

# TRINITY ACADEMY FOR THE PERFORMING ARTS

## Wellness Policy-ADF

First Reading: July 17, 2024

Adopted: July 17, 2024

*Position:* Trinity Academy for the Performing Arts' (TAPA) Health and Wellness Committee recognizes its responsibility to promote and support the health and well-being of its students, families, and staff - "the Ensemble". Students who are healthy and ready to learn are better able to achieve their academic potential. A healthy learning environment is one in which good nutrition is available, students engage in regular physical activity, receive comprehensive health education, and both social and emotional wellness are promoted and actively modeled throughout the school. TAPA believes that an effective learning environment is one in which each and every student and staff member understands and practices positive lifestyle behaviors. TAPA's Health and Wellness Committee further believes that health and wellness not only optimizes student performance, but staff's as well.

*Purpose:* The purpose of this policy is to set forth TAPA's goals, expectations, and general plan of action relative to wellness, including nutrition guidelines and education, health education, and physical activity. This policy adheres to federal and state mandates relative to the wellness of students and staff. Goals will be provided in the following sections listed below.

### *Contents:*

Section 1: TAPA Health & Wellness Subcommittee	p.2
Section 2: Health Education; including Sexual Education	p.2
Section 3: Wellness Promotion	p. 3
Section 4: Nutrition Guidelines	p.3, 4
Section 5: Physical Activity	p.4
Section 6: Mental Health	p.5

### *Section 1: TAPA Health & Wellness Subcommittee*

TAPA developed and will maintain a school-wide wellness subcommittee known as Health and Wellness Committee, which consists of members of the general public, partners, staff (including at least one member from teaching, support, and admin staff), students, parents, and Board members. Components of student wellness including Nutrition Education, Health Education, Sexual Education, Physical Activity, and the implementation of School Wellness Policies will be covered and amended as necessary. Health and Wellness Committee members collaborate and coordinate resources to drive school health objectives. Committee shall meet a minimum of twice per school year to: periodically review and suggest updates to the Wellness Policy, discuss ways to improve student physical activity and obesity prevention, review TAPA's nutritional programming and make changes as needed, make recommendations to RIDE regarding issues related to Health Education curriculum, and work to enhance the health and well-being of students, their families, and employees.

### *Section 2: Health Education; including Sexual Education*

TAPA will follow RIDE guidelines in terms of essential components of a student's core educational program. It will include, but is not limited to, hygiene, nutrition, exercise, sexual health, mental health issues such as stress, anxiety, depression, and suicide prevention, prevention of spread of illness, alignment/postural issues, electronics' overuse/screen time, sleep, basic anatomy and major organ function, alcohol and drug use, nicotine use, and accident prevention. Health education will be taught by a Certified School Nurse-Teacher (CSNT) and contents will be evaluated on an ongoing basis and be amended as needed by the Health and Wellness Committee.

### *Section 3: Wellness Promotion*

Wellness education will be provided to staff and families throughout the Ensemble. The Health and Wellness Committee will continually encourage, promote, support, and reward staff and family health and wellness. Activities, health-related newsletters, invitations to exercise-driven events, and incentives to participate, will be some of the methods of engagement and learning. The goals are to improve the entire Ensemble's health and wellness, improve staff morale, promote wellness in a way that's inclusive of family members, and to build the commitment of

staff to model a healthy lifestyle .

#### Section 4: Nutrition

In order to optimize learning outcomes, students must learn about the importance of healthy eating. TAPA promotes good nutrition as a part of its school culture. Meals served during the school day (both breakfast and lunch) and as part of after-school programs will provide balanced nutrition for all; will be clean-labeled, and will meet or exceed the Federal and State guidelines. It will also aim to please the students' palates, as they will learn that delicious food and healthy food can be one and the same. All foods served will operate in accordance with the National School Lunch Act and the Child Nutrition Act and will meet the USDA Requirements for Federal School Meals Programs, Smart Snacks in Schools, and the Rhode Island State Nutritional Requirements (RINR). ,

TAPA will provide access to free, fresh, drinking water during meal times and the use of refillable water bottles will be encouraged. After-school snacks will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as primary snacks and water as the primary beverage.

Qualified nutrition professionals will administer the meal program and professional training and development will be offered for all nutrition professionals working in the schools, as appropriate for their levels of responsibility. School staff assigned to meal supervision duty will promote the importance of healthy eating, food safety, and model positive healthy lifestyles as related to food intake. There are no vending machines at TAPA. Nut allergy-related food policies are covered in the TAPA Handbook, and signs are posted liberally. The Health and Wellness Committee will review and discuss food vendor quality, aim for excellence, and suggest changes when deemed necessary. In addition, the vendor will be invited to be part of the Committee.

TAPA will make every effort to eliminate any social stigma attached to students who are eligible for free/reduced price school meals and will prevent the overt identification of students who are eligible for free/reduced meals. TAPA will ensure that all children eligible for free/reduced meals will have the opportunity to participate, and through confidential outreach by our TAPA's Family Liaison will ensure this.

#### Section 5: Physical Activity

TAPA provides an average of twenty (20) minutes per day of health and physical education at all grade levels. As a performing arts school, TAPA has a vigorous Dance program in which Lower School (7th and 8th grades) students practice daily, and Upper School (9th-12th grade) Dance Majors practice daily. In addition, Theater Majors often exert themselves as part of physical warm-ups or performances, as well as when practicing Commedia dell'Arte. In musical theater, dance and stage combat are taught. As a school community, TAPA promotes and encourages participation in various physical activities, including but not limited to runs, walks, and dances, as well as community sports teams. As a Charter School, TAPA ensures all students have access to team tryouts at local Providence Public Schools.

### Section 6: Mental Health

TAPA is aware of the importance of mental health promotion and support for its entire ensemble: no less important than any other aspect of health, and in fact

TAPA is committed to staffing its school with supports in the form of Social Work, Counseling, Guidance Counseling, and Nursing, and also making sure the entire staff is equipped with knowledge of signs, symptoms, and referral processes. The staff as well as 11th and 12th graders will be kept up to date on QPR (Question-Persuade-Refer) Suicide Prevention classes. During Health Education, the importance of Stress Management along with some stress reduction techniques will be taught. Students and staff are aware of Social Worker and Counseling hours of availability. Nurse and Guidance Counselor are both full-time and well-integrated in the school in terms of their parts making up a strong, supportive net. Students may see any combination of this supportive net structure when in crisis, either by appointment or when acute crisis arises.

LEGAL REFERENCE: R.I. Gen. Laws §§ 16-16-21, 16-21-7, 16-21-28, and 16-22-4