**GATEWAY LAB SCHOOL BOARD OF DIRECTORS**

**05.8 POLICY ON STUDENT WELLNESS**

**ISSUE**

Under the Child Nutrition and WIC Reauthorization Act of 2004, the Healthy, Hunger-Free Kids Act of 2010, and the Delaware Department of Education Regulation 825 every Delaware public school that participates in the National School Lunch Program, or the School Breakfast Program is required to develop and implement a student wellness policy to provide guidelines for school based nutrition and physical activity. The Gateway Lab School (“GLS”) Board of Directors (“Board”) establishes the following policy on student wellness in compliance with these laws.

**DEFINITIONS**

1. **Parent(s**)—as used in this policy shall mean the legal parent(s), custodian(s), guardian(s) or Relative Caregiver of a student attending GL.
2. **Physical Activity**—as used in this policy means movement of the body that uses energy. This may include daily routine activities such as intramural activities, sports, sports, and free play, planned and structured repetitive movements designed specifically to improve fitness and health.
3. **Physical Education**—as used in this policy means a developmentally appropriate program of learning a wide range of movements, knowledge, and skills that contribute to the development of responsible practices, attitudes, and behaviors essential to a healthy lifestyle provided by a qualified physical education specialist/instructor.
4. **USDA**—as used in this policy means the United States Department of Agriculture.

**POLICY**

1. **Nutrition Guidelines For All Foods Provided by or at GLS**

1. GLS will offer an economically sustainable meal program that provides an opportunity for every student and employee to eat a healthy nutritious breakfast and lunch daily. GLS will provide opportunities for additional meals, such as snacks, to the greatest extent possible. Parents shall be encouraged to pack a healthy nutritious lunch if their child is not participating in the GLS meal program.

2. The nutritional value of the food served by the GLS during the school day and in any before or after school program shall not be less restrictive than regulations and guidance as specified by USDA dietary standards; 7CFR Part 210.10 Nutrition Standards for Lunches and Menu Planning Methods and USDA 7CFR Part 220.8 Nutrition Standards for Breakfast and Menu Planning Alternatives.

3. Food service personnel shall use training and resource materials developed by the Department of Education and the United States Department of Agriculture to motivate children in selecting healthy diets.

4. Meals offered within the federally reimbursable meal program will be designed to feature and increase the amount of fruits and vegetables and other healthy foods from local sources to the greatest extent possible.

5. Foods served to GLS students and employees during the day as a snack, an incentive, or in school offices, whether provided by parents or GLS staff, shall be consistent with USDA standards.

6. Fundraising activities occurring at any time on school grounds shall not involve any foods that do not meet USDA standards. This includes fundraisers planned by any parent organization, student activity clubs and/or athletics groups.

1. **Nutrition Education, Communication, and Nutrition Promotion Guidelines**

**Education**

1. GLS shall incorporate nutrition education into the curriculum at all grade levels, according to state standards by using those resources and information available to GLS from the greater community and from the USDA such as:

Myplate**®** Healthy heart choices

Sources and variety of foods Dietary Guidelines for Americans

Diet and disease Understanding calories

Healthy snacks Healthy breakfast

Healthy diet Reading Food labels

Major nutrients Multicultural influences

Serving sizes Proper food safety/sanitation Limiting foods of low nutrient density

2. Nutrition education will be integrated into the respective subject areas. Students will receive nutrition education that is age appropriate, reflective of their cultures, and providing opportunities to practice skills in making healthy food choices.

3. The Head of School, or his/her designee, shall help to develop the GLS nutrition education program that must include some of the following elements:

* Teacher integration of nutrition education in an interdisciplinary approach that includes materials that are age appropriate. When practical, teachers will enhance nutrition education learning through gardening, food preparation, and during eating experiences.
* Encourage teachers to include food-centered activities and lessons that are healthy, enjoyable, developmentally appropriate, culturally relevant, and participatory such as farm visits, school gardens, food preparation, and contests.
* Dissemination of resource information related to integration of nutrition education into the curriculum and information that can be displayed throughout the school and at the point of sale.
* Include education activities sponsored by nutrition and health organizations.
* Promotion of nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analyses of school menus.
* Initiation of school-based marketing that is consistent with nutrition education and health promotion. As such, eliminate food and beverage marketing that promotes foods and beverages that do not meet the Smart Nutrition Standards sold individually. School-based marketing of brands promoting predominantly low nutrient foods and beverages will not be permitted.
* Promoting healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students. Work with a variety of media to spread the word of what constitutes a healthy food environment.
* Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between school nutrition and classroom instruction.
* Provide training for GLS nurse and school counselor to identify unhealthy eating habits in GLS students.

4. Every attempt will be made to integrate nutrition education into the respective subject areas with the help of credentialed nutrition professionals from Department of Education (DOE) and other sources.

**Communication**

1. A copy of this policy shall be posted on the GLS Website. Beginning in the 2015-16 school year, a copy of this policy will be included in the GLS Student Code of Conduct.

2. GLS school nutrition program will make every attempt to provide opportunities for parent input and monitoring their child’s food purchases through the use of posted menus and, if possible, an online tool for viewing food purchases, including snacks if applicable.

3. Appropriate GLS staff will be available at open house to discuss the benefits of GLS cafeteria services emphasizing the healthy food sources available on GLS menus.

**Promotion**

1. Staff will be encouraged to review the health and wellness opportunities available through DelaWell activities offered by the state.

2. Staff is encouraged to model healthy eating and physical activity as a valuable part of their daily life.

3. GLS nutrition program will provide food promotions to encourage taste testing healthy new foods that are introduced on the menu.

4. The school environment, including the cafeteria, classrooms, and hallways, shall provide a clear and consistent message reinforcing healthy eating and food choices.

1. **Physical Education & School-Based Physical Activity Guidelines**

The national recommendation of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. GLS will make every possible and practical attempt to meet the recommended time period in various settings, such as:

* Physical Education
* Classroom Activity Breaks
* Structured and Free Style Recess
* Before-school programs
* After-school programs
* Organized athletic activities after school hours

**Physical Education Guidelines**

GLS shall provide physical education (PE) instruction to every grade level taught by a certified educator. Course content will be based on state standards. The Physical Education Program should:

* + Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
  + Create a positive atmosphere for all students to participate in physical activities
  + Enhance skills in leadership, teamwork, and self-confidence
  + Utilize technology within the curriculum to enhance motivation and participation
  + Encourage physical activities outside of school

1. **School-Based Physical Activity Guidelines**

1. GLS shall implement school-based activities designed to promote student wellness throughout the school year.

2. GLS should consider scheduling recess before lunch since research indicates that physical activity prior to lunch can improve nutrient intake and reduce food waste.

3. GLS shall not use physical activity or withhold opportunities for physical activity as punishment or for discipline.

4. GLS will also provide students with opportunities for physical activities throughout the school day that will give students knowledge, motivation, and skills needed for lifelong physical activity.

1. **Implementation Guidelines**

1. This policy will be reviewed annually. The review process will involve major stakeholders including parents, students, school food authority, school board, school administration, and teachers.

2. GLS will develop a School Wellness Plan (“SWP) that incorporates the guidelines approved by the Board. The development process may include input from the major stakeholders including parents, students, school food authority, school board, school administration, and teachers.

1. **Monitoring & Evaluation Guidelines**

1. The Head of School, or his/her designee, shall oversee the implementation and monitoring of the SWP.

2. The Head of School, or his/he designee, shall create a process of annual evaluation of SWP. An evaluation report will be published annually on the GLS Website.

**REVIEW AND REPORTING**

This policy will be reviewed annually from the date of adoption.

**HISTORY:** Adopted 03/15/2015