MEMPHIS ACADEMY OF SCIENCE AND ENGINEERING

LOCAL SCHOOL WELLNESS POLICY

National School Lunch Program / School Breakfast Program

Memphis Academy of Science and Engineering (MASE) is committed to creating a school environment that supports student health, nutrition, physical activity, and overall well-being. This policy applies to the school campus during the school day and is implemented in accordance with federal Local School Wellness Policy requirements for schools participating in the National School Lunch Program.

Nutrition Education & Promotion

MASE will provide age-appropriate nutrition education and promote healthy eating through classroom learning, school communications, cafeteria messaging, and other wellness activities. Nutrition messages will be consistent with evidence-based guidance and support healthy food choices.

School Meals & Nutrition Standards

Meals served through the National School Lunch Program and School Breakfast Program will meet current USDA meal-pattern and nutrition requirements. Students will have access to safe drinking water during meal service, and meal periods will be scheduled to support a positive dining experience.

Foods Sold or Provided at School

Foods and beverages sold to students during the school day outside reimbursable meals will meet USDA Smart Snacks in School standards, where applicable. The school will encourage healthier choices for celebrations, classroom activities, fundraisers, and rewards.

Food & Beverage Marketing

Food and beverage marketing on the school campus during the school day will be limited to items that meet USDA Smart Snacks standards, consistent with federal wellness-policy requirements.

Physical Activity & Physical Education

MASE will provide opportunities for students to participate in physical education and age-appropriate physical activity. The school will encourage movement throughout the school day and support practices that help students develop lifelong healthy habits.

Other School-Based Wellness Activities

The school will support a healthy school environment through activities that may include staff wellness, health education, social-emotional wellness, safe and supportive school practices, and programs that reinforce healthy behaviors for students and families.

Leadership, Participation & Implementation

MASE will designate a school official to oversee implementation of this policy. Parents/guardians, students, school food service staff, teachers, school administrators, health professionals, and community members will be invited to participate in the development, implementation, review, and update of the policy.

Public Notification, Records & Assessment

MASE will make this policy available to the public and provide periodic updates on wellness-policy implementation. The school will maintain required records and complete a triennial assessment at least once every three years to evaluate policy compliance, progress toward wellness goals, and consistency with model wellness policies. Results will be made available to the public.

Wellness Policy Contact / Coordinator:

Name: _____ Email/Phone: _____

Adopted/Reviewed: _____ Next Triennial Assessment: _____

Prepared for website posting. Based on USDA Local School Wellness Policy requirements (7 CFR 210.31).