



## Wellness Policy

Updated 03/12/2020

Kansas City Girls Preparatory Academy (hereto referred to as “KCGPA” or “School”) mission is to develop young women to use their voices, succeed in college, and lead impactful, meaningful lives. KCGPA believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the School’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School 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 education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- 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 School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff in the School. Specific measurable goals and outcomes are identified within each section below.



## **I. School Wellness Committee**

### ***Committee Role and Membership***

KCGPA will convene a School wellness committee (hereto referred to as the “WC”) that will meet to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this School’s wellness policy (heretofore referred as “Wellness Policy”).

The WC membership will be led by a School representative and may include but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP- Ed).

### ***Leadership***

The Chief Operating Officer or designee(s) will convene the WC and facilitate development of and updates to the Wellness Policy, and will ensure compliance with the Wellness Policy.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

KCGPA will meet to develop a plan for implementation to manage and coordinate the execution of this Wellness Policy.

### ***Recordkeeping***

KCGPA will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written Wellness Policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy, including an indication of who is involved in the update and methods the School uses to make stakeholders aware of their ability to participate;



- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

### ***Annual Notification Of Wellness Policy***

KCGPA will actively inform families and the public each year of basic information about Wellness Policy, including its content, any updates to the policy and implementation status. KCGPA will make this information available via the School's website and/or School-wide communications. Annually, KCGPA will also publicize the name and contact information of the official(s) leading and coordinating the committee, as well as information on how the public can get involved with the WC.

### ***Triennial Progress Assessments***

At least once every three (3) years, KCGPA will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which KCGPA's is in compliance with the Wellness Policy;
- The extent to which KCGPA's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of KCGPA's Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is the Operations Manager.

The WC will monitor the Schools' compliance with this Wellness Policy.

KCGPA will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updates to the Wellness Policy***

The WC will review and make recommendations to the KCGPA Board of Directors of updates or modifications to the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.



### *Community Involvement, Outreach And Communications*

KCGPA is committed to being responsive to community input, which begins with awareness of the wellness policy. KCGPA will actively communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means appropriate for the School. KCGPA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. KCGPA will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. KCGPA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School communicates important school information with parents.

KCGPA will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. KCGPA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### ***School Meals***

Kansas City Girls Preparatory Academy is committed to serving healthy meals to children. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

KCGPA participates in USDA child nutrition programs, including the National School Lunch Program and is committed to offering school meals through nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations; (Kansas City Girls Preparatory Academy offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Accommodate students with special dietary needs;
- Are served at a reasonable and appropriate time of day.



## **Water**

KCGPA will promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. KCGPA will make drinking water available where school meals are served during meal times. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

## **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums.

## **Nutrition Education**

KCGPA aims to teach, model, encourage, and support healthy eating by students. KCGPA will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

## **Essential Healthy Eating Topics in Health Education**

KCGPA will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat



- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

#### **IV. Physical Activity**

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

#### ***Physical Education***

KCGPA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. KCGPA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical



education classes and equipment as necessary.

### ***Essential Physical Activity Topics in Health Education***

KCGPA will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids

### **Physical Activity Breaks**

KCGPA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. KCGPA recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### ***Before and After School Activities***

The School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

## **V. Other Activities that Promote Student Wellness**

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all



efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the WC.

### ***Community Partnerships***

The School will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### **Community Health Promotion and Family Engagement**

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. As described in the "Community Involvement, Outreach, and Communications" subsection, the School will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The WC will identify strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, identify and disseminate resources, and may support programs for staff members in coordination with Human Resources staff.