



RESOLUTION NO.: 2017.035 (REVISED 5.19.22)

GREAT VALLEY ACADEMY WELLNESS POLICY

Preamble

Great Valley Academy is committed to the optimal development of every student. Great Valley Academy believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Great Valley Academy's approach to ensuring supportive 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 at Great Valley Academy have access to healthy foods through the school lunch program in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during school;
- Great Valley Academy engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors;
- This policy applies to all students, staff, and campuses of Great Valley Academy.

I. School Wellness Committee

Committee Role and Membership

Great Valley Academy will convene a representative wellness committee that collaborates at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy.

To the extent possible, the wellness committee will include representatives from each school campus and reflect the diversity of the community.

Leadership

The Food Services Coordinator will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Name	Title/Relationship to the School or District	Email Address	Role on Committee
Kristen Zuidema	Food Services Coordinator	k.zuidema@greatvalleyacademy.com	Wellness policy coordinator
Michael Ruehle	Modesto Principal	m.ruehle@greatvalleyacademy.com	Responsible for wellness policy implementation and adherence.
Russell Howell	Salida Principal	r.howell@greatvalleyacademy.com	Responsible for wellness policy implementation and adherence.
Marisa Meeks	Chief Operating Officer	m.meeks@greatvalleyacademy.com	Responsible for general oversight of the wellness policy.

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

Implementation Plan

Great Valley Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will have 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. It is recommended that the school complete a school level assessment, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at www.greatvalleyacademy.com.

Recordkeeping

Great Valley Academy will retain records to document compliance with the requirements of the wellness policy on log in Food Services Office and/or the central computer network (Google Drive). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy was made available to the public;

- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods Great Valley Academy uses to make stakeholders aware of their ability to participate on the wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Great Valley Academy will actively inform families and the public each year of basic information about this policy, including its content, and updates to the policy and implementation status. Great Valley Academy will make this information available via the website. This will include a summary of Great Valley Academy's events or activities related to wellness policy implementation. Annually, Great Valley Academy will also publicize the name and contact information of school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

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

- The extent to which Great Valley Academy is in compliance with the wellness policy;
- The extent to which Great Valley Academy's wellness policy compares to other Stanislaus County school wellness policies; and

The position/person responsible for managing the triennial assessment and contact information is Kristen Zuidema, Food Services Coordinator, k.zuidema@greatvalleyacademy.com. The wellness committee will monitor schools' compliance with this wellness policy. Great Valley Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as school 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

Great Valley Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Great Valley Academy will actively communicate ways in which representatives of GVA and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the school. Great Valley Academy will ensure that communications are culturally and linguistically appropriate to the

community, and accomplished through means similar to other ways that Great Valley Academy is communicating other important school information with parents.

Great Valley Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

III. Nutrition

School Meals

Great Valley Academy is committed to serving healthy meals to children that meet or exceed requirements set forth by the National School Lunch Program (NSLP). The school meal program aims 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.

Great Valley Academy participates in USDA child nutrition programs including NSLP and is committed to offering school meals that:

- Are accessible to all students;
- Are at no-cost 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; (Great Valley Academy offers reimbursable school meals that meet USDA nutrition standards.)

Promote healthy food and beverage choices

Students will be allowed at least 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.

- 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 food service program coordinator and staff will meet or exceed hiring and annual continuing education/training requirements in the 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 and on each school campus. Great Valley Academy will make drinking water available within a proximity of where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

All water sources and containers will be maintained on a regular basis to ensure good hygiene standard such sources and containers may include drinking fountains and hydration stations, and other methods for delivering drinking water.

Competitive Foods and Beverages

Great Valley Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. No foods and beverages are sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) during the school day. This provides an environment that reinforces the development of healthy eating habits.

Celebrations and Rewards

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

1. Celebrations and parties. Great Valley Academy will provide a recommended list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. Great Valley Academy will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards to be used as a recommendation.
3. Rewards and incentives. Great Valley Academy will provide teachers and other relevant school staff a list of alternative ways to reward children as a recommendation. Foods and beverages should not be used as a reward, or withheld as punishment for any reason, such as behavior.

Fundraising

Great Valley Academy will only use non-food fundraisers during the school day and will encourage promoting physical activities (such as jog-a-thons, family fitness events, fun runs, etc.). Great Valley Academy will make available to parents and teachers a recommended list of healthy fundraising ideas.

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. Nutrition promotion may also include marketing and advertising nutritious foods and beverages to students.

Great Valley Academy will promote healthy food and beverage choices for all students throughout the school campuses, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Promoting the school meal program and its benefits to students.
- Posters of healthy food choices placed throughout the campuses.

Nutrition Education

Great Valley Academy aims to teach, model, encourage, and support healthy eating by students. Schools 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;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products as part of daily eating.

Essential Healthy Eating Topics in Health Education

Great Valley Academy will include in the health education curriculum the following essential topics on healthy eating:

- Food guidance from MyPlate
- Eating a variety of foods every day
- Eating more fruits, vegetables, and whole grain products
- Importance of water consumption
- Resisting peer pressure related to unhealthy dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

Great Valley Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of Great Valley Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted on the school campus, consistent with Great Valley Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will target to meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Minimal advertisements in school publications or school mailings.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and Great Valley Academy is committed to providing these opportunities. Great Valley Academy will ensure that

these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

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

Physical Education

Great Valley Academy 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).

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

All Great Valley Academy students will receive physical education weekly. The following identifies grade span specific requirements:

- Kindergarten will receive time daily to be physically active.
- 1st – 8th grades include not less than 200 minutes in every 10 school days for physical education.

Essential Physical Activity Topics in Health Education

Great Valley Academy will include in the health education curriculum 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
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout, and cool down
- Decreasing sedentary activities, such as TV watching

Recess

Great Valley Academy will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the classroom to ensure proper hygiene prior to eating and students are encouraged to use these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play. 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, 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 (Elementary and Secondary)

Great Valley Academy 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 during classroom time. Great Valley Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Great Valley Academy 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.

Before and After School Activities

Great Valley Academy offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Great Valley Academy will encourage students to be physically active before and after school by offering after school activities, athletics and extended care.

V. Other Activities that Promote Student Wellness

Great Valley Academy will integrate wellness activities across the entire school setting. Great Valley Academy 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.

All school-sponsored wellness 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

Great Valley Academy will build relationships with community partners (e.g., hospitals, universities/colleges, local businesses, fitness facilities, etc.) in support of this wellness policy's implementation. 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

Great Valley Academy 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, GVA 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.

Staff Wellness and Health Promotion

The wellness committee will strive to identify and disseminate wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

When feasible, Great Valley Academy will provide available food options that optimize healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs at employee events.

Professional Learning

When feasible, Great Valley Academy 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).

Civil Rights

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant

Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

program.intake@usda.gov

This institution is an equal opportunity provider.

Date Approved: June 23, 2022



Signature, President or Secretary

Board Action: 1st Jeremy Coe, 2nd Yolanda Meraz

AYES: Payne, Meraz, Jamison, Coe, NISAN (via phone)

NAYS: none

ABSENT: Tosh

ABSTAIN: Tom