

Making Community Connections (MC²) Charter School strives to provide an optimal educational environment so that every student can reach his or her maximum potential. The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

Goals:

1. MC² shall teach, encourage, support, and model healthy eating habits for students.
 - a. Nutrition topics will be addressed in each advisory at least once per semester.
 - b. The "And Justice For All" poster and sign that advertises availability of USDA compliant meals will be posted at campuses that offer the National School Lunch Program.
2. MC² shall teach, encourage, support, and model age appropriate daily physical activity.
 - a. Physical activity breaks will be built into the daily schedule.
 - b. Outdoor physical activity experiences will be offered at least once per semester.
3. MC² shall educate students, employees, school board, and community members to the important benefits of a healthy lifestyle.
 - a. MC² will sponsor a health fair once a year.
 - b. Staff wellness topics will be addressed at least once per semester.
4. MC² Schools shall comply with the nutrition guidelines outlined in this policy in a manner designed to facilitate the adoption of healthier eating habits such that 100% compliance is maintained.

Nutrition Guidelines:

MC²'s nutritional standards are based upon standards established by the USDA. These nutrition guidelines apply to all foods sold to students on school grounds during the school day, including but not limited to the school lunch program, foods and beverages sold in vending machines/school stores and fundraising efforts. As needed, the MC² Wellness Committee will request the CEO notify the MC² Board of Trustees regarding any changes that have occurred in federal and state nutrition guidelines that need to be reflected in this Policy.

- A. School Meals – School Meals served in MC² schools shall meet or exceed the nutrition requirements established by the USDA laws and regulations.
- B. Meal Times and Scheduling – Schools *whenever possible*:

- a. Shall ensure students have sufficient time to eat breakfast and lunch in accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004.
 - b. Shall schedule meal periods at appropriate times in accordance with USDA recommendations, and shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students may eat during such activities.
- C. Food Sales – All food items sold by the schools during the school day should meet or exceed nutritional standards established by USDA.
- D. Fundraising Activities – TO support children’s health and school nutrition-education efforts, school sponsored fundraising activities (direct school affiliation) held during the school day will not involve food or will use only foods that meet the nutrition and portion size standards established by the USDA laws and regulations. Schools will encourage fundraising activities that promote physical activity.
- E. Rewards – Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- F. Snacks – Snacks served during the school day or in after-school enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.
- G. School Store – Food and beverage items sold in the school store will meet the guidelines of this Policy. Food items in the school store will not be sold when the school food services program is open for sale. (Food items will be available after lunch and after school.)
- H. Classroom Activities – Schools shall discourage the use of food items for instructional purposes unless they are essential to a curriculum area.

Nutritional Guidelines for Reimbursable School Meals: In no circumstance will the guidelines for reimbursable school meals be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools.

Marketing: Only foods and beverages that meet the Smart Snacks in School nutrition standards will be allowed to be marketed and advertised,

Plan for Measuring Implementation: The Board instructs the CEO to establish procedures for implementation of this Policy that includes targets in support of the goals set forth in this Policy. Each School Leader is charged with the operational responsibility for ensuring that their campus follows the guidelines set forth in this Policy and implements strategies for achieving the targets set forth in the procedures established by the CEO. The MC² Wellness Committee will periodically assess the nutrition and physical activity environment across the MC² campuses and provide input to each School Leader and the CEO regarding progress on the current targets, recommend any new targets, and identify strategies in support of the goals stated in this Policy. The CEO and School Leaders will decide upon the targets and strategies in support of the goals stated

in this Policy. Periodic progress reports will be provided to the MC² Board of Trustees and posted on the MC² Food Nutrition and Wellness public information page.

Community Involvement: The MC² Wellness Committee will periodically assess the nutrition and physical activity environment across the MC² campuses and provide input to each School Leader and the CEO regarding progress on the current targets, recommend any new targets, and identify strategies in support of the goals stated in this Policy. The Committee will be appointed by the Chair of the MC² Board of Trustees and consist of a well balanced group representing parents, students, Board members, administrators, regular and wellness related faculty and staff as well as members of the public with wellness related expertise. The purpose of this advisory Committee is to provide content expertise and community input. People interested in participating in the Wellness Committee may find more information on the MC² Food Nutrition and Wellness public information page.

The Board will review the Wellness Policy annually and notify the public of the availability of the Wellness Policy and any updates made to the policy through the MC² Food Nutrition and Wellness public information page and through inclusion with annual registration materials.

Appendix Reference:

Date Adopted: September 17, 2012

Revision Dates: August 21, 2017, September 18, 2017, July 15, 2019

Last Review Date: August 17, 2020

Statutory Reference:

RSA 189:11-a, Food and Nutrition Programs

Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004