

Global Scholars Academy Wellness Policy

It is the policy of Global Scholars Academy to promote a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment--promoting and protecting children's health, well-being, and ability to learn. Studies have shown that students who are fit, healthy, or ready to learn, and achieve their academic potential. To accomplish these goals:

- Child Nutrition Programs will comply with applicable federal, state, and local requirements and will be accessible to all students.
- Sequential and interdisciplinary nutrition education will be provided and promoted.
- Patterns of meaningful physical activity connect to student's lives outside of physical education. All school-based activity are consistent with the local wellness policy goals.
- All foods and beverages made available on campus (including concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current with the meal patterns, nutrition standards of the USDA and smart snacks.
- Food and beverages made available at the school will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allow ample time for eating meals.
- The wellness policy leadership and advisory council will oversee the implementation and evaluation of the policy and policy recommendations.

Goals for Nutrition Promotion and Education

Nutrition education is necessary for students to understand what constitutes healthy eating and to adopt lifelong healthy eating behaviors:

1. Students will be encouraged to start every day with a healthy breakfast, and eat lunch daily.
2. Nutrition education for children will be appropriate for children's age, reflect their cultures, and provide age appropriate opportunities to practice nutrition skills and have fun.
3. Nutrition promotion and education will be provided by School Nutrition Services by sharing information via menus, bulletin boards, school newsletters, etc.
4. Nutrition promotion and education will involve sharing information with families and the community to positively impact the school's students and the health of the community.

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5. Staff will be strongly encouraged to have healthy foods/drinks in the presence of students.

Goals for Physical Activity

1. Physical education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short-and long-term benefits of a healthy lifestyle.
2. Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
3. Students will be provided recess and/or a physical activity period. For elementary school students, they will be offered P.E. or recess daily. For middle school students, they will be offered a physical education period at least 2 days per week, and recess when appropriate.
4. The school will provide a physical and social environment that encourages safe and enjoyable activity for students.
5. The school will encourage families and community members to institute programs that support physical activity.
6. After-school programs will encourage physical activity and healthy habit information.

Goals Food Safety/Security

1. Individuals dining with children are not permitted to bring outside branded items or fast food into the cafeteria without prior approval. Additionally, soft drinks are not allowed.
2. All food brought to school by students, parents, or community members to feed more than one child must be store-bought, healthy, stored, and transported under hygienic conditions and safe to consume.
3. All foods made available on campus will comply with the state and local food safety and sanitation regulations.

Goals for the Eating Environment

1. The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.

Goals for Employee Wellness

1. GSA staff will promote, support, and encourage a healthy environment.
2. Employees will be encouraged to participate in fitness programs and healthy eating.

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Nutritional Guidelines for Foods Available at School during the School Day

1. Students will have affordable access to nutritious foods that they need to stay healthy and learn well.
2. Food for sale throughout the school day will meet all applicable federal and state requirements
3. Menus will comply with all federal, state, and local regulations.
4. Healthy foods will be considered when planning school-based activities such as school events, fundraisers, field trips, and classroom snacks or treats.

Goals for Other School Based Activities Designed to Promote Student Wellness

1. Students will be restricted from eating unhealthy foods and drinking soft drinks on campus.
2. There will be ongoing professional training for food service and physical education staff.

Monitoring, Implementation, and Evaluation

1. This policy and any proposed updates will be posted and accessible on the school website annually
2. The triennial assessment, including progress toward meeting the goals of this policy will be made available to the public.
3. The school Wellness Coordinator and Wellness Committee will provide ongoing technical support and leadership for the implementation of GSA's wellness policy.


Chairman of the Board

1-15-19
Date


Head of School

1-15-19
Date

Date Adopted May 16, 2017

Revised – September 1, 2018