



GUAHAN
ACADEMY
CHARTER SCHOOL

MUNCH AND MOVE

Nutrition and Physical Activity

WELLNESS POLICY



Property of:
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Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19years) eat healthy diet consistent with the five main recommendation from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, GUAHAN ACADEMY CHARTER SCHOOL is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of GUAHAN ACADEMY CHARTER SCHOOL (GACS) that:

- GACS will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school-wide nutrition and physical policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at GACS will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and according to the nutrition guidelines of the U.S.D.A. Child Nutrition Program.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, GACS will participate in available federal school Meal programs (including the School Breakfast Program, National School Lunch Program – including after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program – including suppers).
- GACS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policy Goals:

A. School Health Council

GACS will create, strengthen or work within existing health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Council also will serve as resources to school sites for implementing those policies. GACS Council will comprise of a group of individuals representing the school and community, and should include parents, students, members of the Board of Trustees, representatives of the Child Nutrition Program, school administrators, teachers, health professionals and members of the public.

B. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the Child Nutrition Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local and federal statutes and regulations;
- offer a variety of fruits and vegetables;¹

¹ To the extent possible, GACS will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of the week. GACS will source fresh fruits and vegetables from local farmers when practicable.

- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy Alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.^{3/4}

GACS shall engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, GACS will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- GACS will, to the extent possible, operate the School Breakfast Program.
- GACS will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- GACS will notify parents and students of the availability of the School Breakfast Program.
- GACS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other medium of communication.

Free and Reduced-Priced Meals

GACS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.⁵ Toward this end, GACS may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income, promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program

GACS who has more than 50% of students who are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six (6) weeks

² As recommended by the Child Nutrition Program and the Dietary Guidelines for Americans 2005

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price or “paid” meals.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

GACS

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- • should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (with elementary classes);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of GACS' responsibility to operate a food service program, GACS will provide continuing professional development for all nutrition professionals in school. Staff development programs should include appropriate certification and/or training programs for child nutrition director and managers and cafeteria workers, according to their levels of responsibility.⁶

Sharing of Foods and Beverages

GACS should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

⁶ School nutrition staff development programs are available through the USDA School Nutrition Association, and National Food Service Management Institute.

C. Foods and Beverages Sold Individually

(i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte – snack lines, fundraisers, school stores, etc.)

Elementary School

The School Food Service Program will approve and provide all food and beverage sales to students in the elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Middle/Junior High and High School

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through an a la carte snack lines, vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day, will meet the following nutrition and portion size standards.

Beverages

- **Allowed:** Water or seltzer water⁷ without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).
- **Not Allowed:** Soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - will have more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have no more than 35% of its *weight* from added sugars;⁸

⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7CFR Part 201).

⁸ If a food manufacturer fails to provide *added* sugars content of a food item, use the percentage of weight from *total* sugars limit.

- will contain no more than 230 mg. of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg. of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg. sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).⁹

Portion Sizes

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

⁹ Vending machines shall include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts and other perishable items.

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. GACS will encourage fundraising activities that promote physical activity. GACS will also make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. GACS will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

GACS will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

- If eligible, GACS will pursue to provide snacks through after-school programs, receiving reimbursements through the National School Lunch Program.

Rewards

GACS will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

GACS will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). GACS will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events (such as, but not limited to, athletic events, dances or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

D. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

GACS aims to teach, encourage and support healthy eating by students and provide nutrition education and engage in nutrition promotion that:

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

- is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

GACS will support parents' efforts to provide a healthy diet and daily physical activity for their children. GACS will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. GACS will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. GACS will provide parents a list of foods that meet snack standards and ideas for healthy celebrations/parties, rewards, and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, GACS will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).¹¹ School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹² is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

GACS highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy life style. GACS will establish and maintain a staff wellness committee to compose of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee can be a subcommittee of the School Health Council.)

¹¹Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

The Staff Wellness Committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Staff Wellness Committee should distribute its plan to the School Health Council annually.

E. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high-school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

GACS discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, GACS will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

GACS will offer its students in elementary, middle and high school extracurricular physical activity programs, such as physical activity clubs or intramural programs, and will offer interscholastic sports programs to its high school and middle school students as appropriate. GACS will also offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

GACS will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, GACS will work together with local public works, public safety and/or police departments in those efforts. GACS will explore the availability of federal “safe routes to school” funds, administered by the State Department of Transportation, to finance such improvements. GACS will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

F. Monitoring and Policy Review

Monitoring

GACS will ensure compliance with established school-wide nutrition and physical activity wellness policies. GACS will ensure compliance with those policies at the school and will report on the school’s compliance to the Principal or designee.

School food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Principal. In addition, GACS will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If GACS has not received a SMI review from the State Agency within the past five (5) years, GACS will request from the State Agency that an SMI review be scheduled as soon as possible.

The Principal will develop a summary report every three (3) years on the school-wide compliance with GACS’ established nutrition and physical activity wellness policies. The summary report will be provided to GACS Board of Trustees and distributed to all school health councils, parent/teacher organizations, and school health services personnel in the district.

Policy Review

To help with the initial development of GACS’ Wellness Policies, GACS will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies.¹³ The results of the assessments will be compiled with to identify and prioritize needs.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers of Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, GACS will review our nutrition and physical activity policies, provision of an environment policies and program elements. GACS will, as necessary revise the wellness policies and develop work plans to facilitate their implementation.

G. Resources for Wellness Policies on Nutrition and Physical Activity

(USDA), and *Opportunity to Learn Standards for elementary Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

GACS-Physical Activity & Nutrition Wellness Policy

