



## Mastery Schools Wellness Policy

Mastery Schools are fully committed to doing anything and everything it can to provide for, facilitate, and maximize student achievement and success at Mastery Schools, in college, and beyond.

This commitment to student excellence drives Mastery Schools' Wellness Policy.

Specific goals of this policy are as follows:

- Students will demonstrate fundamental knowledge of health and nutrition.
- Students will know how to care for themselves.
- Students will demonstrate their knowledge of how to provide basic care for others through the life cycle.
- Students will be engaged in healthy practices, and demonstrate that through physical exercise, sensible eating, and healthy choices in all aspects of their physical and mental health, reproductive and sexual health decisions, etc.
- Students will monitor their own health and command strategies for addressing the health problems of themselves and others.

### Nutrition

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As a participant in the National School Lunch Program (NSLP), Mastery Schools will provide students with access to healthy and low-cost nutritional meals that meet or exceed federal regulations.

Any additional food or beverage items sold a la carte or in vending machines will meet all *Nutrition Standards for Competitive Foods in Pennsylvania Schools*, as developed by the Pennsylvania Department of Education (PDE).

Mastery Schools also meets or exceeds these standards in other areas, as designated by PDE. For example:

- Any and all classroom parties, of which we have very few, are financially supported to offer fresh fruits and vegetables, as well as water and juices.
- All fundraising efforts are supportive of healthy eating, and whenever possible, fundraisers do not involve food.
- We do not use food as a reward, unless the reward promotes a positive message.
- We will encourage all students to participate in the school meals program. If a student, however, does not participate, we will encourage his or her parents to provide healthy alternatives.

Please note that at this time, we do not have a school store. If Mastery Schools develop this facility, we will follow the recommendations of PDE.



## Physical Activity

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Mastery Schools are committed to providing physical exercise for at least one report period, helping each student to accumulate the sixty minutes of daily physical activity recommended by the federal government. These courses serve as the foundation for a life-long commitment to active living, which also include health and wellness instruction in the classroom.

In addition, all students can choose to participate in our extra-curricular activities. These can include basketball, flag football, soccer, gymnastics, dance, cheerleading, step, and various other activities. Over 25% of our student body participates in at least one of these sports.

## Other School-Based Activities

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Mastery Schools will meet the following goals with regard to other school-based activities:

- We will provide a safe and clean meal environment for students.
- We will make facilities for hand-washing prior to meals and snacks available. We will place hand sanitizers, mounted to the wall, in strategic locations throughout the facility.
- We will train staff in all components of this wellness policy.
- We will encourage staff to participate in health education and wellness programs.
- We will consider the wellness policy when planning all school-based activities, such as field trips or school dances.
- We will provide consistent health and nutrition messages throughout the school facilities.



## Curriculum Initiatives

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Our current program at Mastery Schools affords all students at least a report period's worth of health, wellness, and physical activities. In addition, students receive social and emotional learning instruction, where students delve into sex education, body systems and maintenance, diseases and disease prevention, nutrition, exercise, and overall wellness.

## Development and Oversight

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Assistant Principal of Operations and Network Director of School Operations are responsible for ensuring that Mastery Schools meet this policy. They have worked in tandem to advocate for stronger wellness policies that promote healthy nutrition and consistent physical activity for all students. They measure its effectiveness on a routine basis and will ensure yearly improvement; this will promote the highest possible student achievement and the overall wellness of our students and staff.