GMS	Policies and Procedures Glen Mills Schools	Policy Number 9.7
Chapter: 9 - Food Services		
Subject: Wellness		
Authority: Dr. Christopher R. Spriggs, Acting Executive Director		**Date of Issue: 8/2017** **Date of Re-issue: 2/21/2020**

I. **POLICY:** The Glen Mills Schools (GMS) promotes student health by supporting wellness, good nutrition, and regular physical activity as a part of the total learning and living environment. The Schools support a health environment where our residents learn and participate in the positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the School contributes to the basic health status of our students. Improved health optimizes our residents' performance potential and ensures that students placed in our care strive for a healthy lifestyle.

II. **PURPOSE:** The Glen Mills Schools (GMS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. GMS is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. The school adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

III. **PROCEDURE:**

A. GMS establishes that we shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.

2. Access, at reasonable cost, to foods and beverages that meet established nutrition guidelines.

3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

4. Curriculum and programs for grades 8-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

B. Delegation of Responsibility: Kevin Owens Director of Food Services or designee shall be responsible for the implementation and oversight of this policy to ensure the GMS's programs, and curriculum is compliant with this policy, related policies, and established guidelines or administrative regulations.

Kevin Owens Director of Food Services or designee shall annually report to the Leadership Team on GMS's compliance with law and policies related to school wellness. The report may include:

1. Assessment of school environment regarding school wellness issues.

2. Evaluation of food services program.

3. Listing of activities and programs conducted to promote nutrition and physical activity.

4. Recommendations for policy and/or program revisions.

5. Suggestions for improvement in specific areas.

6. Feedback received from GMS staff, students, parents/guardians, community members, and the Wellness Committee.

a. The Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each GMS school is in compliance with law and policies related to school wellness.

2. The extent to which this policy compares to model wellness policies.

3. A description of the progress made by GMS in attaining the goals of this policy.

b. At least once every three (3) years, GMS shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as GMS and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

c. GMS shall annually update this policy via GMS website, 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 Wellness Committee leadership.

C. Guidelines Recordkeeping: GMS shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.

2. Documentation demonstrating that GMS has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by GMS to inform the public of their ability to participate in the review.

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

D. Wellness Committee

1. GMS established a Wellness Committee in 2006 comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, GMS administrator, GMS food service representative, student, parent/guardian, school health professional, physical education teacher, and member of the public. It shall be the goal that committee membership will include representatives from different departments as recommended by the School Nutrition Association (SNA) and reflect the diversity of the Schools.

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

3. The Wellness Committee 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.

E. Nutrition Education: Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations

and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

1. Nutrition education in GMS shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

2. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

3. Nutrition education lessons and activities shall be age-appropriate.

4. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels, and media awareness.

5. School food service and nutrition education classes shall cooperate to create a learning laboratory.

6. Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

7. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

   a. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. GMS shall develop standards for such training and professional development.

   b. Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

F. Nutrition Promotion. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

1. GMS shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

2. GMS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

3. GMS food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

4. Consistent nutrition messages shall be disseminated and displayed throughout GMS, schools, classrooms, cafeterias, homes, community, and media.

5. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

6. GMS shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

G. Physical Activity

1. GMS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

2. GMS shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

3. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

4. Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

5. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

6. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

7. Physical activity breaks shall be provided for students during classroom hours.

8. Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

9. GMS shall provide physical activities and opportunities on weekends that will support lifelong physical activity.

10. Physical activity shall not be used or withheld as a form of punishment.

11. GMS shall promote physical activity through encouragement of walking.

12. Students and their families shall be encouraged to utilize GMS-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established GMS rules.

H. Physical Education: A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

2. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

3. A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

4. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

5. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.

6. A local assessment system shall be implemented to track student progress on the Health, Safety, and Physical Education academic standards.

7. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

8. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

9. Physical education shall be taught by unit Counselor/Teachers.

10. Appropriate professional development shall be provided for physical education staff.

11. Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

12. Physical activity shall not be used or withheld solely as a form of punishment.

I. Other School Based Activities

Nutrition professionals who meet hiring criteria established by GMS and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for GMS nutrition staff, as required by federal regulations.

1. Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

2. GMS shall provide adequate space, as defined by GMS, for eating and serving school meals.

3. Students shall be provided a clean and safe meal environment.

4. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

5. GMS shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.

6. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by GMS.

7. Students shall have access to hand washing or sanitizing before meals and snacks.

8. Access to the food service operation shall be limited to authorized staff.

9. Nutrition content of school meals shall be available to students and

parents/guardians.

10. Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

11. To the extent possible, GMS shall utilize available funding and outside programs to enhance student wellness.

12. GMS shall provide appropriate training to all staff on the components of the School Wellness policy.

13. Goals of the School Wellness policy shall be considered in planning all school based activities.

14. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

15. Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through GMS programs, communications, and outreach efforts.

16. GMS shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

17. GMS shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with GMS's healthy learning environment program and applicable laws and regulations.

J. Nutrition Guidelines for All Foods/Beverages at School

1. All foods and beverages available in GMS during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

2. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

3. Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

K. Competitive Foods

1. Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

2. Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

3. For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

4. For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

5. GMS may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

L. Non-Sold Competitive Foods- Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by GMS.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:
   a. Foods and beverages shall not be used as a reward or incentive at GMS.

2. Classroom Parties and Celebrations:

   a. When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

   b. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:
   a. Shared classroom snacks are not permitted at GMS.

M. Marketing/Contracting – Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and

comply with established GMS policy and administrative regulations. Exclusive competitive food and/or beverage contracts shall be approved by GMS, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

N. Management of Food Allergies in GMS: Our on campus health center staff shall regulate and address food allergy management in GMS in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.

2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.

3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.
   a. When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

   b. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.