

# Guadalupe School Wellness Policy

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# Guadalupe School Wellness Policy

## Preamble

Guadalupe School is committed to the optimal development of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental, and social success, we must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components – good nutrition and physical activity – before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active (through active transport to and from school, recess, physical activity breaks, and high-quality physical education) do better

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<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

<sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz JD. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

<sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

<sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

<sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

The following policy outlines Guadalupe School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students of Guadalupe School have access to healthy foods throughout the school day through school meals, such as the Fresh Fruit and Vegetable Program and the After School Snack Program in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education to help them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before and during school:
  - Each student is enrolled in Physical Education, a class that is taught 2 times per week for total of ninety minutes for each grade, Kindergarten through 6;
  - All classes have thirty minutes of recess scheduled into their daily schedule;
  - Students in the Homework Hour/Afterschool program are also offered a recess.
- The community is engaged in supporting the work of GUADALUPE SCHOOL in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- For the fifth year in a row, Tanner Dance Studio has brought their Side-by-Side (SBS) Dance Residency Program to Guadalupe School. This program offers weekly dance classes to our 3<sup>rd</sup> grade students, led by a Tanner Dance teaching artist, and occurs during the school day for 45 minutes per week in the second semester of the school year. The Tanner Dance teaching artist and classroom teachers work together to plan dance training that integrates classroom curriculum, and at the end of the semester, the students perform a dance recital. Students may receive scholarships to continue their dance education at the Tanner Dance studio at the University of Utah, as has happened in the past.
- Guadalupe School has established a new Wellness Team with the purpose of establishing and maintaining an infrastructure for school wellness management. This policy applies to all students, staff, and programs at Guadalupe School. Specific measurable goals and outcomes are identified within each section below.
- Guadalupe School will coordinate the wellness policy with other aspects of school management, including the School Improvement Plan.

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<sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

<sup>12</sup> Singh A, Uijtendwilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. Arch Pediatr Adolesc Med, 2012; 166(1):49-55.

<sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. PLoS ONE, 2014; 9(9): e107031.

<sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. Pediatrics 2014; 134(4): e1063-1071.

<sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

## **I. School Wellness Committee (SWC)**

### ***Committee Role and Membership***

Guadalupe School will convene a representative School Wellness Committee (SWC) that will meet monthly during every school year to establish goals for and oversee school health and safety policies and programs. This will also include any development, implementation, and periodic review to update the school-level wellness policy.

Guadalupe School's SWC membership will represent all school levels but not be limited to: Executive Director, Principal, Vice Principal, Food Service Director, Physical Education Teacher, and a member of the teaching staff.

The Executive Director and Food Service Director will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The names, titles, and contact information of these individuals are:

<b>Name</b>	<b>Title / Relationship to Guadalupe School</b>	<b>Email address</b>	<b>Role on Committee</b>
Richard Pater	Executive Director	richard.pater@guadschool.org	Director
Jodi Key	Food Service Director	jodi.key@guadschool.org	Assists in the evaluation of the wellness policy implementation
Katina Santamaria	Principal	katina.santamaria@guadschool.org	Advisor
Dr. Leilani Nerveza-Clark	Vice Principal	leilani.clark@guadschool.org	Advisor
Lori Kuna	Physical Education Coordinator	lori.kunz@guadschool.org	Advisor

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

Guadalupe School will develop and maintain an implementation plan to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions and timelines, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and any progress reports can be found at [www.guadschool.org](http://www.guadschool.org).

### ***Recordkeeping***

Guadalupe School will retain records to document compliance with the requirements of the wellness policy.

### ***Annual Notification of Policy***

Guadalupe School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status via the school website and/or school-wide communications. Guadalupe School will provide information about the school nutrition environment, including a summary of the school's events or activities related to wellness policy implementation. Annually, Guadalupe School will also make the names and contact information of the school officials leading and coordinating the committee available, as well as information on how the families can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, Guadalupe School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which programs under the jurisdiction of Guadalupe School are in compliance with the wellness policy;
- The extent to which Guadalupe School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Guadalupe School's wellness policy.

The positions/persons responsible for managing the triennial assessment and contact information are: Richard Pater, Executive Director ([richard.pater@guadschool.org](mailto:richard.pater@guadschool.org)) and Jodi Key, Director of Child Nutrition ([jodi.key@guadschool.org](mailto:jodi.key@guadschool.org)).

Guadalupe School will monitor the school's compliance with this wellness policy.

Guadalupe School will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

Guadalupe School will update or modify the wellness policy based on the results of the triennial assessment and/or as the school's priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

Guadalupe School is committed to being responsive to community input, which begins with awareness of the wellness policy. Guadalupe School will actively communicate ways to participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means. Guadalupe School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Guadalupe School will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Guadalupe School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Guadalupe School communicates important school information with parents.

Guadalupe School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Guadalupe School will also use these mechanisms to inform the community about the availability of triennial reports.

## **III. Nutrition**

### ***School Meals***

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (per nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the agency, i.e. preschool through 6<sup>th</sup> grade, participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Fresh Fruits and Vegetable Program, and the After School Snack Program. These programs:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations;
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.

Menus will be posted weekly on the school website and on the cafeteria bulletin board

- Menus will be created and reviewed by the Food Service Director and input to the *Nutrikids* software program, an approved Child Nutrition Software Company.
- School meals are administered by a team of child nutrition professionals.
- Guadalupe School's child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 15 minutes to eat breakfast and 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Recess will precede lunch time and unstructured physical activity is encouraged beforehand.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements including Food Director Certification from the School Nutrition Association as well as a Federal Serve Safe Certification. Child Nutrition Staff will receive four (4) hours per school year in Child Nutrition Training. All Child Nutrition staff will meet or exceed [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Fresh filtered water is available during all meal service in the cafeteria and throughout the school campus. Guadalupe School will make drinking water available where school meals are served during mealtimes. Each classroom has been equipped with its own sink

and drinking fountain where children are encouraged to drink fresh water throughout the day. Drinking water is encouraged for each child after recess and after Physical Education.

### ***Competitive Foods and Beverages***

Guadalupe School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Because Guadalupe School is a Provision 2 school, all students receive free breakfast, lunch, and snacks.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including:

1. ***Celebrations and parties:*** Guadalupe School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. ***Rewards and incentives:*** Guadalupe School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages may be used as a reward periodically, and may not be withheld as punishment for any reason, such as for performance or behavior.

### ***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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Guadalupe School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### ***Nutrition Education***

Guadalupe School will teach, model, encourage and support healthy eating for all students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;



- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

### ***Essential Healthy Eating Topics in Health Education***

Guadalupe School has included the following essential topics on healthy eating in the health education curriculum:

- Food guidance from [MyPlate](#)
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake

## **IV. Physical Activity**

Children and adolescents should participate in at least 30 minutes of physical activity every day while in school.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) should not be withheld as punishment. Guadalupe School will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, Guadalupe School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Guadalupe School will conduct necessary inspections and repairs.

### ***Physical Education***

Guadalupe School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. Guadalupe School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Guadalupe School students in each grade, Kindergarten through 6, will receive physical education for at least two 45-minute classes per week per grade, throughout the school year.

The Guadalupe School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. Additionally, all physical education teachers at Guadalupe School will be required to participate in an annual professional development in physical education.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all elementary grades Guadalupe School will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### ***Recess***

Guadalupe School will offer two 15-minute recess periods on all regular school days during the school year.

Outdoor recess will be offered when the weather is feasible for outdoor play. Guadalupe School will have outdoor recess unless the County Health Department declares a red/orange air day or the outside temperature is below 20°F, inclusive of wind chill factors, during storms with lightning

or thunder, or at the discretion of the building administrator based on a best judgment of safety conditions. Any student with medical need may stay in for recess.

In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute for, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks***

Guadalupe School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Guadalupe School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Guadalupe School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Guadalupe School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

## **V. Other Activities that Promote Student Wellness**

Guadalupe School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Guadalupe School staff members are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics and science.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### ***Community Partnerships***

The Guadalupe School has actively sought relationships with community partners, e.g. dance, tennis and golf lessons. Rose Park Golf course and tennis pros work with our children in the Afterschool and Summer School Programs, teaching them beginning core skills and team building. Scholarships have been offered to children who have excelled in these sports. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

Guadalupe School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, Guadalupe School will use electronic mechanisms (e.g., email or displaying notices on the school’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Professional Learning***

When feasible, Guadalupe School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Guadalupe School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Guadalupe School academic improvement plans and efforts.

