



## ***HEALTH & WELLNESS POLICY***

### ***PURPOSE***

The purpose of Guadalupe Alternative Program's (GAP) Wellness Policy is to encourage and support healthy learners and to assure a school environment that promotes and protects students' safety, wellbeing and ability to learn. Our policy supports physical activity, nutrition, mental health and other health supports. ***GAP's Health & Wellness committee*** is responsible for overseeing GAP's H & W plan. The committee will review the plan annually, at the first Health & Wellness Committee meeting for the new school year. GAP School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies. Annually, we advertise meetings and events through our social media outlets on how stakeholders or anyone interested can attend our Health & Wellness meetings. All opinions will be heard and discussed and updates to the plan will be implemented as needed. Implementation should not exceed 12 months.

### ***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.
9. GAP provides an intake form during the family/student interview process which allows the student to declare any medical issues such as allergies, asthma which are then reported to the Director of Education and School Nutrition Manager if needed.

## ***REPORTING***

GAP'S Health & Wellness chair, in collaboration with GAP'S Operations Director ensure the implementation of the wellness policy.

## ***TRAINING***

GAP is continuously 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 meets or exceeds 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 or taking away exercise, due to 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 by conducting quarterly events with all student events
7. GAP will maintain safe and developmentally appropriate fitness activities.

### ***NUTRITIONAL QUALITY OF FOODS AND BEVERAGES***

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 nutritional needs of the students.
3. GAP provides an opportunity for consuming nutritious food and expending physical activity to foster lifelong habits of healthy eating and physical activity.
4. Students have access to handwashing and/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 meal 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. GAP encourages students not to share their food or beverages with one another regarding dietary restrictions.

10. GAP serves age and nutrition appropriate, and overall healthier snacks that make a positive contribution to our students' overall health.

11. GAP serves healthy foods and beverages during school food celebrations.

12. GAP School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

### ***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 also have access to wellness opportunities, both from internal and external sources, and are encouraged to use them.

### ***IMPLEMENTATION***

GAP's Wellness Policy will be reviewed and updated by GAP's Directors. The policy is then approved by Gap's Board of Directors.

### ***FAMILY COMMUNICATION***

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

### ***HEALTH OFFICE/SCHOOL NURSE***

Saint Paul Public Schools assigns one of their nurses to GAP to make sure all immunization records and other requirements are met. We DO NOT administer any medication to students.

### ***FIRST AID KITS***

First aid kits are located on each floor (ground, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) inside the Janitor closet. The GAP School Social Work Supervisor maintains all supplies and restocking of the kits.