



## WELLNESS POLICY

It is a Federal requirement that all schools participating in the National School Lunch Program have a Wellness Policy. A Georgia Fugees Academy Charter School (GFACS)) Wellness Committee was formed to develop, implement, assess, and update the school's Wellness Policy. The committee is comprised of stakeholders representing school nutrition, student health services, health and physical education, athletics, communications, and parents of the school community.

### **Policy Detail:**

GFACS recognizes the importance of healthy students by supporting comprehensive wellness, which includes good nutrition, regular physical activity, and other school-based activities that are designed to promote student wellness as part of the total learning environment.

### **Wellness Committee:**

GFACS's Wellness Committee's purpose is to engage students, parents, teachers, food service professionals, health professionals, the school board, administrators, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policy, goals and practices for comprehensive school health. The committee's purpose is to address health issues using a coordinated approach in order to improve student health and wellness. The Wellness Committee is incorporated into the GFACS leadership committee. Four times a year, the leadership team will establish goals and oversee school health and safety policies and programs. This will include the development, implementation, and periodic review and update of this wellness policy. The GFACS Leadership Team is comprised of the principal, assistant principal, college and career coach, four teachers, and the Operations Manager (who oversees the school nutrition program.) Some of these teachers also serve as school coaches for physical education activities as we are a small school. The school nurse and the head soccer coach will be included in the four annual meetings which address wellness. Parent advisory members will also be invited to these meetings. The Wellness Committee will send information on how students' families can get involved with this committee at least once per semester.

**School Food:**

School meals, extra sale items, and after-school snacks will meet federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the United States Department of Agriculture (USDA), and Georgia State Board of Education. All foods available during the school day to students will meet the nutrition standards of the Healthy, Hunger Free Kids Act of 2010. GFACS provides all food and beverages to students at no cost to them. The school does not market food towards students and does not provide additional al la carte options for purchase.

**Classroom Food Policy:**

We love to celebrate at GFACS, but when we celebrate, we have very specific guidelines for the health, safety, and well-being of our students and the school environment. Food is not permitted for classroom celebrations. This includes cakes, cupcakes, cookies, or any other food item. When celebrating a holiday, school staff must consider a special story time, craft, or game.

**Nutrition Education:**

Nutrition education will be a component of health education instruction through our movement and well being classes such as yoga and martial arts. . Course content will be in accordance with Georgia standards.

**Nutrition Promotion:**

The School Nutrition Program will be marketed and promoted at all levels. Nutrition education and wellness information will be provided via newsletters to schools, students, parents, and community members.

**Physical Activity and Physical Education:**

Physical activity will include any bodily movement that expends energy and may be structured or unstructured play. GFACS is founded on the principles of movement as part of the school day. Each day ALL of our students participate in two movement/physical education classes: yoga or martial arts and soccer. The students on average participate in 100 minutes of organized movement daily, in addition to the activity within the classroom. The program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence.

**Other School-Based Activities:**

Wellness activities, which include health services and safety & security processes, will be integrated across the entire school setting. GFACS uses a "house" system to provide weekly support to discuss safety and well being, as well as academic supports.

**Triennial Progress Assessments:**

At least once every three years, GFACS will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which the school complies with the wellness policy, and a description of the progress made in attaining the goals of the GFACS wellness policy.

**Public Notification:**

GFACS will notify households on an annual basis of the wellness policy information. Results of the triennial assessment will be made available to the public and posted on the school's website. Minutes of the Leadership Team's special quarterly meetings around wellness will also be posted on the website.