



TYPE:	POLICY
SECTION:	PUPILS
TITLE:	<b>STUDENT WELLNESS</b>
BOT ADOPTED:	11.17.2020
PRIOR REVISIONS:	6.15.202, 6.20.23
CURRENT REVISION:	7.16.2024

## STUDENT WELLNESS POLICY

### Purpose

The Gillingham Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The school is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Board adopts this policy based on the recommendations of the Wellness committee and in accordance with federal and state laws and regulations.

### Authority

To ensure the health and well-being of all students, the school board establishes that the school shall do the following:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- The school will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity, and the school will establish linkages between health education and school meal programs and with related community policies.
- Lunches served during school hours will meet established federal nutritional guidelines of the Healthy, Hunger-Free Kids Act.
- Our school will continue to participate in the National School Lunch Program.

- A comprehensive nutrition program consistent with the federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

### **Delegation of Responsibility**

The DOD shall be responsible for the implementation and oversight of this policy to ensure that the schools' programs and curriculum is compliant with the policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness shall report to the Director of Education. The Director of Education shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment issues regarding wellness
- Listing of activities and programs conducted to promote nutrition and physical activity
- Recommendations for policy and/or program revisions
- Evaluation of food service program
- Review of all food and beverages sold in schools for compliance with established nutrition guidelines
- Suggestions for improvement in specific areas
- Feedback received from GCS staff, students, parents/guardians, community members and the Wellness Committee

The Director of education and the appointed Wellness committee shall periodically conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall include the extent to which the school is in compliance what the law and the policies related to student wellness and shall describe the progress made by the school in attaining the goals of this policy. The assessment shall be made easily accessible and, in a manner, easily understood to the public.

The school shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.

PL 108-265, Sec. 204

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the School Food coordinator.

## **Guidelines**

Wellness Committee:

The board shall appoint a Wellness Committee comprised of at least one of each of the following: a group of individuals representing the school and community, including parents, students, and representatives of the school food authority, members of the school board, school administrators, school nurse, teachers, coaches, health professionals, and members of the public.

The school shall be required to permit physical education teachers and school health professionals to participate in wellness.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with the law to recommend to the Board for adoption.

Gillingham Charter School will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition education and physical activities.

## **Goals:**

### **Nutrition Education:**

The purpose of nutrition education is to educate and to encourage children to adopt a healthy lifestyle by making proper food choices.

The following will be goals for nutrition education:

1. Nutrition education will be provided within a sequential, comprehensive health curriculum program in accordance with the State Board of Education curriculum regulations and the academic standards for health, Safety, and Physical Education and Family and Consumer Sciences. To be fully implemented for the 2021-2022 school year.
2. Nutrition education shall be integrated into other subjects to complement, but not replace, academic standards based on nutrition education. To be fully implemented for the 2021-2022 school year.
3. Consistent nutrition messages for families and the community shall be disseminated via school newsletters and postings on the school website. To be fully implemented for the 2023-2024 school year.
4. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. To be fully implemented for the 2021-2022 school year.
5. Nutrition education lessons and activities shall be age appropriate. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. To be fully implemented for the 2021-2022 school year.
6. Nutrition education shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. To be fully implemented for the 2021-2022 school year.

7. REVISED: Implementation of the Fresh Fruit and Vegetable Program for the 2024-2025 school year.
8. REVISED: Implementation of a Farm-to-Table Program for the 2025-2026 school year.
9. Achieve 65% breakfast participation.

**Physical Activity:**

1. Gillingham Charter School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for students.
2. Comprehensive health/physical courses that focus on providing students the skills, knowledge, and confidence to participate in lifelong, health-enhancing physical activity shall be taught.
3. A varied and comprehensive curriculum, consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be provided.
4. Physical activity shall not be used or withheld as a form of punishment.
5. Age-appropriate physical activities opportunities such as outdoor recess, before and after school programs, clubs shall be provided to meet the needs and interests of all students, in addition to planned physical education.
6. All students must participate in physical education.
7. REVISED: Wellness Committee shall host or actively participate in one community-based event per school year which promotes physical activity.

**Other School Based Activities:**

1. Students shall be provided adequate space and time to eat with 20 minutes sit down time for lunch.
2. All classes shall spend a minimum of 30 minutes daily for activity time, weather permitting. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. in an effort to provide students the opportunity to accumulate sixty (60) minutes of age-appropriate physical activity daily as recommended by the Centers for Disease Control and Prevention.
3. Professional development shall be provided for staff, including but not limited to nutrition, physical education, alternative fundraising, and options for classroom parties. To be fully implemented for the 2021-2022 school year.
4. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
5. The school shall encourage that all children have breakfast at home and/or a morning snack to meet their nutritional needs and enhance their ability to learn.
6. Gillingham Charter School began participation for the 2021 school year in CEP (Community Eligibility Program) and meal program participation has increased to 67%.
7. Drinking water shall be available and accessible to students, without restriction and at no cost to the student throughout the day.
8. As drinking fountains are replaced, they will be replaced with bottle filler style stations.

**Nutrition Guidelines:**

1. All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
2. Foods provided through the National School Lunch program shall comply with federal nutrition standards.
3. All competitive foods available to students at Gillingham Charter School shall comply with established nutritional guidelines, as stated in the Competitive Foods Policy.
4. Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through services where foods and beverages are sold to students.
5. Consistent nutrition messages shall be disseminated and displayed throughout the school, homes, and community. To be fully implemented for the 2021-2022 school year.
6. Ideas for healthy snacks and components for brown-bagged lunches will be provided to families annually.

**Written Policies**

Charter School's written policy on Student Wellness is public record.

**TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH THE SCHOOL'S CHARTER OR APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS AND/OR CHARTER CONTROL.**

Adopted this 16<sup>th</sup> day of July, 2024

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**Board President**

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**Board Secretary**