

**JL: STUDENT WELLNESS**

Maine Arts Academy believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year through developing students' skills and behaviors that promote lifelong wellness. The School Board recognizes that a student's readiness to learn is related to his/her physical and psychological well being. The school is committed to creating healthy school environments that allow students to take full advantage of the educational programs offered at Maine Arts Academy.

***PREAMBLE:*** This policy outlines Maine Arts Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

1. Students attending MEAA have access to healthy food throughout the school day.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
3. Students have the opportunity to be physically active during school hours.
4. MEAA will engage in nutrition and physical activity promotion and other activities that promote student wellness.
5. School staff are encouraged and supported to practice healthy nutrition and physical activity in and out of school.

6. The community is engaged in supporting the work of MEAA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
7. Maine Arts Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

**WELLNESS APPROACH:** MEAA will integrate wellness activities across the entire school setting. MEAA will coordinate and integrate other initiatives related to physical activity, nutrition and wellness so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes. With special focus on performing arts, we will incorporate and enhance our wellness education and promotion through dance, theatre and music as part of physical activity and psychological well being.

### ***WELLNESS GOALS***

1. Reducing Screen Time
2. Nutrition Education and Promotion
3. Wellness Promotion
4. Nutritional Guidelines (emphasis on water consumption)
5. Physical Education and other physical activities (emphasis on integration into the arts)
6. Competitive Foods and Beverages
7. Measuring Implementation and Evaluation

#### **1. Screen Time**

- A. MEAA will encourage that screen time including television, computer, video games and other electronic media will only be used for educational purposes.
- B. All student cell phones and electronics will be put away during class time and will only be permitted for usage during lunchtime and teacher directed activities.

## **2. Nutritional Education and Promotion**

Maine Arts Academy is committed to the following goals by teaching, encouraging and supporting:

- A. All high school students will receive health education including nutrition education that is aligned with federal and state laws and educational standards through Friday workshop periods from community health professionals. .
- B. MEAA 's chef is committed to educating their high school students about daily nutritional guidelines.
- C. MEAA offers taste testing and menu planning opportunities for all high school students.
- D. MEAA will include some of the healthy eating topics in Health/Nutrition Education.

MEAA will include some of the health education curriculum topic examples from below:

1. Relationship between healthy eating and personal health and disease prevention.
2. Eating a variety of foods every day
3. Balancing food intake and physical activity

## **3. Wellness Promotion**

- A. MEAA will establish a wellness committee.
- B. Staff will be encouraged to participate in wellness challenges 2 times per year.

#### **4. Nutritional Guidelines**

Maine Arts Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low fat milk, moderate in sodium, low in saturated fat and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Our school participates in USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program. Maine Arts Academy is committed to offering school meals through the National School Lunch Program and the School Breakfast Program and other applicable Federal child nutrition programs that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state and federal statutes and regulations (MEAA offers reimbursable school meals that meet USDA nutrition standards)
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques;
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students-students to select and consume the daily vegetable options with their meal

- A reimbursable meal can be created in any service area available to students (e.g. salad bars, snack rooms)
- Menus are posted on the school website and local newspapers
- Menus with nutrient content and ingredients available upon request
- School meals are administered by a team of nutrition professionals
- The child nutrition program will accommodate students with special dietary needs documented by a healthcare professional
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- Students are served lunch at reasonable and appropriate time of day.
- Participating in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school

## **5. Physical Education and other physical activities**

Maine Arts Academy will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude towards health and fitness. Maine Arts Academy provides opportunities in a variety of classes that foster physical activity.

## **6. Competitive Foods and Beverages:**

The school is committed to ensuring that all foods and beverages available to students on the campus during the school day support healthy eating. Foods and beverages sold and served outside of the school meal programs (i.e. ‘competitive foods and beverages’) will meet the USDA Smart Snacks in School nutrition standards at a minimum. Smart Snacks aim to improve student health and wellbeing, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschool/day/tools-schools-smart-snacks>. To support healthy food choices and improve students’ health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the schools day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold.

## **7. Measuring Implementation and Evaluation**

The School Board recognizes the importance of implementing and maintaining the Wellness Policy.

- A. The wellness team will serve as an advisory committee. This team will be responsible for making recommendations related to the wellness policy and wellness goals for raising awareness for student and staff health issues.
- B. Maine Arts Academy is committed to making their health and wellness policy public.
- C. The wellness committee will provide updates on wellness policy, compliance,

and wellness initiatives to the school board and staff.

### **School Wellness Committee**

Maine Arts Academy will convene a representative wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy.

The committee shall be comprised of individuals invited to participate representing at least one of each of the following sectors. (The first six sectors are required to be represented.)

1. Administrator
2. Food Service Designee
3. Student Representative
4. Parent Representative
5. School Board Member
6. School Health Professional
7. Teacher/Guidance Counselor
8. Public

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