



**MOT CHARTER**  
K-12 • Arts, Science & Technology

## **MOT Charter School**

### **Wellness Policy 2021-2022**

**MOT Charter School's wellness policy is intended to influence a student's actual behaviors to result in lifelong healthy choices. These healthy choices will help eliminate barriers to learning that are associated with improper nutrition and fitness.**

## **I. Nutrition Education**

### **A. Goals for Nutrition Education**

1. Encourage teachers to integrate nutrition education in an interdisciplinary approach.
2. Promote and disseminate information related to integration of nutrition education into curriculum.
3. Promote nutrition awareness throughout school environment by displaying nutrition information.
4. Promote nutrition awareness to parents by sending nutrition information home, posting nutrition tips on websites and providing nutrient analysis of school menus.
5. Incorporate nutrition education into after school programs.
6. Initiate school-based nutrition education and health promotion, such as limiting food and beverage marketing to the promotion of foods and beverages that meet nutrition standards.
7. Promote healthy foods, including fruits, vegetables, whole grains and low-fat dairy products.
8. Establish a school wellness committee to develop, promote, and oversee a multi-faceted plan to promote staff health and wellness.
9. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.

### **B. Nutrition Education Standards**

1. Students of MOT Charter School will be encouraged to make healthy choices around the following healthy choice themes:

Knowledge of the Food Guide Pyramid	Dietary Guidelines for Americans
Understanding calories	Healthy snacks
Healthy breakfast	Healthy diet
Food labels	Major nutrients
Multicultural influences	Serving sizes
Proper food safety	
2. Students will receive the state recommended hours of instruction around nutrition education.

## **II. Nutrition Guidelines**

MOT Charter School is committed to promoting healthy eating with all students and school personnel. MOT Charter School will work toward expanding awareness about the nutrition guidelines among students, parents, teachers and the community.

### **A. Nutrition Guidelines**

1. All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group.
2. School lunches will, over the course of a school week, include nutrient dense foods, whole grain products, fiber rich vegetables and fruits.
3. Encourage students to consume all components of the school meal.
4. Display prominently the nutrition information for food offered a la carte, in vending machines and at the school store.
5. All snacks and beverage items sold to students on school property during the school day, including items sold in a la carte lines, vending machines and school stores shall meet Competitive Food standards. The school day is defined as any time between 12:00 AM and thirty minutes after the end of the school day. This does not prohibit the occasional treat offered by students or parent groups for school celebrations

#### **SMART SNACKS—QUICK REFERENCE GUIDE**

##### **A LA CARTE SNACKS MUST MEET ONE OR MORE OF THE FOLLOWING:**

Must be  $\geq 50\%$  WGR

WG first ingredient on label or second only to water

First ingredient on label is fruit, vegetable, meat/meat alternate

Combination food w/at least 1/4 cup fruit or vegetable

Contain 10% of Daily Value for calcium, potassium, Vitamin D, or fiber

**a. Portion Size**

One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruit

Two ounces for cookies or cereal bars

Three ounces for bakery items, including but not limited to pastries, muffins and donuts

Four fluid ounces for frozen desserts, including but not limited to ice cream

Twelve-ounces for beverages (except water and milk products)

**b. Nutrition Standards**

STANDARD	REQUIREMENT	EXEMPTION
Fat	$\leq 35\%$	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats
Saturated Fat	$\leq 10\%$	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats
Trans Fat	$\leq 0.5$ g	NONE
Sugar	$\leq 35\%$ by weight	Dried whole fruits/veggies Dehydrated fruits or veggies
Sodium	$\leq 230$ mg per item per snack $\leq 480$ mg per entrée	NONE
Calories	$\leq 200$ calories snack $\leq 350$ entrée	Entrée sold a la carte on day served NSLP/SBP Entrée sold a la carte day after served NSLP/SBP
Caffeine	Not Allowed K—8	Allowed in Grades 9—12 if calories meet the requirements in the beverage chart below

### Beverages

GRADES	WATER	FF FLAVORED/ WHITE	FF UNFLAVORED	100% JUICE (INCLUDES CARBONATED)	≤5 CAL PER 8 OZ	≤10 CAL PER 20 OZ	≤40 CAL PER 8 OZ	≤60 CAL PER 12 OZ
K—5	√	√ ≤8 OZ	√ ≤8 OZ	√ ≤8 OZ	No	No	No	No
6—8	√	√ ≤12 OZ	√ ≤12 OZ	√ ≤12 OZ	No	No	No	No
9—12	√	√ ≤12 OZ	√ ≤12 OZ	√ ≤12 OZ	√	√	√	√

For more detailed information on Competitive Food requirements, please reference § 210.11 Competitive Food Service and Standards

#### **B. Eating Environment**

1. MOT Charter School students shall have at least 15 minutes after receiving their lunch in which to eat it.
2. Lunch periods are scheduled as near the middle of the school day as possible.
3. Food service staff and school administration collaborate to provide sufficient space and time for meals.
4. Students shall be permitted to go to the water fountain at mealtime.
5. Students will be encouraged to wash their hands or use hand sanitizer before meals to prevent spread of germs and reduce the risk of illness.
6. Meals and snacks will not be used as a punishment for individual student behaviors. Use of meals and snacks as a reward is discouraged unless it is detailed in a student's Individualized Education Plan (IEP). This does not preclude the occasional pizza party lunch for a class meeting certain goals. If available, whole grain pizza crust is recommended.
7. A list of healthy snacks, including snacks that are free of common allergens (i.e., peanut, egg, wheat, dairy) will be distributed to parents to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities. Parents will be encouraged to provide healthy snacks for school functions.

8. MOT Charter School will encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activities. Any food advertised or sold by the school during the school day must meet national Smart Snack requirements. This includes any food related fundraiser conducted during the school day by the school, student groups or PTO.
9. Educational activities (Student Market Day, Student Spanish Food Projects, etc.) during the school day may produce food that does not comply with school lunch nutritional standards.
10. School nutrition programs will be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation will not take precedence over the nutritional needs of the students.
11. The school will employ a properly qualified, certified and /or credentialed director to administer the school lunch program.
12. All food service personnel shall have adequate in-service training in food service operations.
13. Students are encouraged to start each day with a healthy breakfast.
14. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
15. Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.

### **III. Physical Activity**

MOT Charter School will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes, and providing opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

#### **Physical Education versus Physical Activity**

Physical Education teaches the knowledge and skills to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

1. MOT Charter School students in grades K- 10 will receive a quality physical education program that is
  - Age-appropriate
  - Taught by a certified physical education teacher
2. The physical education program will:
  - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
  - Create a positive atmosphere for all students to participate in physical activities
  - Enhance skills in leadership, teamwork and self-confidence
3. MOT Charter School will promote 60 minutes per day of moderate to vigorous physical activity and will provide opportunities for students and staff to engage in such activities. This includes opportunities in various settings such as:
  - Physical Education
  - Classroom
  - Recess
  - After-school clubs and athletics
4. Students will not be excluded from participating in physical education classes for unrelated disciplinary action. Keeping in students form recess for because of negative student behavior is discouraged, though may occasionally occur. The imposition of physical activity will not be used as a disciplinary measure.
5. When after-school programs are taking place, at least one staff member who has been trained in CPR should be on the premises.
6. The benefits associated with physical activity will be shared with community groups and parents.
7. Staff wellness opportunities will be available to employees.

#### **IV. Implementation of Wellness Policy**

MOT Charter School will appoint a Wellness Policy Coordinator to assist in the implementation, coordination and evaluation of the Wellness Policy by:

1. Facilitating collaboration among staff.
2. Assisting the administration with the integration, management and supervision of the Wellness Policy.

3. Facilitating collaboration between MOT Charter School and other agencies and organizations in the community who have an interest in the health and wellbeing of children and their families.
4. Evaluating the results of the Wellness Policy on a triannual basis.
5. On a minimum of a yearly basis, invite participation by the general public and school community (parents, students, school food authority representatives, physical education teachers, school health professionals, school board, school administrators) in the wellness policy process.
6. Ensure that the School Wellness Policy is posted on the school website and is distributed to parents on a yearly basis.
7. Currently the Wellness Policy Coordinator is the Director of Student Services.

## Glossary

**A la carte foods** - items sold separately from the National School Lunch Program.

**Food Allergens** – substances that trigger the immune system and can cause severe allergic reactions.

**Dietary Guidelines for Americans** – is published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice about how good dietary habits can promote health and reduce risk for major chronic diseases.

**Federal Nutrient Standards** - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

**My (Food Guide) Pyramid** - a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

**Foods of low nutrient density** - foods that are high in calories, often from fats or sugars and contain little or no of vitamins, minerals or other essential nutrients.

**Hazard Analysis and Critical Control Points Plan and Guidelines** - a systematic approach to the identification, evaluation and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

**Individualized Education Plan (IEP)** – children who are eligible for special education services have a written document that outlines an educational program that is tailored to the individual student to provide maximum educational benefit.

**Nutrient Analysis** – evaluation of a menu to ensure that it meets the appropriate nutrient standards.

**Nutrient dense foods** - foods that are high in essential nutrients proportional to their caloric value.

**Physical Activity** - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion,

**Physical Education** – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

**Reimbursable meals** – meals that are free, reduced and are reimbursable by the federal and state government.

**Saturated Fats** - fats such as those in meat, poultry, some dairy products, processed and fast foods and other sources can cause an elevation in blood cholesterol levels. High levels of saturated fats are risk factors for cardiovascular disease.

**School Day** - from 12:00 AM to thirty minutes after the end of the school day.

**Trans fats** – trans fats naturally occur in some foods, but are more commonly formed from “partial hydrogenation” of liquid oil. Trans fats contribute to cardiovascular disease by raising levels of LDL (bad cholesterol) and decreasing levels of HDL (good cholesterol).

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name MOT

Reviewer K-12 WELLNESS TEAM

School Name MOT

Date 5/23/22

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

## Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents  
☐ School Board Members ☒ School Health Professionals ☐ Students ☐ Public

☒ ☐ We have a designee in charge of compliance.

Name/Title: MITCH WEISS

☒ ☐ We make our policy available to the public.

Please describe: WEBSITE, EMAIL TO FAMILIES OF REVISED POLICY

☒ ☒ We measure the implementation of our policy goals and communicate results to the public.

Please describe: WE MONITOR POLICY, BUT NEED TO COMMUNICATE

☒ ☐ Our district reviews the wellness policy at least annually. (BUT DON'T DURING COVID)

## Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

## Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals. (HAND SANITIZER, TOO)

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☐ ☒ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☒ We offer taste testing or menu planning opportunities to our students. SOE ACTIVITIES IN K-5 WELLNESS

☒ ☐ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☐ ☒ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☒ ☒ We prohibit the use of food and beverages as a reward (DISCOURAGED BUT DOCUMENTED)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☐ ☒ We operate the Fresh Fruit and Vegetable Program. (DO NOT QUALIFY)
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
☐ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day. (WE COME WEDNESDAYS)
- ☒ ☒ We prohibit staff and teachers from keeping kids in from recess for punitive reasons. (STRICTLY DISCOURAGE)
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☐ ☒ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☒ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☒ ☒ We have a staff wellness program. (NO OFFICIAL PROGRAM, BUT SOME SCHOOL SPONSORED STAFF ACTIVITIES)
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff). (NEED TO "RENEW CERT.")
- ☐ ☒ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☐ ☒ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☐ ☒ We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

SEE MEETING NOTES FROM 5/19/23

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name MITCH WEISS

Position/Title DIRECTOR OF STUDENT SERVICES

Email MITCH.WEISS@MOT.K12.DE.US

Phone 302-696-2088 x 51020

## MOT Wellness Plan Review Meeting

Zoom – 5/19/22

### **Attendance:**

Mitch Weiss (Admin and Parent), Kim Weiss (HS Cafeteria Manager and Parent), Kitwan Baughn (K8 Cafeteria Manager) Lisa Delcollo (HS PE Teacher), Lisa Marsey (K8 Wellness Teacher and Parent), John Camponelli (HS Asst Principal and parent), Terry Howarth (K8 Principal), Carina Slater (Parent), Thomas Gargalas (Parent)

### **Written Feedback Provided:**

Joe Baynard (K8 PE Teacher and Parent)

### **Meeting Notes:**

Introduction of staff and parent attendees.

Reviewed Nutrition Goals and Health Choice Themes from Wellness Plan.

#### **Minimum Requirements**

Encouraging students to eat full meal. Sharing table came from suggestion in last Wellness Plan Evaluation. Smart Snack requirements. Modeling of behavior is important even when not required by our plan.

### **Eating Environment**

Will have to look at length of lunch for next year. Moving from four lunches to three lunches at the HS, which will mean more students in each lunch. Will need to make sure that students still have enough time to eat their lunch. Hand sanitizer provided in cafeteria lines.

Committed to reducing the use of food as a reward from classroom behavior. Still occasionally happens, but we have made a lot of progress in this area, since our plan was implemented. Example of moving from pizza party to water gun fight in spring of fourth grade. Question about recommendation for whole grain crust on pizza for classroom use. Will check again, but last time we checked, whole grain pizza crust was not available from local restaurants. Plan does currently allow for Spanish Food projects and Multicultural Food projects that don't meet for.

Terry reports that the PTO has made progress with not using candy sales for PTO fundraisers as in previous years. We do continue to sell smart snack compliant ice cream in the K8 cafeteria.

Kim is our credentialed director, and we are in good shape with professional development, HACCP, and food safety.

### **Wellness Policy Assessment Tool:**

#### **Section 1 – Public Involvement**

Information is up to date. Thought we had the waiver to not do annual review during Covid, but turns out that we had to apply for the waiver instead of entire state getting the waiver.

## **Section 2 – Nutrition Education**

Yes, for all areas. Nutrition education is housed solely in Health and Wellness classes. Terry reports that it would be difficult to embed in other areas because of the State standards that science, math etc, must meet.

Health and Wellness HS Units – My Plate, healthy snacking, the amount of activity to work a calory off. Lisa Delcollo reports that HS students sometimes have difficulty being receptive to messaging. We do have a healthy eating club that meets as well.

## **Section 3 - Nutrition Promotion**

Need to work on regularly sharing school meal nutrition, calorie, and sodium information. This has become more of a challenge now that we are trying to build more variety into our menu and because with Covid, food shortages mean that we aren't always able to serve the same exact product we planned. Discussion about taste testing. We have done this in the past and we are committed to getting back to that for 22-23. Lisa Marsey shared that she did a project in Wellness middle school classes where students evaluated their most favorite and least favorite lunches and that would be an easy tie into doing some taste testing. Lisa also shared that they have partnered with Homestead Gardens to reinvigorating the school garden. Planning on growing some herbs to use in the cafeteria.

## **Section 4 – Nutrition Guidelines**

We operate School breakfast before school with a grab and go program. We follow all of the National School Lunch Program regulations. Unfortunately, we do not qualify for the Fresh Fruit and Vegetable program. We have a certified food handler as our food service manager. All products sold in vending machines are smart snack compliant.

## **Section 5 – Physical Activity**

Students in K-8 get recess and PE. At the HS, students in ninth and tenth get PE as well. Written suggestion from Joe Baynard to go back to how we used to schedule MS related arts because under current system, some students don't have PE as frequently. Strongly discourage keeping kids in from recess for behavior reasons. We Connect Wednesdays have also offered additional physical activities during the school day such as kick ball club, etc.

## **Section 6 – Other School Based Wellness Activities**

More No's in this area than in other evaluation areas. Currently don't give training to staff on the importance of modeling healthy behaviors, nor do we have a staff wellness program. CPR training has

lapsed during Covid, so we need to reimplement that for beginning of year trainings in 22-23. We don't have a walk or bike to school program, but the K8 has added a bike rack recently. The HS does have a recycling program run by students, but we don't currently have community partnerships in this area, nor do we have a student healthy behavior reward program. HS students are working with the Head of School to invest in compostable lunch trays. K8 currently has a weekly yoga program for staff, and we have an active staff running group after school to model behaviors.

**Next Steps:**

Revise and update Wellness Policy

Share with Administrative Leadership team

Distribute to staff and elicit feedback

Distribute to families and post on website

Identify next steps for summer to implement changes for 22-23 School Year