods and beverages are sold.

***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\*.

***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;
* Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
* Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
* Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

1. **Physical Activity**

HTH is committed to providing opportunities for our 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.

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

***Physical Fitness***

HTH will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](http://www.pyfp.org/) or other appropriate assessment tool) and will use criterion-based reporting for each student.

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part 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.

1. **Other Activities that Promote Student Wellness**

HTH will integrate wellness activities across the entire school setting. HTH will coordinate and integrate other initiatives related to physical activity, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes. HTH schools are encouraged tocoordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

**GLOSSARY:**

**Extended School Day** - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**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** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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