

Policy on Wellness
For
Learning Gate Community School



Learning Gate Community School recognizes the connection between health and academic achievement. With the promotion of wellness in mind, the school has developed a Wellness Policy to support and promote the health of students, families, and staff.

Wellness Committee 2017-2018

Goals for the Wellness Policy

Goals refer to the desired status of the identified services and programs based on review of school site needs.

1. The goals for NUTRITION EDUCATION are as follows:
 - To implement the offer vs. serve option for the National School Lunch Program for breakfast and lunches.
 - To encourage students to choose balanced and nutritious school meals.
 - Collaborate with the garden teacher to teach students how to identify different foods, their source, and cultivation.
 - To educate our community how to read food labels and serving sizes.
 - To provide access to nutrition information including posters, worksheets and brochures in classrooms and throughout campus.

 2. The goals for PHYSICAL EDUCATION AND ACTIVITY are as follows:
 - All students in all grades should experience quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment.
 - To provide adequate space to maximize practice opportunities for each child.
 - To provide adequate equipment for students to be actively engaged individually, with partners, or in small groups to maximize practice opportunities.
 - To ensure physical education class sizes are comparable to class sizes in other subject areas where possible.
 - To provide Physical Education Instructional Guides that support a written comprehensive and sequential standards-based physical education curriculum provided for all teachers of physical education for use in their classes.
 - To ensure all students participate in a wellness related course via Exploratory Learning or in a teacher instructed environment.
 - Be able to offer extracurricular physical activity programs after school with supervised clubs.

 3. The goals for OTHER SCHOOL BASED ACTIVITIES are as follows:
 - School policy will prohibit the use of food as a reward or punishment.
 - Students will have access to free, quality drinking water in all areas of the school.
 - Teachers will use non-food rewards for their students. Teachers will replace the use of these awards with alternatives such as excess recess time, game time or other physical activity and mind stimulus time.
 - Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving food from the line.
 - The school shall maximize the reduction of waste with our waste free lunch boxes, recycling and composting programs.

 4. The goals for NUTRITION PROMOTION are as follows:
 - The school and environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
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- Food Services will provide parents with a pre-ordering system that allows purchasing and monitoring of meals at the K-8 level.
5. ASSURANCE
- “We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.”
6. GUIDELINES FOR ALL FOODS SERVED AND SOLD
- To offer affordable well balanced meals, emphasizing fresh fruits and vegetables offering whole grains and low-fat dairy choices.
 - No Trans Fats
 - Minimize sugar, sodium and fat content.
 - All foods to meet the standards of The NSLP.
7. EVALUATING/INFORMING THE PUBLIC
- The school will ensure that a current copy of the Local School Wellness Policy (LSWP) is always available on the school website for the public to view. The approved LSWP is posted at www.learninggate.org.
 - The Wellness Committee shall meet to review and monitor compliance and will conduct an annual assessment.
 - The wellness goals and policy updates will be provided to students, parents and staff as necessary.
 - At the end of the year board meeting, the LSWP will be discussed. All feedback and recommendations will be reviewed and considered.
 - The Food Service Director will be available during Open House to hear suggestions from parents and students.
8. The goals for HEALTH EDUCATION is as follows:
- a. To maintain a safe and drug-free environment, LGCS will enact a tobacco and illicit drug-free policy.
 - b. Maintain up to date health education training for faculty and staff.
 - c. Educate students about the three dimensions of total health.
 - d. Physical Wellness- personal fitness, exercise, nutrition, effects of drugs, alcohol, and tobacco, personal hygiene, and disease.
 - e. Social Wellness- healthy relationships, teamwork, treatment of others, communication strategies.
 - f. Emotional Wellness- Stress, Depression, Suicide awareness, Coping mechanisms, Self-esteem.
9. The goals for HEALTH SERVICES is as follows:
- The School Nurse will continue to provide students and their families with information about how to enroll in health insurance plans such as Florida Kid Care when necessary.
 - Offer First Aid and CPR training to faculty, staff, parents and middle school students.
 - Notify noncompliant families of state required immunization and health physicals.
 - Notify faculty and families of upcoming community education offerings.
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10. The goals for SCHOOL COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES is as follows:

- Implement an attendance policy to reach goal of 90% by year-end.
- Offer parent education classes.
- Incorporate bullying prevention lesson school-wide.
- Offer outside resources and programming.

11. The goals for a Safe Environment are as follows:

- a. The Upper and Lower divisions will maintain a safe and healthy school environment.
- b. The Upper and Lower divisions will promptly report workplace safety concerns to proper authority.

12. The goals for Faculty and Parent Community wellness is as follows:

- a. The Wellness Team will work collaboratively to offer wellness education to staff.
- b. All staff have functional and healthy working environment with access to all resources pertaining to wellness.
- c. Wellness Team will empower the LG community to live a healthy lifestyle through educational programs.
- d. Parents will provide a healthy diet and promote physical activity for their child.
- e. To assist in implementing goals of the LSWP.

13. The required action steps for schools:

- School meals will provide faculty and students with well-balanced options.
 - Introduce new food items as well as nutritional health benefits of new item.
 - Create “hands on” activities related to better food options.
 - Utilize our chef to educate our faculty, students and parents on various cooking methods and techniques that improve our health.
 - Physical Education instruction will meet or exceed state mandates at all levels.
 - Provide a comprehensive and sequential physical education program for students with exposure that meets Florida Sunshine State Standards.
 - President’s Physical Fitness test administered to Grades 3-6 by PE Instructors annually with results reported to families.
 - Provide a comprehensive and sequential Health Education program for students that meet Florida Sunshine Standards.
 - To provide a wellness curriculum for teachers.
 - Maintain an updated link on the school website called “Nurse’s Corner” to provide information related to wellness.
 - Find training opportunities for educational programs for faculty specific to counseling, psychological, and social services.
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The Principal shall ensure compliance with established school-wide nutrition and physical activities policies.

Timeline to implement Wellness Policy

- Review the Wellness Plan- Beginning of School year
- Assess our school wellness
- Update our Wellness Committee/Policy
- Plan Wellness Community Event
- Implement action steps

- Implement action steps of Wellness Policy
- Complete assessment tool

Ongoing: Review Goals and Action plans for relevance.

Committee Meeting Date:
