

Wellness Policy Assessment: School Year 2017-18

Updated: Feb 1, 2018

Here at MIT we have been building on strengthening our Wellness Policy and finding better ways and useful methods to enhance our policy in our school. We want to make MIT to be an enjoyable, safe, and healthy environment for our students and staff. We want students to feel comfortable and secure knowing that they are at a place where staff and administration care about their health and over all well-being.

The first step in ensuring MIT is continuing to make this happen is, since 2010 MIT had been monitoring the competitive food on campus. As with many other schools, the policy of making any campus free of junk food is a challenge.

However, as of this school year 2017-18, MIT has strongly been enforcing any and all competitive foods coming on campus. We do not allow any student or parent to bring off campus foods; such as McDonalds, Pizza, and other fast foods for lunches. We do not allow any food fundraiser to be sold during school hour. We are enforcing the half an hour before or half an hour after school food sales only. We do not allow food parties of any kind in the classrooms during the school day as to not interfere with our Food Programs. Any candy, food reward, incentives from teachers, and any other food not in compliant or not of nutritional value are all done half an hour after the school day. This is to ensure that our students and staff are informed and educated of the importance of a junk-free campus. This will give everyone the opportunity to make healthier choices of foods and to take more advantage of our healthier meals through our NSLP and CACFP Meal Programs.

MIT has implemented more sports activities during lunch times, as well as during the After School Programs. The ASP Staff coordinates and supervises sports and activities for the students who are enrolled. This can range from basketball, football, to arts and crafts. Not only are the students taking part in the activities during the school day but many are also participating in sports activities on their own time. Coordinated by a school official, namely Mrs. Cavanaugh one of our P.E teachers. She does a lot of marathons, running events as well as other activities with the students.

Our students who are qualified by grade performance are also able to participate in school sports. Many of our students participate in either the soccer, basketball, cheerleading, step team, color guard, or drum line. There are also other activities that promotes social interaction with other students. These activities would better help students to communicate, build friendships, and support each other. Activities can range from playing video games, building robots, to coding software programs. It is interacting and giving students an environment they are comfortable, and socially interactive in.

There is also a Young Ladies Club that is instructed by our Student Services Coordinator Ms. Pelora Atkins. This group is focused towards working with the young ladies at MIT in the HS level. She put this group together to help the young ladies help themselves to become better, to set boundaries for themselves and how to change their attitudes and behaviors. It is also teaching them how to be a role model for the younger girls. It's learning how to like themselves so they can be better people to others and to learn how to treat others as they want to be treated. It is teaching them self-respect as well as respect for their elders and peers. It is helping them deal with peer pressure and how to hold themselves accountable for their actions. It is understanding what girls go through and how to be a

better friend. Overall, it is a self-evaluation program. This group is meant to be a safe place where the ladies can be comfortable to come and speak with an adult about personal issues without the fear of being criticized or pointed out.

Since the School year 2014-15 MIT has broadened the Counseling Services on campus, continued to improve Staff Development and Student Management. Teacher support has built great relationships with students.

School year 2016-17 -We were working with JFK University and had Intern Psychologist working on campus with our general population. We also had East Bay Family Institute who helped with the counseling for our Special Education. We had student testing for special education and workshops for students such as Empathy classes.

Also in 2016-17 MIT also worked with Staff not just students. Administration wanted to better understand and make sure staff's well-being and overall satisfaction here at MIT were also taken into consideration. So, a series of staff surveys started. This is given periodically to make aware of how staff's satisfaction or dislikes are being addressed.

Focus groups were developed which consists of consultants and staff. The group worked with what is working and not working in the school environment.

MIT had also been working with a Center called Courage and Renewal. This group is called Leading Together which is a 2 year program that provides coaching for staff and how to deal with the general population.

When we have the opportunity to have a yoga instructor come in the mornings, staff are welcome to start their mornings off healthy and exuberant. During Focus Groups and at Staff Development Days, we usually start off the meetings with relaxation techniques. Staff also shares ways or techniques that they implement for their students so that their students start their curriculum refreshed and free of tension.

Lastly, MIT is continuously wanting to learn, build and inspire knowledge and wisdom amongst staff. In doing this, Administration holds book clubs that range from all varieties of topics: Education, teaching, discipline, and growth mindsets. etc., this club is supposed to help enhance the skills and continuing knowledge of teachers and staff. Also to be able to better relate and understand the students here at MIT.

As of current, MIT is continuously working together with staff and students to continue to build a more trusting and healthier environment both in the physical and mind aspect.