



Global Scholars Academy Wellness Policy

It is the policy of Global Scholars Academy to promote a healthy school by supporting wellness, good nutrition, mental health and regular physical activity as part of the total learning environment. Studies have shown that students who are fit, healthy and ready to learn will achieve their academic potential.

Mission: Our mission is to advocate for and support the community, staff and scholars in making good decisions to self-manage their physical, social and emotional health needs.

Vision: Our vision is to provide scholars with the knowledge and skills enabling them to adopt healthy behaviors throughout their lives through health education, active lifestyles and good nutrition practices.

The following components will address how GSA's Local Wellness Policy will be implemented through specific and measurable goals.

1. Safe Environment

Goals for Food Safety/Security:

- Individuals dining with scholars are not permitted to bring outside branded items or fast food into the cafeteria without prior approval. Additionally, soft drinks are not allowed.
- All food items brought to school by scholars, 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.
- All food items made available on campus will comply with the state and local food safety and sanitation regulations.
- The school will provide a clean and safe meal environment for scholars and ensure an adequate time to eat meals.

2. Physical Education

Goals for Physical Activity and Education:

- Physical education will be provided to all scholars and will teach knowledge, skills and values necessary to understand the short-and long-term benefits of a healthy lifestyle.
- Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
- Scholars will be provided recess and/or a physical activity period. K-5th grade scholars will be offered P.E. or recess daily. 6-8th grade scholars will be offered a physical education period at least 2 days per week and recess when appropriate.
- The school will provide a physical and social environment that encourages safe and enjoyable activities for scholars.
- The school will encourage families and community members to institute programs that support physical activity.

3. Health Education

Goals for Health Education:

- Scholars will be provided with a K-8th curriculum taught by qualified educators covering topics to address physical, mental, emotional and social dimensions of health.
- Topics covered under the health curriculum will address age appropriate issues faced by today's youth including personal health and hygiene, family/peer relationships, sexuality education, mental/emotional health, tobacco-use prevention and substance abuse prevention.
- Methods and strategies to implement the curriculum will strive to be interactive, engage all students and are relevant to their daily lives and experiences.

4. Staff Wellness

Goals for Staff Wellness

- GSA staff will promote, support and encourage a healthy environment.
- Employees will be encouraged to participate in fitness programs and healthy eating.
- Staff will be strongly encouraged to have healthy food/drinks in the presence of scholars.

5. Health Services

Goals for Health Services:

- Referrals are made on behalf of scholars to the appropriate health care professional such as doctors, dentists, optometrists, mental health agencies, etc. for further evaluation.
- Scholars will have affordable access to nutritious foods that are needed to stay healthy and learn well.
- Food for sale throughout the school day will meet all applicable federal and state requirements.
- Menus will comply with all federal, state and local regulations.
- Healthy foods will be considered when planning school-based activities such as school events, fundraisers, field trips and classroom snacks or treats.

6. Mental and Social Health

Goals for Social, Emotional and Mental Health

- All scholars will receive universal social, emotional and mental health education through classroom guidance on a weekly basis (tier 1).
- At risk scholars will be identified and receive small group instruction focusing on topics to meet their specific needs (tier 2).
- In depth services will be provided to scholars who display mental health concerns or problems through one-on-one individualized instruction (tier 3).
- The school will build and maintain partnerships with outside resources to help aid in therapy for scholars with specific, more severe needs.
- All educators will attend trainings and meetings to stay abreast of evidence-based practices and incorporate strategies in their classrooms.
- All staff will participate in a school-wide incentive program to promote positive behaviors and reward scholars for meeting and exceeding expectations.

Goals for Nutrition Promotion and Education

- Meals provided by School Nutrition Services will meet, at a minimum, USDA guidelines for school breakfast, lunch, snack and made accessible to all students.
- Scholars will be encouraged to start every day with a healthy breakfast and eat lunch daily.
- Nutrition education will be appropriate for the scholar's age, reflect their cultures and provide age appropriate opportunities to practice fun and interactive nutrition skills.
- Nutrition promotion and education will be provided by School Nutrition Services by sharing information via menus, bulletin boards, school newsletters, etc.
- Nutrition promotion and education will involve sharing information with families and the community to positively impact the school's scholars and the health of the community.
- Staff will be strongly encouraged to have healthy food/drinks in the presence of scholars.
- Scholars will be restricted from eating unhealthy foods and drinking soft drinks on campus.

8. *Parent, Family and Community Involvement*

Goals for Parent, Family and Community Involvement:

- Include health topics and/or information in newsletters and flyers that is shared with parents.
- Inform parents about school food service menu, physical activity, and mental health education components.
- Collaborate with outside agencies on health and wellness topics and best practices.
- Invite local community resources to join efforts in providing health and wellness information to GSA parents and staff.

Monitoring, Implementation and Evaluation

- This policy and any proposed updates will be posted and accessible on the school website annually.
- The triennial assessment, including progress toward meeting the goals of this policy, will be made available to the public.
- The school will establish a Wellness Coordinator and Wellness Committee to provide ongoing support for the implementation of GSA's wellness policy.
- The school will establish a Student Health and Advisory Committee to provide ongoing support for the implementation of GSA's local wellness policy.

SHAC Committee Role

Global Scholars Academy Student Health and Advisory Committee (SHAC) will meet at least four times per year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, monitoring, program evaluation and periodic review of the local wellness policy.

Chairman of the Board

Date

Head of School

Date



