

Gateway Charter Academy Wellness Policy

Gateway Charter Academy (GCA) Wellness Policy reinforces the promotion of a healthy school environment where children learn and participate in positive wellness practices. This policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Therefore, promoting overall physical wellness and reducing childhood obesity. It is the position of GCA to promote and teach lifelong healthy eating and exercise patterns that will assist students in reaching their full potential. In compliance with regulations, parents, staff, administration and community members, GCA has established the following wellness goals.

Nutrition Guidelines

1. GCA will provide school meals, which meet or exceed the nutritional standards required by the State's School lunch and breakfast program.
2. GCA will offer adequate time for eating in a good clean environment that is conducive to eating and socializing with peers.
3. Students will be offered nutrient rich foods like fresh fruits and vegetables.
4. 1-2% milk will be promoted during all meals and available to students who bring sack lunches. Also, 100% juice may be available as an additional beverage during the breakfast menu.
5. Parents who send sack lunches will be encouraged to pack healthier lunches and snacks.
6. GCA will work toward rewarding students with alternative rewards in place of candy or sweets.
7. In compliance with federal mandates, reimbursable meals will be derived by providing meals lower in calories as well as saturated fat by eliminating fried foods.

Nutrition Education

1. GCA will promote family healthy eating patterns through classroom nutrition education as well as through the school's newsletter.
2. The provision of professional development opportunities will be readily available to food service staff.
3. Continuing education opportunities for all physical education staff as well as the school nurses.
4. GCA will educate parents to continue to encourage and reinforce healthy choices at home.

Physical Activity

1. Elementary school students in Kindergarten through 3rd grade will receive at least 30 minutes of physical education daily per week.
2. Middle and High School Students in 4th -10th will receive at least 45 minutes of physical education daily per week.
3. Students will be encouraged to participate in competitive sports such as track and field, basketball, volleyball and cheerleading.

4. GCA will provide adequate equipment for physical educational activities.
5. Health benefits will be emphasized during the school's "Designated Fitness Friday" which will involve a variety of physical activity.
6. Incorporating physical activity during classroom instruction time across the curriculum.

Health and Wellness

The Goal of the school nurse is to build and maintain a healthy school community by implementing strategies that promote student, staff, family, and community health and safety thereby improving the likelihood that students are both physically and emotionally prepared for school. GCA School Nurse is tasked with the following to ensure better health:

1. Improving overall compliance of immunizations of each student enrolled in school.
2. Addressing chronic diseases/conditions so students can function in a learning environment.
3. Standardizing medication administration during the school day.
4. Working with the Physical Education department to address childhood obesity
5. Reducing absenteeism due to illnesses and injury.
6. Maintaining up-to-date data collection via electronic medical record keeping.

Implementation and Monitoring

1. Superintendent will monitor and uphold policy execution and revisions.
2. Faculty and staff will recognize the commitment to the health and well-being of its students with adherence to the Wellness Policy.
3. Food Service Manager will monitor policy implementation within the kitchen and cafeteria.
4. Physical Education teachers will continue ensuring students' success in maintaining a healthy active lifestyle.
5. School Nurse will work with the above departments to ensure student's health needs are met. A healthy student learns better.
6. Building principals and administrators will monitor implementation of GCA's Wellness Policy within each individual building.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250- 9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).