



POLICY & PROCEDURE STUDENT SERVICES

**Subject: STUDENT WELLNESS POLICY
PHYSICAL ACTIVITY AND NUTRITION**

Program: All Programs

No. SP034

Date: July 14, 2014

Approved: _____

Supersedes: _____

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Thus, Genesis Learning Centers is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of Genesis Learning Centers that:

- Genesis Learning Centers will engage students, parents, teachers, food service professionals, and our Board of Directors in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the requirements of the National School Nutrition Program.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Genesis Learning Centers will contract with qualified child nutrition professionals who will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; while Genesis Learning Centers will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Genesis will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).
- Genesis will provide nutrition education when possible and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Membership to Genesis Learning Centers' School Health Council is made up by all Principals, Program Managers, Directors, and The School Nutrition Manager. Genesis will work within the School Health Council to develop, implement, monitor, review, and; as necessary, revise school nutrition and physical activity policies.

The council will serve as a resource to school sites for implementing these policies. The Council will advertise the Wellness Policy to the public through use of the school's website and by sending home the Policy in the Student Handbook. They will act as an Advisory Soundboard for any parent and/or community input. The Council will review the Wellness Policy at a minimum every three years, whereby revisions or changes to the Wellness Policy will be made at that time.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings in the classroom;
- meet, at a minimum, nutrition 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 (to be defined by USDA); and
- ensure that all of the served grains are whole grain.

Schools will share information about the nutritional content of meals with parents and students. Such information will be made available on menus that are sent home with students, posted in the school, and menu is announced daily by the Director or Principal.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Genesis will operate the School Breakfast Program.
- Genesis will utilize a daily schedule that encourages participation by serving breakfast in the classroom.
- Genesis will notify parents and students of the availability of the School Breakfast Program.

Free and Reduced-priced Meals. Genesis 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-price school meals.

Meal Times and Scheduling.

- Genesis will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Genesis will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Genesis will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Genesis will contract school food service through a highly qualified community vendor meeting all federally mandated qualifications.

Sharing of Foods and Beverages. Genesis will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Foods and Beverages for Sale Genesis does not sell food or drinks individually to students.

Fundraising Activities. Genesis does not participate in traditional fundraising activities; therefore, no food will be sold through participation in fundraisers.

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. Genesis will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, and children’s ages.

Rewards. Genesis will not use foods or beverages that do not meet the portion size nutrition standards for foods and beverages sold individually (below) as rewards for academic performance or good behavior; unless this practice is allowed by a student’s Individual Education Plan (IEP) and/or Behavior Intervention Plan (BIP), an/or Behavior Contract. Genesis will never withhold food or beverages (including food served through school meals) as a punishment.

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; and
 - Twelve fluid ounces for beverages, excluding water

Celebrations/ “Goal Trip”. Genesis will limit celebrations that involve food outside of the breakfast and lunch programs to no more than one activity per class, per week.

As part of the Genesis School-Wide Positive Behavior System, the Administration will make an effort to encourage teaching staff to pick non-food related Goal Trips or choose healthier food options when incorporating food into their Goal Trips.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Genesis Learning Centers aims to teach, encourage, and support healthy eating by students. Genesis will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as required by the State of Tennessee 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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens when possible;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; and
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- where possible, classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Genesis will support parents' efforts to provide a healthy diet and daily physical activity for their children. Genesis will send home nutrition information, post nutrition information in the school, and provide nutrient analyses of school menus. Genesis will encourage 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 Schools. Genesis will not market food or beverages.

Staff Wellness. Genesis Learning Centers highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Human Resources Director heads the Staff Wellness Committee and is responsible for the communication of and promotion for staff wellness. When there are changes in benefits, new benefit information, or during the hiring process, the Human Resources Director provides the staff with the wellness information.

As part of the insurance package provided by Genesis Learning Centers, a major discount is available at most gyms to promote a healthy lifestyle outside of the organization. Staff in-services often include bowling or other non-sedentary activities, encouraging movement and wellness inside the workplace.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All Genesis students, including students with disabilities, special health-care needs, and in alternative educational settings, will have access to daily physical education for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which Genesis will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School. At this time Genesis Learning Centers is unable to provide opportunities for physical activity clubs and intramural programs.

Physical Activity and Punishment. Genesis will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

V. Monitoring and Policy Review

Monitoring. The Executive Director or designee will ensure compliance with established Genesis nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Executive Director or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Executive Director. In addition, Genesis Learning Centers will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If Genesis has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The School Nutrition Supervisor will develop a summary report every three (3) years on district-wide compliance (first report will be for the 2017-2018 School Year) with Genesis Learning Centers' established nutrition and physical activity wellness policies, based on input all Genesis programs. That report will be distributed internally and available to any community member upon request.

Policy Review. To help with the initial development of the Genesis wellness policies, each Genesis school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the executive level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Genesis Learning Centers will review our 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. Genesis will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.