



Wellness Policy

“Healthy Minds Are Fed By Healthy Bodies, Provided They Are Supplied By Healthy Foods.”

Background-The Child Nutrition and WIC Reauthorization Act of 2004 mandates that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy that, at a minimum:

- Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.
- Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.
- Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations and guidance apply to schools.
- Establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency, or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.
- Involves parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, physical activity, campus food provision, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan for measuring policy implementation.



Wellness Policy

Setting Physical Activity Goals & Meeting Physical Activity Requirements

All freshmen are required to take Physical Education (PE) and Health class in the 9th grade. Trade Tech offers and encourages students to participate in a PE classes throughout their 10th through 12th grade. The PE teacher defines what the physical activity will be for the day. Trade Tech also offers students in 10th through 12th grades an option to earn PE credit for outside activities in order for them to develop a healthy lifestyle.

The Health Education and Physical Education programs will emphasize the importance of caloric balance between food intake and energy expenditure (physical activity/exercise.)

Students in the 9th through the 12th grade will receive nutrition education that is age appropriate, interactive, and teaches the skills needed to adopt healthy eating behaviors.

Nutrition shall be integrated into curricula such as Physical Education, Health Education, or core curricula (e.g., Math, Science, Language Arts, and Social Studies) as appropriate.

The school shall link nutrition education activities with health instruction as per the State's curriculum frameworks (e.g., reading and interpreting the information available on food labels such as the amount of sugar, salt or fat contained in the food; using valid nutrition information to make healthy food choices; using unit pricing to determine the most economical purchases; using critical thinking skills to distinguish facts from fallacies concerning the nutritional value of foods and food supplements, adapting recipes to make them more healthy by lowering fat, salt, or sugar and increasing fiber, using critical thinking skills to analyze weight modification practices, and selecting appropriate practices to maintain, lose, or gain weight according to individual need.)

When Activities Are Offered

Trade Tech has created an after school activities program designed to get students moving while having fun, those activities include various sports and the Outdoor Club. Participation in physical activity daily is encouraged while at Trade Tech.

Promoting Student/Resident Wellness & Meeting Student Needs

Students are surveyed to collect feedback on menu choices by the Food Services Department so that menus are reflective of different pallets, tastes and cultures.

Staff Participation

Staff members are encouraged to participate in physical activities with the students in a non-competitive, coach or cheerleader role. Staff members/advisors are to be positive role models at meals and encourage students/students to make good choices. This would include encouraging



Wellness Policy

students/students to try new foods, as well as promoting the consumption of fruits and vegetables and monitoring portions.

Foods Available During

All foods provided by Trade Tech, whether on school premises should provide for the nutritional well-being of students. What is offered will be consistent with the guidelines (recommendations) contained in the Health Framework and Model Curriculum Standards for Health. Food will be prepared in ways that ensure optimal student acceptance, while retaining nutritive quality. Food offerings should take into considerations the prevention of chronic diseases. Guidance and limitations of food choices in the school environment are needed to foster a lifetime of healthful eating habits.

Foods of Minimal Nutritional Value

Trade Tech has a plan and vision of moving away from offering any foods of minimal nutritional value (FMNV), as defined by federal regulations in the classrooms. Foods of limited or no nutritional value include, but are not limited to, such items as soda, which do not contain fruit or fruit juices, chewing gum, and certain candies made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients.

Off Campus Events

Students are provided a sack lunch or bring their own lunch for school time field trips. Sack lunches are packed by the Food Services Department of the Vista School District and meet the requirements of the School Nutrition Program and contain the five components required by the National School Lunch Program for a reimbursable meal.

Meeting the Requirements of the “National School Lunch” And “School Breakfast Programs,” And “Offer versus Serve” Approach to Meal Planning:

All meals served meet the National School Lunch/School Breakfast Program, menus were certified compliant through Vista Unified School District. Whole grain breads and cereals are used and Non Fat Milk and/or 1% Low Fat Milk is offered at every meal. Lunch time meals offer the five components required for a reimbursable meal; students must select three of the five items in order for Trade Tech to claim a reimbursable lunch. Students are encouraged to eat vegetables and/or fruit at all meals.