

Gustavus Adolphus Learning Center

Wellness Policy

Mission Statement:

The mission of the Gustavus Adolphus Learning Center Wellness Committee is to help the students, staff, and community develop the knowledge, skills, and behaviors necessary to promote positive health and wellness for optimal growth, learning and quality of life.

Nutrition Education:

Nutrition education will be integrated, to the extent possible as recommended by the Wellness Committee, into areas of the curriculum such as math, science, language arts and social studies within the building.

Staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. The school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families, with a special emphasis on nutritious breakfast in order to prepare students for their school day.

Physical Activity:

Physical activity will be integrated across curricula and throughout the school day. Staff are encouraged to incorporate movement as a part of their instruction.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Policies ensure that state-certified physical education instructors teach all physical education classes.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Adequate equipment and facilities will be provided for all students to participate in physical education, and activities in accordance with New York Standards.

Time allotted for physical activity shall be in accordance with state standards. A daily recess period in grades K-5, which is not used as a punishment or a reward, should be encouraged. Physical activity is not used as a punishment or a reward.

Information will be provided to families and community members to help them incorporate physical activity into their lives.

Other School Based Activities:

After-school programs will encourage physical activity and healthy habit formation.

The school shall promote continuing physical activity outside of the normal school day by providing access, as available, to the school's facilities. The school will encourage families and community members to institute programs that support physical activity, such as a walk to school program.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies). Suggestions and examples will be made available to the organizers of school groups as requested.

Nutrition Guidelines:

Every effort must be made to provide attractive, age-appropriate meals that meet USDA requirements for Federal School Meal Programs.

Eighty percent of all a la carte and beverages sold will be limited to those that meet the sensible guidelines as set forth by the New York State Food Service Association "Choose Sensible" campaign: fat -7 grams or less, saturated – 2 grams or less, sodium – 360 milligrams or less and sugar – 15 grams or less.

Recognizing the importance of a nutritious breakfast to improve classroom performance, the District will promote schedules that provide access to school breakfast.

Classroom:

In the school year 2018-2019 any classroom snacks or treats should be chosen according to the "Choose Sensibly" guidelines. A list of suggestions will be made available to families and staff.

Food is not to be used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan. A list of alternative activities and rewards will be made available to families and staff.

As role models for students, staff members should be conscientious to model behaviors during the school day that are consistent with what is being taught in the classrooms and expected of their students.

Eating Environment:

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. The school will schedule lunch periods as near the middle of the school day as possible, attempt to provide adequate time for consumption of meals and provide serving areas with regard to limiting wait time.

Hand washing is encouraged before eating, with easy access to hand washing facilities or hand sanitizer.

Dining areas will be clean, safe, pleasant environments with enough space for seating all students during their lunch period.

Drinking fountains are available in the school.

Child Nutrition Operations:

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The program should be financially self-supporting. However, the program is an essential educational support activity and therefore budget neutrality or profit generation should not take precedence over the nutritional needs of the students.

A food service director who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements will be utilized by the child nutrition program. All food service personnel shall have adequate pre-service training in food service operations.

The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and summer foodservice programs).

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

A child’s need for nutrients should not end when school does. Parents share in the responsibility of providing varied and nutrient rich foods in the home.

Food Safety/Food Security:

Foods made available on campus need to comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

References:

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- (2) National Association for Sport and Physical Education. Physical activity for children: A statement of guidelines for children ages 5-12. Available at:
http://www.aahperd.org/naspe/template.cfe?template=pr_123103.html. Accessed March 7, 2005.
- (3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/Fithealthy.html>. Accessed March

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- (4) United States Department of Agriculture, Food Safety and Inspection Service. Food Safety and emergency preparedness. Available at: [http://www.fsis.usda.gov/Food Security & Emergency Preparedness/index.asp](http://www.fsis.usda.gov/Food_Security_&Emergency_Preparedness/index.asp). Accessed March 7, 2005.
- (5) Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team+AL. Accessed March 7, 2005.
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- (7) Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0,1248,2348_0_0_0,00.html. Accessed March 7, 2005.
- (8) Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
- (9) Seattle Public Schools. Distribution and sales of competitive foods. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
- (10) Wisconsin Association of School Boards. Promoting healthy eating and physical Activity. Available at: <http://www.wasb.org/policy/focusoct03.html>. Accessed March 7, 2005.
- (11) Getlinger, Mary Jane, et al., Food waste is reduced when elementary-school children have recess before lunch. *Journal of the American Dietetic Association*, September 1996* Volume 96* Number 9* p906 to p908.