

# **Manatee School For the Arts**

## **Wellness Policy**

### **Policy**

Manatee School For the Arts shall establish a policy for wellness to promote the long-term health and well being of children in accordance with federal law and shall establish a plan for measuring the implementation of the policy.

### **Procedures**

Manatee School For the Arts is committed to providing a school environment that promotes and protects children's health, well-being, and their ability to learn by supporting healthy eating and physical activity. We also believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. Furthermore, healthy students, teachers and staff are keys to reducing costs related to school operations.

Manatee School For the Arts will establish and maintain a student/staff wellness committee:

- The committee will be composed of at a minimum: one administrator, one instructional staff member, one food service staff member, a physical education instructor, a parent and at least one student.
- Wellness programs should include opportunities for continuing education, exercise and behavior modification initiatives.

The school will provide training, tools and information to enable effective implementation of the Local Wellness Policy.

## Part I: Nutrition and Nutritional Education

### A. School Meals

- All school meals comply with USDA regulations and state policies.
- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- Students with special dietary needs will be accommodated as required by USDA regulations.
- The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals by:
  - Utilizing electronic identification and payment systems;
  - Promoting the availability of meals to all students.
- Barriers to student participation in the Child Nutrition Programs are eliminated:
  - Students will have at least 10 minutes to eat breakfast and at least 10 minutes to eat lunch. This does NOT include time spent walking in/to/from class or waiting in line for food service. If time is a concern, alternate arrangements will be made which could include grab and go, or other identified initiatives.
- On site deep fat fried foods will not be offered as a component of the SBP or NSLP.
- Fruits, vegetables, whole-grain products, low-fat milk (2% and less), healthy food preparation methods and health-enhancing nutrition practices will be promoted.
- Efforts will be made to limit the amount of foods served which contain trans fat.
- Breakfast
  - At least 50% of prepackaged cereals offered will contain no more than 35% of weight from total sugar, or less than 9 grams/100 calories, and at least 1 gram of dietary fiber per serving.

- Lunch
  - Entrees served over the course of the week will have no more than 30% calories from fat, 10% calories from saturated fat.

#### B. A La Carte

- Items offered a la carte will include the following:
  - Availability of healthier choice items.
  - Selections of fresh fruits and vegetables.

#### C. Vending

- Vending of food items is not allowed on school property in areas accessible to students:
- Vended Beverages
  - At least 50% of the vended beverages accessible to students will be non-carbonated.
  - Every vending machine offering carbonated beverages to students must provide a decaffeinated option and a sugar-free option.

#### D. During the School Day (Classroom Parties, Celebrations, Classroom Rewards, Fundraisers):

- Students are allowed to have individual water bottles in the classroom, unless disciplinary issues dictate otherwise.
- On site fundraiser sales of food and beverages may only take place after the normal school day is finished.
- Parents, teachers, and staff are encouraged to provide non-food alternatives for activities during the school day.
- Refreshments provided for students participating in classroom parties and celebrations should come in closed containers from inspected facilities.

#### E. Nutrition Education

- All students in grades 6-12, including students with disabilities, special healthcare needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

- At least 1 hour of classroom nutrition education is provided each month for all students:
  - Utilizing the Florida Department of Education Health Education Benchmarks for each grade level and the S.M.A.R.T. box, Nutrition (Standards-based Media Resource for Teachers from the Curriculum Media Group
- Cafeteria
  - Attractive, current nutrition education materials are prominently displayed in dining areas and are changed at least once every 9 weeks.
  - Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
  - The school encourages each member of the staff (certified and non-certified) to serve as healthy role models for students.

Part II: Physical Activity

A. In order for students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom nutrition education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.

School physical education programs will provide:

- Opportunities to participate in lifetime physical activities, such as walking, aerobics, dance, TaeKwonDo and weight training.

B. Teachers and other school and community personnel will not withhold opportunities for physical activity as punishment.

- C. The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students including those who are not athletically gifted.

Part III: Monitoring & Evaluation

- A. The Principal or the principal's designee will ensure compliance of the Manatee School For the Arts Wellness Policy
- B. Food service manager at the school will ensure compliance with nutrition policies within food service areas and will report on this matter to the committee.
- C. The Wellness Policy Committee will use annual evaluation of pre and post test and lesson plans to be implemented by the early spring 2007 ( with a preliminary pre-test to be given no later than Nov. 15) The results will be used to create recommendations for program improvement and evaluation.
- D. The Local Wellness Policy Committee will meet no less than three times per year: August to set the plan, January to evaluate progress on the plan, May to evaluate outcomes of the plan.
- E. The Report of the evaluation results will be presented to the Board of Directors in May of each year.

Approved by Renaissance Arts and Education Board of Directors

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Charles W. Jones Ph. D  
President, RAE

Date: \_\_\_\_\_

Manatee School For the Arts Wellness Policy Committee 2006-2007

Homer Knox, Administration

Betty Schamber, Food Service Manager

Sharon Albert, Instructional staff, BSN, K-12 Health

Diane Wallin, Instructional staff, parent

Sarah McDonald, Physical Education Instructor

Lindsay Hafer, Student

Principal's Designee to oversee compliance of the Wellness Policy: Sharon Albert