

ASFA Wellness Policy 2015

Pursuant to the Healthy, Hunger-Free Kids Act of 2010 relating to schools with federally-funded school meal programs, the Executive Director authorizes the creation of an ASFA Wellness Committee to perform the following activities:

- The Wellness Committee (WC) shall develop, assess and revise as necessary, specific goals relating to nutrition education, physical activity and other school-based activities that promote student wellness.
- The WC will consist of the ASFA Health and Wellness Coordinator, School Nurse and CNP Director
- We will meet each semester to discuss current programs and possible developments such as dorm activities, MAD Day, Get Active Day, Breakfast-Lunch-Dinner offerings, etc.
- The WC shall ensure the establishment of nutrition guidelines for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity. The CNP Director and CNP staff will stay up to date on current trends and information and meet regularly.
- The WC shall provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. The CNP director will stay up to date on Secretary of Agriculture guidelines and report any fiscal implications with ASFA CFOO.
- The WC shall establish a plan for measuring the impact and implementation of the local wellness policy. The HW Coordinator, Nurse, and CNP Director will assess ASFA student wellness through student interviews, written feedback, and discussion, then report findings to the ASFA Senior Administrative Staff.
- The WC shall involve input from parents, students, and representatives of the faculty in the development and continuous review of the school's wellness policy.
- The HW 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.