

Mount Pleasant Academy School Wellness Policy

School Wellness

Mount Pleasant Academy (MPA) is committed to providing an environment that promotes, protects children's health, well being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Mount Pleasant Academy to include:

1. Community involvement, including input from parents, students, food service staff, the school board/board of directors, educators and the public in the development, implementation, and review and update of the school wellness policy. The policy will be posted on the school website.
2. Goals for nutrition promotion, education, and physical activity including:
 - a. All students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors, in which will be integrated into the curriculum/program.
 - b. Nutrition information and education offered throughout the school/institution based on the U.S. Dietary Guidelines for Americans.
3. Nutrition guidelines to promote student health and reduce childhood obesity for all foods available at the school/institution including food and beverages used for fundraising efforts.
4. Provisions for periodic assessment of this policy.

Health Enhancement and Physical Activity Opportunities

MPA shall offer health enhancement opportunities that include the components of a quality health enhancement program. Health enhancement instruction shall be consistent with Rhode Island Department of Education Health Education Framework and/or the Rhode Island Family and Consumer Science Framework. All students/children shall have the opportunity, support, and encouragement to participate regularly in supervised, organized or unstructured physical activities.

Nutrition Standards

MPA shall ensure that the reimbursable meals meet the program requirements and nutrition standards found in the U.S. Dietary Guidelines for Americans. MPA shall monitor all food and beverages sold or served to students/children, including those available outside the federally regulated child nutrition programs (student stores and fundraising efforts) to ensure that all foods and beverages served or sold to students/children are consistent with the intent of this policy.

Maintaining Student Wellness

MPA Leadership shall develop and implement procedures consistent with this policy utilizing community involvement before implementation. The School leadership shall measure how well this policy is being developed, managed, enforced, and assessed. The Principal or Director shall report to the Board, as requested on the efforts to meet the purpose and intent of this policy.

Reference: PL 108-265 – The Child Nutrition and WIC Reauthorization Act of 2004
PL 111-296 – The Healthy, Hunger-Free Kids Act of 2010

Adopted on: 9/1/2006

Updated on: 10/23/2014

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