

Global Leadership Academies
Wellness Policies on Nutrition and Physical Activity
Updated November 2023

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;

Whereas obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the USDA's MyPlate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas school districts around the country are facing significant fiscal and scheduling constraints;

Whereas community participation is essential to the development and implementation of successful school wellness policies; and

Whereas health equity means that everyone has a fair and just opportunity to be as healthy as possible, which requires removing obstacles to health such as poverty and discrimination, and recognizing that schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors.

Thus, the Global Leadership Academies are committed to providing school environments that promote and protect children’s health and ability to learn by supporting their healthy eating, physical activity, and wellbeing. Therefore, it is the policy of Global Leadership Academies that:

- The CEO or designee shall be responsible for the implementation and oversight of this policy to ensure that, programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.
- 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.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- Qualified child nutrition professionals 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program).
- Schools will provide nutrition education 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 Wellness Councils

The School Wellness Council is comprised of our school administrator, a board member, food service manager, student, parent/guardians, school nurse, school community coordinator, physical education teacher and community member.

The School Health Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating the School Wellness policy that complies with law to recommend to the Board for adoption.

The School Health Council shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

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;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetable

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:

- The schools will, to the extent possible, operate the School Breakfast Program.
- The schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- The schools will notify parents and students of the availability of the School Breakfast Program.
- The schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. The schools 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. Toward this end, the school may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program. If the schools have more than 50% of students eligible for free or reduced-price school meals, the schools will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Mealtimes and Scheduling

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

- will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule recess to follow lunch periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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. Qualified nutrition professionals will administer the school meal programs. As part of the schools' responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the school. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. The schools 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.

Management of Food Allergies

The schools have established Board policy and administrative regulations to address food allergy management in order to:

- Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle Schools. All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, or

fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards.

Foods

A food item sold individually will:

- Be a “whole grain-rich” grain product.
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.
- Calorie limits: ≤ 200 calories Entrée items: ≤ 350 calories
- Sodium limits: Snack items: ≤ 200 mg Entrée items: ≤ 480 mg
- Fat limits: Total fat: ≤35% of calories Saturated fat: < 10% of calories Trans-fat: zero grams.
- Sugar limit: ≤ 35% of weight from total sugars in foods

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and fresh, frozen, or canned vegetables (that meet the above fat and sodium guidelines).

Beverages

- Allowed: Plain water (with or without carbonation); unflavored lowfat milk; unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Snack-as-Meal Accompaniments

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

- This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

Snacks Served During the School Day. Snacks served during the school day or in after-school care or enrichment programs 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. The school will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, the school will provide snacks through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

Competitive Foods and Beverages. Competitive foods and beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.

Global Leadership Academies require that all foods and beverages sold outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will meet or exceed *federal competitive food/beverage monitor standards (Smart Snacks in School)*.

To qualify as a Smart Snack, a snack or entrée must:

- be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- have as the first ingredient a fruit, vegetable, dairy product, or protein food, or
- be a combination food that contains at least 1/4 cup of fruit and/or vegetable, and
- meet the following minimum standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Fundraising Activities. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

Rewards. The schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. The schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The school will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutritional standards for meals or for foods and beverages sold individually (above).

Water. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus). Global Leadership Academies will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

III. School-Based Nutrition Education, Promotion and Food Marketing

Nutrition Education and Promotion. Global Leadership Academies aim to teach, encourage, and support healthy eating by students. The schools 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 offered at each grade level 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;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Essential Healthy Eating Topics in Nutrition Education. Global Leadership Academies will include the following essential topics on healthy eating in the health education curriculum:

- 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
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, the schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity:

Essential Physical Activity Topics in Health Education. Global Leadership Academies' will include in the health education curriculum the following essential topics on physical activity through both team and individual activities:

- 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.
- How an inactive lifestyle contributes to chronic disease.
- 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

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
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Classroom Physical Activity (Movement Breaks). Classroom physical activity is defined as any physical activity done in the classroom. Classroom physical activity can take place at any time and occur in one or several brief periods of time during the school day.

Classroom physical activity can benefit students by:

- improving their concentration and ability to stay on-task in the classroom.
- reducing disruptive behavior, such as fidgeting, in the classroom
- improving their motivation and engagement in the learning process
- helping to improve their academic performance (higher grades and test scores)
- increasing their amount of daily physical activity¹⁹

Global Leadership Academies require that:

- classroom physical activity be incorporated into planning throughout the school day and the extended school day.
- classroom physical activity be integrated into planned academic instruction to reinforce academic concepts and to reinforce skills learned in physical education.
- physical activity be provided in the classroom outside of planned instruction (movement breaks)
- Classroom physical activity be offered in addition to physical education and recess at all school levels.
- barriers to classroom physical activity, such as lack of equipment or available space, are minimized.
- schools do not utilize activities or materials that are the product of a food, beverage, or dietary supplement company.
- classroom physical activity is not withheld from or required of students as a disciplinary approach.
- Classroom teachers receive resources and annual training on promoting physical activity and integrating physical activity in the classroom.

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

Physical Activity Opportunities Before and After School. All elementary, middle school students will be offered extracurricular physical activity programs, such as physical activity clubs or intramural programs. Middle school students will be offered interscholastic sports programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

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

Safe Routes to School. The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts. The school will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school will encourage students to use public transportation when available and appropriate for travel to school and will collaborate with the school district to provide transit passes for students.

V. Whole School, Whole Community, Whole Child Model (WSCC)

Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors.

Global Leadership Academies’ implements components of the **Whole School, Whole Community, Whole Child Model**, which is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.

Schoolwide Wellness. Global Leadership Academies will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Global Leadership Academies coordinates and integrates 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.

Global Leadership Academies encourage content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Region's curriculum experts.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Staff Wellness and Health Promotion. Global Leadership Academies highly value 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 school will establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, and employee benefits specialist.

Professional Learning. When feasible, Global Leadership Academies' will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Global Leadership Academies' staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Region reform or academic improvement plans/efforts.

Community Partnerships. Global Leadership Academies maintain relationships with community partners 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 Engagement. Global Leadership Academies 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. In addition, they will be invited to use school facilities outside of schools' hours in accordance to our school rules.

Communications with Parents. The schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The schools 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. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

The schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

V. Monitoring and Policy Review

Monitoring. The CEO or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

The schools' food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the CEO and Director of School Operations. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The CEO or designee will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies.

Policy Review. To help with the initial development of the schools' wellness policies, the schools will conduct a baseline assessment of the schools' existing nutrition and physical activity environments and policies. The results of those assessments will be compiled 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, the schools 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. The schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

This triennial assessment will include:

- Description of compliance of the school with policy.
- Comparison of the local policy to a model school wellness policy; and
- Progress made in attaining the goals of the policy.

The schools shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the School Health Council leadership.

