



Gulf Coast Charter Academy South Student Wellness Policy

Nutrition Guidelines for All Foods on Campus School Meals Program

Our Mission: Serving the future of America by nourishing bodies and minds today for a healthier tomorrow.

Our Vision: Our Foodservice program is the pinnacle of nutrition integrity and team oriented service that positively influences our students and community.

- Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- All reimbursable meals will meet the Recommended Dietary Guidelines for Americans and the following Healthy School Meals Initiative Guidelines:
- Student breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- Student lunches will provide 1/3 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- The average fat content of school meals will not exceed 30% total fat and 10% saturated fat.
- Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.
- Student and Foodservice Manager Menu Surveys will be conducted.
- School foodservice staff will be properly trained according to current professional standards and will regularly participate in professional development activities.

Nutrition Education Goals

- The primary goal of nutrition education is to influence students' eating behaviors by building nutrition knowledge and skills to help students make healthy eating and physical activity choices.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between foodservice staff and teachers.
- District health education curriculum standards and guidelines include both nutrition and physical education. Nutrition will be integrated into the health education core curricula.
- Staff who provide nutrition education will have appropriate training.
- School is enrolled as Team Nutrition School and will conduct nutrition education activities and promotions that involve students, parents and the community.

Physical Activity Goals

- Schools will promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.
 - State requirements for physical education will be met or exceeded.
 - All students will have equal opportunity to learn; frequency, time and or intensity.
 - Physical Education will provide meaningful content and appropriate instruction.
 - Physical Education teachers should receive professional development and certification opportunities.
 - Classroom teachers should receive training in order to develop methods of incorporating physical activity into the school day.
 - Schools will promote physical activity in our schools outside of physical education.
 - Supervised Preferred Activity Time that promotes physical activity outside of physical education should be allowed and promoted.
- GCCAS District will promote and support programs and partnerships within the community that provide students' opportunities to be physically active.

Priorities:

- Maintain status of Certified Physical Education teachers for all classes.
- Review the curriculum K-8 for scope and sequence of instruction to ensure all students' meaningful content and appropriate instruction.
- Instructional periods of a minimum 150 minutes per week elementary/225 minutes per week middle.
- Implement the already budgeted intramural programs (Middle School).
- Implement a cumulative total of 15 minutes of supervised recess per day in addition to regularly scheduled physical education (Elementary and Middle).
- Require a nationally recognized and validated pre and post physical fitness assessment and report results to parents annually.
- Ongoing professional development.
- School site training for classroom teachers for methods to integrate physical activity into their lessons.
- Adequate equipment and facilities available for all students.

Nutrition Standards for All Foods Available on School Campus during the School Day

Foods outside of the National School Meals Program made available on campus will meet the following Nutrition Standards.

- Foods will comply with the current USDA Dietary Guidelines for Americans:
- Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
- Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
- Sugar will not exceed 35% of the total weight of the food product (excluding fruits and vegetables).
- Sodium content of foods will be limited at or below 480 mg per side dish or below 600 mg per main dish.
- Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

School Parties and Other Celebrations:

- Any **school wide** activity during the school day involving food and/or beverages that do not meet the District Nutrition Standards will be limited to 10 times per school year.
- Healthy attitudes about food will be promoted. Schools should strive to promote a sense of pride and accomplishment as the primary reward.

Classroom Snacks:

- Classroom snacks will include only healthy choices, which meet the District Nutrition Standards. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. Appendix A provides a list of Healthy Classroom Snacks.
- After School snacks served as part of the Federal After School Snack Program will meet the federal guidelines.

Eating Environment:

- Meals will not be used as reward or discipline for student behaviors.
- Students will be provided adequate time to eat lunch.

- Schools shall be working toward providing at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias should include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.

Food Safety/Food Security:

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- For the safety and security of the food and facility, access to the foodservice operations is limited to Child Nutrition staff and authorized personnel.
- For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program or food that has been purchased and prepared by foodservice staff for the school.
- During an after school event in which permission by the School Board has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must present during the event and the storage facilities may not be used following the conclusion of the event.
- For further guidance see the US Department of Agriculture food security guidelines.

Goals in the School Meals Program

- The School Cafeteria will function as a learning environment to encourage Lifelong Healthy Eating Habits. Students will learn how to make their own healthy choices to create a well-balanced meal.
- The School Foodservice Department website will provide nutrition information to parents and students. Links will be provided to quality nutrition information and educational websites. School Menus, nutrient composition of foods and a list of a la carte items will be posted on the website.
- Nutrition education will be integrated into other areas of the curriculum as addressed in the Sunshine State Standards and Healthy, Hunger Free Kids Act of 2010.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Families will be encouraged to teach their children about health and nutrition and to provide nutritious meals for their families.

Goals for Other School-Based Activities Designed to Promote Student Wellness

- Wellness Policy guidelines and goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

- Support for the health of all students is demonstrated by implementing coordinated school health programs in every school, hosting health clinics, health screenings, and helping to enroll eligible children in health insurance programs.
- After-school programs will encourage physical activity and healthy habit formation.
- A local wellness committee comprised of families, teachers, administrators, and students will plan, implement and improve nutrition and physical activity in the school environment.

Goals for Measurement and Evaluation

Implementation/Evaluation and Measurement

The Principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and will report on the school's compliance to the school governing board or designee.

The Principal or designee may develop a summary report annually on school-wide compliance with the established nutrition and physical activity wellness policies, based on input from the Wellness Committee. The Wellness Committee will involve parents, students, representatives of the school food authority, the school board, school administrators and the public. It will also include teachers of physical education and school health professionals. These stakeholders will participate in the development, implementation and periodic review of the GCCAS Wellness Policy. This report will be provided to the school board and may also be distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel.

Gulf Coast Charter Academy South will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled at the school level to identify and prioritize needs. On an annual basis, the Wellness Committee, consisting of the stakeholders named above, will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The Principal shall implement this policy and measure how well it is being managed and enforced.

Evaluation and feedback are very important in maintaining a local wellness policy. At the final school board meeting for each year, the local school wellness policy (LSWP) will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be considered. Additionally, the food service director will be available to speak with parents throughout the year and allow parents to make suggestions as to what they would like to see occurring within the school for Wellness. GCCAS will document any financial impact to the school foodservice program, school stores, or vending machine revenues.

The Wellness Policy, upon approval can be found at www.gccas.org. (Will be posted upon approval)

Policy has been approved by the Board of Directors and the Principal. Revisions will be submitted for approval on an annual basis.

This policy was updated by Gulf Coast Charter Academy South on March 6, 2014.

Mike Auer, M.Ed.
Principal

Date

Appendix A – Healthy Choices for Classroom Snacks and School Activities

Beverages

Water
Milk, Non-fat, low-fat, plain or flavored
100% Fruit Juices

Snacks

Fresh Fruit and Vegetables
Canned Fruit (in natural juices or light syrup)
Celery or Apples with Peanut Butter
Dried Fruit
Pop Corn
Dry Cereal (low sugar varieties)
Mini Bagels
Soft or Hard Pretzels
English Muffins
Fruit Bar
Low Fat or Fat Free Yogurt
Trail Mix with Fruit, Nuts and Seeds
Soy Nuts
Hummus
Low Fat String Cheese
Baked Tortilla Chips with Salsa
Low Fat Fruit or Grain Muffin (2 oz or less)
Wafer Cookies
Low Fat or Fat Free Frozen Yogurt
Low-Fat Crackers
Non-iced Animal Crackers

Healthy Entrée Choices for After School Parties or Celebrations

Salads (Taco Salad, Grilled Chicken Salad, Pasta Salad)
Burritos or Tacos made with low fat cheese and lean meat
Quesadillas made with low fat cheese
Pasta with Tomato Sauce
Sub Sandwiches
Tortilla Wraps
Pizza Bagels
Baked Potato Bar

Non-Food Reward Ideas

Sticker Certificates Eat lunch outdoors with the class
School supplies Fun video
Movie Coupons Fun physical activity break
Special Recognition Extra Credit
Eat lunch with teacher/administrator
Extra computer time, art time, reading time, etc

Appendix B – Opportunities for Additional Physical Activity

Define Physical Activity:

Physical Activity: Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.

Moderate Physical Activity: Activities that use large muscle groups and are at least equivalent to brisk walking.

Vigorous Physical Activity: Rhythmic, repetitive physical activities that use large muscle groups at 70% or more of the maximum heart rate for age.

Define Physical Education: A physically educated person:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Opportunities for Additional Activity:

1. Elementary K-5:

- Before school
- Extended lunch
- Preferred Activity time
- Field days
- After school programs
- Community based activities

2. Middle 6-8:

- Before school
- Extended lunch
- Preferred Activity time
- Field Days
- After school
- Intramurals
- Middle School Extramural sports
- Community based activities