

**The following can be found in our Parent and Scholar handbook under
SECTION VII: STUDENT WELLNESS**

HEALTHY CHOICES, NUTRITIOUS SNACKS & JUNK FOOD

Striving to provide our scholars with the most advantageous education we cannot neglect or ignore the vital responsibility of teaching them about a healthy lifestyle. We believe this encompasses social, emotional and physical health. We know it will take the education of our scholars, their families, our community and ourselves. We know that promoting our Healthy

Choices/Wellness Initiative throughout our entire school –our scholars, their families, our faculty and staff and the surrounding community will benefit greatly.

IN A NUTSHELL: We are teaching healthy lifestyle and instilling lifelong habits in our scholars – increased physical activity, healthy food choices and positive social health (getting along with others.) This also applies to our staff and entire school environment. We are educating everyone about healthy food choices and promoting more physical activity.

In the interest of promoting good nutrition and dental health habits, we at GACS are making a conscious effort to make certain our scholars are fed a balanced and healthy meal on a daily basis. We also encourage you to supply your child with a nutritious lunch. **Gum and junk food contribute to littering, obesity and poor nutrition and are forbidden on the school premises and playground. Parents are asked to support this request by not sending junk food for snacks and lunch. Any scholar who visibly has junk food in school will have it confiscated and not returned.**

Parents, if you need assistance on choices you may go to one of the following websites listed here, talk to your child's teacher, our cafeteria manager, our CEO or Principal. Remember parents are the biggest influence on their child's health habits. Let's work together to educate our children and help them adopt habits that will ensure them a long, healthy life.

www.kidshealth.org click 'Parents site,' next, type in snacks in the search box, you will find lots of educational articles as well as yummy recipes.

www.dole5aday.com a great site to explore for the whole family

SCHOLAR CHIP / SCHOLAR CONNECT

Global Academies provides healthy and nutritious meals and snacks to our scholars. We also implemented a point of sale system that tracks purchased meals. This tracking is done by having each scholar present their school ID during breakfast and lunch.

All scholars will be given an official school ID, which must be worn daily as a component of their official uniform. For all K-6 scholars, ID's will be collected by classroom teachers on a daily basis and secured. All 7th-8th Grade scholars will be responsible for their ID's. They are required to keep their ID's with them at all times as a component of their official school uniform. If the card has been lost, a new one will be re-issued to the scholar and replacement fee of \$7.00 will be charged. Please notify the main office if your scholar(s) needs a new ID card.

BIRTHDAY PARTY - ADHERENCE TO WELLNESS POLICY

Global Academies recognizes that birthdays are a special day for our scholars. We must also ensure that party celebrations do not disrupt the learning process. Global Academies adheres to our wellness policy that recognizes the importance of wellness, good nutrition and an active lifestyle in the overall health of our students. The school and our staff are responsible for positively influencing student beliefs and habits in these areas. Frequent birthday celebrations with cookies, cupcakes and other sweets are not in alignment with these learning goals. Birthday parties cannot take place during instructional time. Parents must notify teachers in advance if they would like to bring in a healthy snack for the class in celebration of your child's birthday. This snack will only be distributed during lunch and recess times. Soda, balloons, and goodie bags are not appropriate for school and will not be permitted.