

GATEWAY CHARTER ACADEMY

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Gateway Charter Academy WELLNESS POLICY Child Nutrition

Gateway Charter Academy is committed to the development of every student. Gateway Charter Academy believes for students to achieve personal, academic and developmental success, we need to create a positive, safe, and health-promoting learning environment throughout the school year. This policy outlines Gateway Charter Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Gateway Charter Academy will have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.
- Students receive quality nutrition meals along with an education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- This policy applies to all students, staff, and schools in the District.

Guidelines and Goals

Gateway Charter Academy will maintain nutritional guidelines and wellness goals. A part of Gateway Charter Academy's mission is to provide nutritious, quality meals and encouraging students to develop lifelong skills and knowledge to make healthy food choices. The mission shall be accomplished through nutrition education, physical education and activity, and food served in our schools. The District shall ensure that nutrition guidelines for reimbursable school meals. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The staff is required to review and consider evidence-based strategies in determining these goals.

Nutrition Education

Gateway Charter Academy shall implement, in accordance with the law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, it shall be the goal of Gateway Charter Academy, that students receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Physical Activity

The District shall implement, in accordance with law, a coordinated school health program and that the state-mandated time for daily/weekly physical education is provided. Students in high school shall

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meet the physical education component as required for graduation. The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

School-Based Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- o Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.
- o Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- o Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- o Wellness for students and their families will be promoted at suitable school activities.
- o Employee wellness education and involvement will be promoted at suitable school activities.

Nutrition Guidelines and Other School-Based Activities:

Child Nutrition Programs comply with all federal, state and local requirements. Child Nutrition Programs are accessible to all children. Gateway Charter Academy's goal is to promote nutritious choices of all food brought into the school for student consumption.

Nutrition

Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that is consistent with Federal regulations for:

- o School Meal Nutrition Standards
- o Smart Snacks in School Nutrition Standards.

School Meals

Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); while meeting the nutrition needs of school children within their calorie requirements.

All students and employees will be provided with access to clean, safe, potable drinking water free of charge at every District facility in cafeteria and eating areas, classrooms, hallways, gymnasiums, play yards and athletic fields, and faculty lounges throughout the school day and at before and after school activities.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Snack Program (SP). All

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schools within the District are committed to offering reimbursable school meals through the NSLP and SBP programs and other applicable Federal child nutrition programs that meet or exceed current USDA nutrition standards established by local, state, and Federal statutes and regulations.

Competitive Foods & Beverages

The District is committed to ensuring that all foods and beverages sold and served outside the school meal programs (i.e., “competitive” foods and beverages) during the school day will meet the USDA “Smart Snacks in Schools” nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, snack or food carts, and clubs and organizations.

Fundraisers

Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. Organizations planning fundraisers of foods that do not meet the standards must work with their school administration to determine if their fundraiser can be allowed as one of the school’s limited exempt fundraisers. It is important to remember that the standards do not apply during non-school hours, on weekends, and at off-campus fundraising events, though local policies may still apply.

USDA has created [Fundraising and Smart Snacks: Foods Not Intended for Consumption at School](#) and [Fundraisers Guidance for Schools](#) to be used as resources that are also available at www.usda.gov.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Foods that are not meant for consumption on the school campus (e.g. cookie dough to be prepared at home) may not be sold at any time during the school day.

Free Foods provided to students

Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, **or other foods given as incentives**).

- All foods served to students during the school day will meet the HHFKA Smart Snack standards. The [smart snack calculator](#) is a tool that is used to determine if food or beverages meet the Smart Snack standards. The calculator is also available by visiting www.healthiergeneration.org.
- All foods brought from outside sources must be purchased from a commercial food service establishment (grocery store, delis, etc.)

Celebrations and Rewards

Schools should limit celebrations that involve food during the school day. Activities should be held after the campus lunch service.

All foods brought from outside sources must be purchased from a commercial food service establishment (grocery store, delis, etc.)

Field Trips

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Campus-approved field trips are exempt from nutrition policy. All meals provided by Gateway Charter Academy food service department will meet the nutrition standards.

Marketing

Only foods that meet the nutrition standards can be marketed as meeting the Smart Snack rules.

Monitoring

The campus personnel is responsible for documenting all receipts and nutritional information for items sold on the campus during the school day. This information must be readily available for review during an Administrative Review of the Child Nutrition program.

Implementation, Assessment & Leadership Responsibility

The cafeteria manager shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy and ensure each school complies with the policy. The responsible party at the campus for implementation of the local wellness policy will be the campus principal. The assessment of the LWP will be performed as changes are made or at least every three years. The assessment will be updated and posted on the District web site.

Public Involvement

The general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) are invited to participate in the wellness policy process. If you are interested or need additional information you can contact the cafeteria manager at 214-375-1921. This institution is an equal opportunity provider.