



## **GUADALUPE ALTERNATIVE PROGRAMS WELLNESS POLICY**

### **PURPOSE**

The purpose of this policy is to encourage and support healthy learners and to assure a school environment that promotes and protects students' safety, well being and ability to learn. Our policy supports physical activity, nutrition and other health supports.

### **GENERAL STATEMENT OF POLICY**

1. GAP provides tools, strategies, techniques and connections to develop healthy and optimistic learners.
2. GAP respects the values, cultures, beliefs and traditions of each student.
3. GAP recognizes the individual needs and developmental stages of students.
4. GAP recognizes that good physical and mental health fosters improved student attendance, education and learning.
5. School personnel engage in collaborative efforts between school community services to ensure a continuum of services.
6. GAP promotes and protects student safety, well being and ability to learn by providing programming, curriculum and services that address healthy behavior, skills and knowledge.
7. School personnel seek to accommodate special needs by identifying barriers to learning.
8. GAP recognizes that balanced nutrition and physical activity promote emotional well-being.

### **REPORTING**

GAP administration ensures the implementation of the wellness policy.

### **TRAINING**

GAP continuously is developing and implementing methods of policy presentation with staff and students.

### **PHYSICAL ACTIVITY**

1. GAP will strive to make continuous progress towards physical activity that meet or exceed the National Standards.
2. Students will practice skills and techniques to achieve and maintain life-long personal fitness.
3. Students have access to physical and/or fitness-oriented activities regardless of behavioral or academic status.
4. GAP will refrain from using exercise as a consequence for negative behaviors.
5. GAP will continue to work to develop and coordinate physical activity

- opportunities before, during and after school.
6. GAP will engage students in a variety of physical activities throughout the school year.
  7. GAP will maintain safe and developmentally appropriate fitness activities.

### **NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED DURING AND OUTSIDE THE SCHOOL DAY.**

1. Food and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
2. GAP provides nutritious and appealing foods that meet the health and nutrition needs of the students.
3. GAP provides opportunity for consuming nutritious food and expending physical activity to foster lifelong habits of healthy eating and physical activity.
4. Students have access to hand-washing or sanitizing hands before eating school meals.
5. GAP supports no mealtime activities unless students may eat during the activity.
6. GAP will not withhold food or beverages as a punishment for students.
7. GAP will, to the extent possible utilize methods to encourage school breakfast participation.
8. School Meals served through the National School Lunch and Breakfast Programs will:
  - a. Offer a variety of fruits and vegetables;
  - b. Serve only low-fat (1%) and fat-free milk, except when whole or 2% milk is recommended for students with special nutritional needs.
  - c. Ensure that whole grains are served whenever possible.
9. Beverages sold through vending machines at school will not include sugared soft drinks.
10. GAP encourages students not to share their food or beverages with one and another in regard to dietary restrictions.
11. GAP serves age and nutrition appropriate, and overall healthier snacks that make a positive contribution to our students overall health.
12. GAP serves healthy foods and beverages during school food celebrations.

### **NUTRITION EDUCATION AND PROMOTION**

1. GAP participates in, supports and encourages healthy student eating habits.
2. GAP serves and promotes consumption of fresh fruits, vegetables, whole grain products, low-fat dairy products and healthy food preparation methods and health-enhancing nutrition practices.
3. GAP strives to provide developmentally appropriate culturally relevant participatory food and nutrition activities for students.
4. GAP recognizes and teaches caloric balance with food intake and energy expenditure.

### **STAFF WELLNESS**

School staff serve as role models for students and are paramount to the success

of the wellness program. Staff have access to wellness opportunities both from internal and external sources and are encouraged to use them.

### **IMPLEMENTATION**

1. GAP's Wellness Policy will be reviewed and updated by GAP's Directors/Coordinators on an ongoing basis. The policy is then approved by Gap's Board of Directors.

### **FAMILY COMMUNICATION**

1. GAP will work with and support families in promoting eating and drinking healthy and nutritious food and beverages for students.