

# **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
    - No vended beverages accessible to students will be carbonated.

#### 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.
  
- Nutritional wellness is taught in the middle school science curriculum one hour per month as is recommended by the state in 2006.

- Nutritional wellness is taught in the high school in the physical education curriculum for one hour per month as was recommended by the state in 2006.
- 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:

- In keeping with the advisement of the Florida Department of Education, Manatee School for the Arts has adopted a policy for increasing the physical activity of students by incorporating into the school day a walking period of 30 minutes per day. In the event of inclement weather alternative activities are provided in the class room. The program has been very successful and there are at present no plans for discontinuing the program.
- 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 supervise 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: to set the plan, evaluate progress on the plan and 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.





Nutritional and Wellness Curriculum, 2008-2009

This program is implemented by the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade science faculty and the High School Physical Education Faculty.

<p><b>October 13-16, 2008</b> Health, Nutrition, Human Growth &amp; Development</p>	<p>-Discuss various aspects of various Nutritional and Wellness behaviors -Compare &amp; Contrast the values of certain foods -Identify what is considered to be a healthy diet -Make intelligent decisions about the types and amounts of food they eat -Discuss Human Interactions and healthy relationships among peers -Describe the human Reproduction process in physiological terms</p>	<p>Responsible Health Behavior:</p> <p>Activities: Nutritional Pre Test <b>Introduction to Food Pyramids</b> Food Servings/ Diet &amp; Exercise Worksheets <b>Overhead presentation of Health and wellness objectives</b> Human Body Systems Workbook <b>Text Review Unit 2</b> Video: Human Reproduction and Sexuality <b>Nutrition Post Test</b> Handout relating to fast food menus and calorie counts</p> <p><b>Physical Activity Plan: Dance, Tae Kwan Do, High School Fitness Program, Daily School Wide Walk-about</b></p>	<p>Standard 1: The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.3)</p> <ol style="list-style-type: none"> <li>1. knows the importance of assuming responsibility for personal health behaviors.</li> <li>2. understands the short-term and long-term consequences of safe, risky, and harmful behaviors.</li> <li>3. knows strategies for managing stress.</li> <li>4. knows strategies for improving and maintaining personal and family health.</li> <li>5. knows techniques for avoiding threatening situations.</li> <li>6. knows injury-prevention and injury-management strategies for personal and family health.</li> </ol>
<p><b>January 12-15, 2009</b> Health, Nutrition, Human Growth &amp; Development</p>			
<p><b>March 31 – April 3, 2009</b> Health, Nutrition, Human Growth &amp; Development Nutrition and Wellness Human Interactions and Reproduction</p>			
<p><b>May 18-22, 2009</b> Health, Nutrition, Human Growth &amp; Development Nutrition and Wellness Human Interactions and Reproduction</p>			