

Health and Wellness Policy

Updated August 2021

Pursuant to the Healthy, Hunger-Free Kids Act of 2010 relating to schools with federally-funded school meal programs, Alabama School of Fine Arts (ASFA) has created a Health and Wellness Committee.

The core Health and Wellness Committee (HWC) consists of the ASFA Health and Wellness Coordinator, School Nurse, Child Nutrition Program (CNP) Director and Student Services Director.

Meetings will be held in October and March to discuss and assess current programs, possible developments, and revise as necessary activities such as dorm activities, MAD Day, Get Active Day, Breakfast-Lunch-Dinner offerings, etc. Meetings will be open to students, parents, and faculty. Meetings will be advertised on the ASFA website.

The ASFA Child Nutrition Program (CNP) will continue to follow the nutritional guidelines as outline in the *Dietary Guidelines for Americans, 2020-2025* to ensure that meals served meet the guidelines for reimbursable school meals as directed by the United States Department of Agriculture (USDA) with guidance from ALSDE-Child Nutrition Department

ASFA will continue to follow the Smart Snack in School policies as outlined by the USDA. This includes no fundraisers that include the sale of food during the school day; the vending machine will only supply snacks that meet the Smart Snack criteria and be turned off during meal service hours; not allowing food to be delivered to students during the school day. The CNP Director will continue to oversee this and monitor for changes in the USDA policies

The Health and Wellness Coordinator will continue to ensure that ASFA maintains the outside courtyard as a suitable place for students to enjoy for outside activities. The Health and Wellness room will continue to remain open before school, after school, and during student STAR periods for the students use for physical activity.

The Health and Wellness Coordinator will provide nutrition education as part of the Health and Wellness Class that meets the current standards in nutrition education and document as needed.

ASFA will continue the policy of not allowing outside vendor signage and advertising foods and meals on campus that does not meet Child Nutrition Guidelines.

The Health and Wellness Coordinator, ASFA Nurse, and CNP Director will be in regular contact with internal and external resources in order to stay abreast of current trends and opportunities.

The Health and Wellness Coordinator, Nurse, and CNP Director will monitor and assess ASFA student wellness through faculty and student interviews, written feedback, and discussion, so that any major findings may be reported to the ASFA Senior Administrative Staff.

As with all areas of education and student support at ASFA, the Health and Wellness Committee will take into consideration the individual needs of each specialty department