



**Policy Name:** Wellness Policy

**Date:** September 2018

**Purpose:** Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parent, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. The public will be made aware of the LWP and triennial assessment through the BFS website.

**Mission Statement:** The mission of Mount Prospect Academy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

**Nutrition Philosophy:** To optimize nutritional values, the following guidelines have been established for Mount Prospect Academy Meals.

- Provide a variety of healthy nutritional products
- Provide proper portion control for each student
- Provide adequate, but not excessive calories
- Limit the intake of simple sugars, total fat, and processed foods
- Increase consumption of fruits, vegetables, and whole grains
- Encourage moderation and balance in dietary habits.
- Support and implement the Healthy Hungry Kids meal plan as specified by the DOE bureau of nutrition.

To insure the integrity of the child nutrition program, and to maximize benefits to all students, the culinary arts program will strive to achieve the following goals. Nutrition standards will be based on the Dietary Guidelines for Americans, Food Guide Pyramid along with the Department of Education Bureau of Nutrition's recommendations. All meals served will meet or exceed the expectations from the 6 cents certification. Student preferences will be considered in menu planning.

- At every meal, an alternative meal will always be available that meets the nutritional guidelines.
- Whenever condiments are served, low fat or non-fat products will be utilized. The condiments offered must be fundamental to the menu being served.
- Students will be encouraged to participate in the research of new menu items.

- The culinary arts team will support all efforts to include menu items that have a personal connection to the students and their families.
- Foods will be prepared in ways that ensure a balance between optimal nutrition and student acceptance.
- Clean pleasant eating environments will be provided. This will also include adequate time and space to eat school meals, positive supervision and role modeling.
- All Becket Family of Services campuses and Mount Prospect Academy are nut and peanut free facilities. Students and faculty will be provided and served with a nut free spread made from sunflower seeds. The MPA medical office will provide an allergy list to each campus and kitchen.

The culinary arts department will make available integrated nutritional education for every academic and physical education class. Mount Prospect Academy will provide the materials and space for all integrated programs.

The physical education/health instructors engage the students in programming to develop a foundation for understanding why balanced nutrition is important. This programming includes basic guidelines for physical activity, caloric intake, and balanced nutrition.

The health instructor and culinary arts instructor's coordinate healthy life style programs for students when a physician recommends the need to better manage their health with a structured nutritional / exercise program.

### **Wellness Committee Goals**

Nutritional promotion will be provided by the culinary department via a bulletin board within the academic setting and posters in the dining room that reflect nutritional guidelines and goals for optimal fitness.

The wellness committee consists of the following people for the year 2018/2019:

Melanie DeRoehn - Food Service Director  
 Jessie Gaudioso – Health Instructor  
 Jay Marshall - Principal  
 Katherine Comeau - Yoga Instructor  
 Allison Shenloogian - Medical Faculty  
 Two representatives from Student Council

The Wellness Committee meets quarterly starting September 21, 2018.

All Wellness Committee members will provide input when reviewing the LWP.

The LWP will be included in the student handbook and BFS's website.

The committee will review LWP progress towards goals and update or modify as necessary

### **Nutrition Education Goals**

1. Two nutrition education lessons are included as part of lessons in at least one of the following subject areas each school year: math, science, language arts, social science, physical education, art or music.
2. Faculty will promote a fruit or vegetable of the week every Tuesday.

3. The culinary arts department will make available integrated nutritional education for every academic and physical education class. Mount Prospect Academy will provide the materials and space for all integrated programs.
4. The physical education/health instructors engage the students in programming to develop a foundation for understanding why balanced nutrition is important. This programming includes basic guidelines for physical activity, caloric intake, and balanced nutrition.

### **Physical Education Goals**

1. Mount Prospect Academy will offer students a 45-minute block in the following during the academic school day
  - Yoga
  - Regular Physical Education Activities
2. Mount Prospect Academy will offer the following seasonal activities to students to participate in.
  - Turkey Bowl Flag Football Day- offered the Tuesday before Thanksgiving
  - March Madness Three on three Basketball Tournament- Beginning in March and ending when the last two teams have competed.
  - Skiing at Loon Mountain Resort- one day a week during the winter.
3. Mount Prospect Academy will be offer students the opportunity to participate in the following activities during residential programs
  - Skate boarding, scootering, biking
  - Swimming and fishing
  - Hiking
  - Ropes course, mountain biking and paintball
  - basketball

### **Nutrition Standards**

1. Foods and beverages provided by the school meals programs will meet or exceed the USDA's nutrition standards for school meals.
2. All food and beverages sold to students during the school day will meet or exceed the USDA's Smart Snacks standards. A guide to Smart Snacks standards in schools can be found at: <https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>
3. Faculty will be provided with a list of foods and beverages that meet the nutrition standards for classroom snacks and celebrations.
4. Food is not to be used as a reward or taken away as a punishment.

## **Nutrition Education Guidelines**

Goal #1 – Mount Prospect Academy will educate, encourage and support healthy eating all students of all ages.

Guidelines:

- Mount Prospect Academy will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The Mount Prospect Academy cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Mount Prospect Academy will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Mount Prospect Academy will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The faculty responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned

## **Physical Activity Guidelines**

Goal #1 -Mount Prospect Academy will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Mount Prospect Academy will implement physical activities from adopted curriculums.
- Mount Prospect Academy will encourage classroom teachers to provide short activity breaks between lessons or classes.

## **Other School Based Activities Guidelines**

Goal #1- Mount Prospect Academy will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Mount Prospect Academy will not deny student participation in physical activity as a form of discipline or classroom make-up time.

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### **USDA Nondiscrimination Statement**

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