

**GA FAMILY SERVICES  
LEARNING CENTER  
WELLNESS POLICY**

**Mission:**

The mission of the Gustavus Adolphus Learning Center Health Advisory 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 curriculum council into areas of the curriculum such as math, science, language arts and social studies within the school.

Staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver and 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 special emphasis on a nutritious breakfast in order to prepare students for their school day.

**Nutrition Standards:**

The school meals will include a variety of healthy choices while accommodating special dietary needs. We will participate in the USDA breakfast and lunch program. All reimbursable meals will meet nutrition standards by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements. Students will be provided 20 minutes for breakfast and 20 minutes to eat lunch after being seated. Meals will be served in a clean and pleasant setting under appropriate supervision. Rules for safe behavior will be consistently enforced. Lunches will be served between 11:00 a.m. and 12:00 p.m. No clubs or organizational meetings will be scheduled during meal time, unless students may eat during these activities. Parents will be notified of the availability for the breakfast and lunch program and will be encouraged to determine eligibility for reduced and free breakfast and lunch meals.

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

**(Continued)**

### **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 encourage families and community members to institute programs that support physical activity, such as walking. Local wellness policy goals are considered in planning all school-based activities ( such as school events, field trips, and dances). 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 Program. Recognizing the importance of a nutritious breakfast to improve classroom performance, the school will promote schedules that provide access to the school breakfast. In the 2017-2018 school year 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 behavior, unless it is detailed in a students 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.

### **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 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 services personnel shall have adequate pre-service training in food service operations. The school will strive to increase participation in the federal Child Nutrition programs(e.g., school lunch, school breakfast, after-school snack and summer food service programs). The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom. A child need for nutrients should not end when school does. Parents share in the responsibility of providing varied and nutrient rich foods at home.

### **Food Safety:**

Foods made available at the school need to comply with the state and local food service operations and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness 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.

### **Evaluation and Enforcement:**

This wellness policy was developed by the Wellness Committee, a group of individuals from the following groups, teachers, students, school administration, food service director and staff, and physical education staff. The committee will meet four times a year to review and revise any policies if needed. A progress report will be prepared after each meeting for evaluating the implementation of the policy and recommend changes or revisions. The committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. The administrator will ensure compliance within the school and report any non-compliance to the wellness committee. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, and other issues.