

Mountain Lake Academy Wellness Policy

Mountain Lake Academy is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn through a healthy diet and physical activity. It is our policy to:

- a. Welcome parents, teachers, food services professionals, health professionals, and interested community members in developing, implementing, monitoring, and reviewing the wellness policy.
- b. Provide all students opportunities, support, and encouragement to be physically active on a regular basis.
- c. Provide meals that meet or exceed state and federal guidelines to promote optimal health.
- d. Provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity.

I. Nutrition Standards

- a. All students have access to free, safe, and fresh drinking water throughout the day (*during, before, and after school*).
- b. All meals are made to be appealing and attractive to students.
- c. A clean, safe, and pleasant setting for eating is provided.
- d. Access for all students to wash hands before eating to develop healthy practices.
- e. Healthy food options are made easy and accessible by providing a variety of fresh fruits and vegetables at every meal.
- f. The use of whole grains and appropriate portion sizes in low-sugar, low-fat, and low-calorie options are provided at every meal.
- g. Low-fat (1%), fat-free milk, and nutritionally-equivalent non-dairy alternatives are provided (*as defined by the USDA under CACFP17-2016*).

II. Meal Times and Scheduling

- a. Mountain Lake Academy provides 30 minutes for each meal period.
- b. Meal periods are scheduled at appropriate times, e.g. lunch will be scheduled between 11am and 1pm.
- c. Scheduling of activities will not occur during mealtimes. When activities cross into mealtimes a meal will be provided following nutritional guidelines.
- d. Healthy food options are encouraged to be brought when resources and/or families visit.
- e. Visiting resources and/or families are encouraged to share healthy meals together.

III. Snacks

- a. Snacks provided afterschool will include full services of two of the following four components:
 - Fluid milk and/or nutritionally equivalent non-dairy alternatives
 - Meat or meat alternative
 - Vegetable or fruit
 - Whole grain or equivalent serving of bread product
- b. Snacks and food will not be sold to students or staff.
- c. Installation of vending machines and/or equipment is not permitted.

IV. Nutrition, Physical Activity Promotion and Food Marketing

- a. Nutrition education programs will be evidence-based, complying with state grade-level curriculum standards, designed to build the appropriate skills and knowledge students need to maintain a healthy lifestyle.
- b. Fruits, vegetable, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices will be promoted.
- c. Interactive and participatory activities such as taste testing, farm visits, and/or school gardens will be encouraged.
- d. Caloric balance between food intake and energy expenditure will be emphasized.
- e. Media literacy with a focus on food marketing education will be provided.
- f. Students will engage in moderate to vigorous physical activity for at a minimum of one hour per day.
- g. Students will engage in additional rigorous physical activity per week; e.g. hiking, biking, skiing, snowshoeing, etc. on a regular basis.

I. Implementation, Monitoring, and Evaluation of Wellness Policy

- a. The principal or designee will review the Wellness Policy on an annual basis, utilizing the NYS Wellness Policy Assessment Tool, to measure the effectiveness of the policy and keep it current with new or changing laws and best practices.
- b. The Mountain Lake Academy Health and Safety Committee will assist in development of policies and practices, including those that address healthy eating and physical activity.
- c. The Mountain Lake Academy Health and Safety Committee will monitor and ensure compliance with the Wellness Policy.
 - Meeting at a minimum of every three years to ensure implementation, monitoring and evaluation of policies.
- d. The following indicators will be used to measure implementation:
 - Physical education instruction offered will be measured by schedules and program guidelines.
 - Nutritional education instruction offered will be measure by schedules and program guidelines.
 - Nutritional guidelines will be measure by review of menus.
- e. Annual training on this policy will be provided by the Principal or designee in January.

