



Mother Caroline Academy Wellness Policy

Schools play a critical role in improving the dietary and physical activity behaviors of students. Schools can create an environment supportive of students' efforts to eat healthily and be active by implementing policies and practices that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors. CDC synthesized research and best practices related to promoting healthy eating and physical activity in schools, culminating in nine guidelines. These guidelines were informed by the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans, and the Healthy People 2020 objectives related to healthy eating and physical activity among children and adolescents, including associated school objectives. The guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students.

Each of the nine guidelines is accompanied by a set of implementation strategies developed to help schools work toward achieving each guideline. Although the ultimate goal is to implement all nine guidelines included in this document, not every strategy will be appropriate for every school, and some schools, due to resource limitations, might need to implement the guidelines incrementally. National Center for Chronic Disease Prevention and Health Promotion Division of Population Health | School Health Branch Guidelines for Schools to Promote Healthy Eating and Physical Activity. - *Centers for Disease and Control and Prevention*

Mother Caroline Academy & Education Center has established a Wellness Committee that will be responsible for reviewing, revising, and implementing Wellness Policy as it pertains to Academy. As part of this process, the committee will review the school nutrition program and physical activity policies and will make recommendations to the Administration to implement best practices. The Wellness Committee will be comprised of multiple stakeholders in the MCA community and the community at large, including parents/guardians, students, teachers, health professionals and members of the community and school food service authority.

At MCA many of the girls have been using mindfulness practices when they are experiencing anxiety or frustration in class. Many of the girls who have expressed anxiety around testing have practiced strategies such as "finger-tip-breathing," breathing with a mantra, using the five senses to ground oneself, three to ones (a writing technique) etc. They have also used external coping skills such as Theraputty, a putty with varying firmness to cope with different emotional states, stress balls, and fidget cubes. Each of these strategies and interventions allow for the students to regulate themselves, become more mindful and grounded, interact more positively with peers, and stay better focused in class.



It is well documented that health and learning are in direct correlation. To be successful in school, children must have nutritious eating habits and physical activity daily. The Wellness Committee will meet regularly during the school year to discuss ideas and create implementation plans for initiatives.

Goals for 2018 - 2019 the Wellness Committee:

- Having a creative playground and cafeteria to get children motivated for physical activity and better eating
- Implementing Yoga in the school for students, parents and staff so the children will see role models inter-acting with them
- Food tasting of school lunch vendors - in hopes of having hot breakfast options and more selective options

The 2018 -2019 Wellness Committee

Tracie Peaks-Sandy Nutrition Director

Jennifer Munoz Director of Student Life

Ashli Ricketts Program Associate

Uche Egbuchulam Academy and Student Affairs Administrator

Donna Stewartson Parent

Nidia Diaz Parent

Kyan Meyers Parent

7th grade student

7th grade student