



**EAT HEALTHY STAY ACTIVE  
WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION**

**Preamble:**

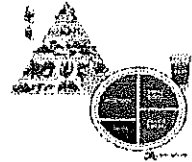
Children need access to healthy foods, and opportunities to be physically active in order to grow, learn, and thrive. Good health and plenty of rest promotes good student attendance, and helps the students stay focused and alert during class.

Obesity rates have doubled in children and quadrupled in adolescents over the past 30 years. The percentage of children ages 6-11 years in the US who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aging from 12-19 years, who were obese, increased from 5% to nearly 21% over the same period. Physical activity and excessive calorie intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two – thirds of deaths in the United States. Unhealthy eating habits, physical inactivity, and obesity often are established during childhood.

In 2013, 29% of High School students surveyed attended physical education classes daily. About 2% of children ranging from age 2 to age 19 years eat a healthy diet consistent with the five main recommendations from the food guide pyramid.

<http://www.cdc.gov/healthyouth/obesity/facts.htm>

Nationally the items sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as sodas, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes. <http://futureofchildren.org/>



Community participation is essential to the development and implementation of successful wellness. George Gervin Academy, Inc. is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is George Gervin Academy's policy that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the school wide nutrition policy.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S Dietary Guidelines for Americans. <http://www.health.gov/dietaryguidelines/2015.asp>
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. George Gervin Academy will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings with adequate time for students to eat.
- To the maximum extent practicable, all campuses will participate in available federal school meal programs including the School Breakfast Program, and National School Lunch Program. <http://www.fns.usda.gov/>
- George Gervin Academy will provide nutrition to encourage lifelong habits of healthy eating and will establish a link between health education and school meal programs.

## **ACHIEVING THESE POLICIES**

### **I. SCHOOL HEALTH COUNCILS**

George Gervin Academy will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public).

### **II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**

Meals served through the National School Lunch and Breakfast programs will

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives
- ensure that half of the served grains are whole grains

Students and parents should be engaged through surveys in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices. In addition, George Gervin will share information about the nutritional content of meals with parents and students. Such information could be made available on the George Gervin Academy website.

#### **BREAKFAST**

George Gervin Academy recommends that every student eat breakfast every morning, either at home or at school. This will help meet their nutritional needs, and enhance their ability to start their day out right, with energy and alertness, helping them stay awake and attentive in class.

- Academies will operate the School Breakfast program <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>
- Academies will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Academies will notify parents of the school breakfast program.
- Academies will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means of information

#### **FREE AND REDUCED PRICED MEALS**

George Gervin Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced priced school meals. Each school will utilize electronic identification and payment systems and promote the availability of school meals to all students

#### **MEAL TIME AND SCHEDULING**

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Should schedule meal periods at appropriate times
- Should not schedule tutoring, club, or organizational meeting or activities during mealtimes unless students are allowed to eat during those activities
- Will schedule lunch periods to follow recess periods (elementary Academies)
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks

## **QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF**

Qualified nutrition professionals will administer the school meal programs. As part of George Gervin Academy's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in Academies. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

## **SHARING OF FOODS AND BEVERAGES**

George Gervin Academy discourages students from sharing their foods or beverages with one another during meal or snack times, to eliminate concerns of allergies, illness, and other restrictions on some children's diets.

## **FOODS AND BEVERAGES SOLD INDIVIDUALLY**

### **ELEMENTARY**

The school food service program will approve and provide all food and beverage sales to elementary students at George Gervin Academy. Given young children's limited nutritional skills, food in elementary will be served as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

### **JUNIOR HIGH AND HIGH SCHOOL**

In Junior High and High school all foods and beverages sold individually outside the reimbursable school meal programs (including those sold a la carte, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards.

#### **BEVERAGES**

- Allowed: Water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contains at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages.
- Not Allowed: Soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages capturing caffeine, excluding low-fat or fat-free chocolate milk.

#### **FOODS – A FOOD ITEM SOLD INDIVIDUALLY:**

- Will have no more than 35% of its calories from fat excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fats combined
- Will have no more than 35% of its weight from added sugars
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100 % fruit or vegetable juice; additional caloric sweeteners, cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables.

## **PORTION SIZES**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

## **FUNDRAISING ACTIVITIES**

To support children's health and school nutrition-education efforts, school fundraising activities during the school day will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. George Gervin Academy will encourage fundraising activities that promote physical activity. Fundraisers for food items that do not meet the above nutrition and portion standards for food and beverages sold individually will be sold outside the school day. School-sponsored fundraisers that sell foods or beverages that do not meet the nutritional standards for Smart Snack must be approved by the Principal.

## **SNACKS**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. George Gervin Academy will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. George Gervin Academy will disseminate a list of healthful snack items to teachers and parents.

## **REWARDS**

George Gervin Academy will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as punishment.

## **CELEBRATIONS**

George Gervin Academy will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. George Gervin Academy will disseminate a list of healthy party ideas to parents and teachers.

# **III. NUTRITION PROMOTION AND FOOD MARKETING**

## **NUTRITION EDUCATION AND PROMOTION.**

George Gervin Academy aims to teach, encourage, and support healthy eating by students. George Gervin Academy provides nutrition education and engage in nutrition promotions that;

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure(physical activity/exercise)

### **COMMUNICATIONS WITH PARENTS**

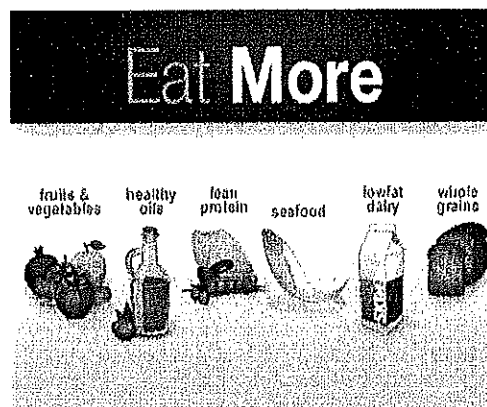
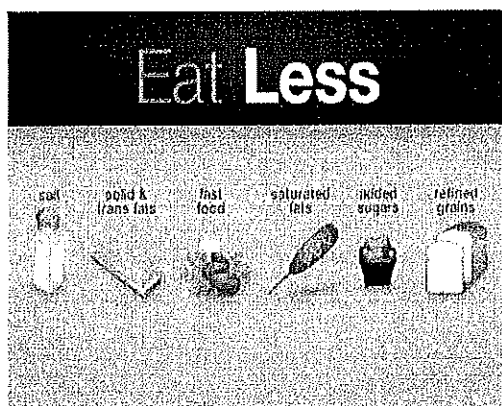
George Gervin Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. George Gervin Academy will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. George Gervin Academy encourages parents to pack healthy lunches and snacks, and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

### **FOOD MARKETING IN ACADEMIES**

School-based marketing will be consistent with nutrition education and health promotion. George Gervin Academy will promote foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **STAFF WELLNESS**

George Gervin Academy highly values the health and well-being of every staff member and encourages staff to make a personal effort to maintain a healthy lifestyle. George Gervin Academy encourages healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.



## **V. MONITORING AND POLICY REVIEW**

### **MONITORING**

The Superintendent or designee will ensure compliance with established school wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in his/hers school and will report on the school's compliance to the school district superintendent or designee.

Food Service Staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or School Principal.

The Superintendent or designee will develop a summary report annually on the school's compliance with the school's established nutrition wellness policy, based on input. That report will be provided to the school board and

also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in George Gervin Academy .

### **POLICY REVIEW**

George Gervin Academy's wellness policy will be reviewed annually to help with the initial development of the school's wellness policy compliance, assess progress, and determine areas in need of improvement. As part of that review, George Gervin Academy will review our nutrition policy and program elements. George Gervin Academy will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

## **VI. Physical Activity**

George Gervin Academy will provide opportunities to participate in regular physical activity, to promote personal life long behavior, and maintain physical well-being. Physical activity shall not be used as a reward or punishment. Opportunities for physical activity outside the classroom and/or school day will be provided.

George Gervin Academy will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines. State-certified physical education instructors will teach all physical education classes. K-6<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 134 minutes weekly. 6<sup>th</sup>-8<sup>th</sup> grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily, or 135 minutes weekly, or 225 minutes over a two-week period. Time allotted for physical activity will be consistent with national and state standards. All physical education instructors and their assistants must be trained in CPR/AED.