



Great Oaks Charter Wellness Policy

Student Nutrition and Physical Activity (School Wellness Policy)

Student wellness, including good nutrition and physical activity, shall be promoted in Great Oaks Charter School of Bridgeport's educational program, school activities, and meal programs.

Great Oaks Charter School - Bridgeport promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. Great Oaks Charter School - Bridgeport supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Section 1: Nutrition Education

Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- GOCS-Bridgeport will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- GOCS-Bridgeport will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of Great Oaks Charter School - Bridgeport's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.

Student Nutrition Education Program

Nutrition education shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Great Oaks Charter School - Bridgeport shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework. Nutrition themes include but are not limited to:

- My Pyramid and the Dietary Guidelines for Americans (Healthy Eating Plan)
- Healthy heart choices
- Sources and functions of major nutrients
- Guide to a healthy diet
- Diet and disease
- Understanding calories
- Healthy snacks
- Identify and limit foods of low nutrient density
- Food labels
- Multicultural influences
- Serving sizes
- Proper food safety and sanitation
- Body-size acceptances, healthy weight and dangers of unhealthy weight-control practices

Great Oaks Charter School - Bridgeport nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

In the 2018-2019 school year, GOCS- Bridgeport is offering a semester of Physical Education and a semester of Health and Wellness in addition to embedded content in core content courses.

Professional Development

GOCS-Bridgeport shall attend at least 3 CSDE workshops in order to ensure that its programs are complying with expectations for nutritional quality and education. Attending staff members will then provide training to relevant parties at the school site.

Section 2: School Meals

National School Lunch Program and School Breakfast Program

As a non-pricing free meals program, GOCS-Bridgeport offers daily breakfast, lunch and snack to all scholars at no cost. All meals served meet the standards for the USDA National School Lunch / School Breakfast programs.

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance (but not more restrictive than) with the National School Lunch Program guidelines. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber. In addition, school meals shall:

- Offer and promote a variety of fruits and vegetables, as required by U.S. Department of Agriculture rules emphasizing fresh and locally grown produce, when available;
- Include only low-fat (1%) and fat-free milk that meets the requirements of the state beverage statute and federal regulation; and
- Ensure that half of the grains served are whole grains. All grains must be whole grain rich, effective July 1, 2014.
- Reduce the levels of sodium, saturated fats and trans fats in meals; (per Department of Agriculture Nutrition Standards)
- Meet the nutrition needs of school children within their calorie requirements (per Department of Agriculture and Nutrition Standards).

Great Oaks Charter School - Bridgeport will share information regarding the nutrition content of school meals with students, families and school staff.

In cases with appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs. Upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the foods to be omitted and the food or choices of foods that must be substituted GOCS-Bridgeport will accommodate a scholar's dietary needs.

School Breakfast Program

Great Oaks Charter School - Bridgeport shall help 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.

GOCS-Bridgeport will:

- operate and promote the School Breakfast Program for all interested scholars during the morning advisory period; and
- notify parents and students of the availability of the School Breakfast Program.

Sharing of Foods

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

Summer Food Service Program Resource Access

GOCS-Bridgeport offers resources to families with information detailing where Summer Food Service programs are offered.

Section 3: Other school and food beverages

GOCS-Bridgeport adheres to nutrition guidelines for all foods available promoting student health and wellness provided by the federal and state program. GOCS-Bridgeport does not have vending machines, school store, food service a la carte, sell food on campus during school hours, have food for fundraisers during school hours.

Regulating Food

GOCS-Bridgeport regulates food brought from home and any food sold at evening and community events on school grounds must be pre-packaged, store bought, and have a nutrition label to be permitted. Any prepared meals are discouraged from be school events and fundraisers.

Addressing food content

GOCS-Bridgeport addresses limiting sugar, fat, sodium, and calorie content as well as serving size by encouraging parents and scholars to bring healthy snacks. All breakfast, lunch, and snacks are limited to the nutrition guidelines per the National School Lunch Program guidelines and federal and state laws with food and beverages including milk. Soda and any sweet beverages are strongly discouraged at GOCS- Bridgeport. Whole grains are used in our menu items and fresh fruit is available during breakfast, lunch, and snack.

Section 4: physical Education

Physical Education Goals

The goals of Great Oaks Charter School - Bridgeport are:

- A. All children, from grade 6 through grade 12, will participate in a daily, quality, and standards-based physical education program;
- B. All GOCS-Bridgeport physical education classes will have physical education teachers providing instruction with class size ratios of 1:15;
- C. All GOCS-Bridgeport physical education classes will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and/or national standards; and
- D. All GOCS-Bridgeport physical education classes will teach inclusive play and appropriate use of equipment and facilities.

Student Physical Education Program

Physical education courses are offered to scholars at least twice per week for a full class period of 50 minutes. The GOCS-Bridgeport program emphasizes physical activities that scholars may incorporate into an active lifestyle without necessity of specific equipment.

In the 2018-2019 school year, GOCS- Bridgeport offered the following physical education electives:

- A. Everyday Fitness
- B. Health & Wellness

Teachers of physical education courses shall assess scholars on a rubric that measures both participation and competency. Scholars in odd numbered grade levels shall participate in an annual health assessment such as the President's Fitness Challenge.

After-School Physical Education

In addition to the Physical Education electives, GOCS-Bridgeport shall make physical education part of its diverse portfolio of after school programming.

Options during the 2018-2019 school year include:

- A. Basketball
- B. Dance
- C. Step
- D. Football

Section 5: physical activity

Goals for Physical Activity

The goals for addressing physical activity include the following:

- GOCS-Bridgeport will support and promote an active lifestyle for students.

- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in Great Oaks Charter School - Bridgeport's physical education program.

Daily Recess

All Great Oaks Charter School - Bridgeport school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity. Great Oaks Charter School - Bridgeport shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services. Great Oaks Charter School - Bridgeport shall discourage 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, schools shall give students periodic breaks during which they are encouraged to get up from their chairs and be moderately active.

Incorporating Physical Activity Into the Classroom

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall 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 shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.

Prohibiting Physical Activity as Punishment

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment. Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work.

Safe Routes to School

When appropriate, Great Oaks Charter School - Bridgeport shall work together with local public works, public safety and/or police departments to make it safer and easier for students to walk and bike to school.

Section 6: COMMUNICATION AND PROMOTION

Professional Development for Teachers

Great Oaks Charter School - Bridgeport shall include appropriate training for staff involved in implementing National School Lunch Program and other staff members as needed. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities. Training shall include instructional techniques and strategies designed to promote healthy eating behaviors. Staff members providing nutrition education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members or parents.

Staff Wellness

Great Oaks Charter School - Bridgeport highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

Engaging Students

Great Oaks Charter School - Bridgeport shall consider student needs in planning for a healthy school environment. Students shall be asked for input and feedback through the use of student surveys and other means, and attention shall be given to their comments. Key health messages shall be promoted by coordinating classroom and cafeteria, and through planned promotions such as health fairs, nutrition initiatives, programs and contests

Parent Nutrition Education

Great Oaks Charter School - Bridgeport shall encourage family involvement to support and promote healthy eating and physical activity habits. Great Oaks Charter School - Bridgeport shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school. Great Oaks Charter School - Bridgeport shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families' efforts to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical

activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

Consistent Health Messages

Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages. Foods and beverages sold or served at school shall not contradict healthy eating messages. The school district shall not use practices that contradict messages to promote and enjoy physical activity; for example, withholding recess or using physical activity as punishment (e.g., running laps, doing pushups).

Staff as Role Models

The school district shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

Section 7: EVALUATION

School/District Wellness Advisory Committee

With the purposes of monitoring the implementation of Great Oaks Charter School - Bridgeport's school Wellness policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide wellness committee shall be established.

The committee will meet a minimum of two times annually. Committee membership shall consist of:

- The Manager of Operations (Co-Chair)
- A parent representative
- A student representative
- A teacher representative
- School Nurse
- Health Education Educator
- Physical Education Educator
- Other individuals appropriate to the evaluation process

On an on-going basis, the Manager of Operations will be responsible for site monitoring the implementation of the Health & Wellness plan and reporting on outcomes to the Health & Wellness Committee.