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**Gulf Coast Charter Academy South**

**Health and Wellness Policy**

Gulf Coast Charter Academy South is committed to providing a learning environment to support students and promote wellness, nutrition, and an active lifestyle. We recognize the positive relationship between nutrition, physical activity, and the capacity of students to develop and learn.

Our Health Goal: Establish an environment to provide and promote lifelong healthy eating habits and the consumption of nutritious foods.

Academic performance and quality of life are affected by the choice and availability of healthy foods in schools. The consumption of healthy foods supports students’ physical growth, brain development, focus, resistance to disease, emotional stability, and ability to learn.

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|   | A. | Nutrition guidelines for foods served or sold in schools shall maximize the use of products that contain whole grains and feature a variety of fruits and vegetables. Saturated fat, sugar, and sodium shall be limited and foods shall be trans-fat free. Portion sizes shall be consistent with USDA meal pattern standards and the Dietary Guidelines for Americans for foods offered to students in schools including those from the District’s Department of Nutrition Services and/or contracted vendors. |
|   | B. | The Department of Nutrition Services policies and guidelines for reimbursable meals shall not be less restrictive than Federal and State regulations require. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible. Nutrition Services recommendations will be consistent with the procedures in Board Policy [8500](http://www.neola.com/collier-fl/search/policies/po8500.htm). |
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| C. | Vending Machines: All vending machines in our school are located in the café’, and are only stocked with water bottles. In addition these are only allowed to be used before and afterschool.D. Fundraisers- GCCAS does not condone the use of food items being used as fundraising items. This includes general school fundraisers, sports and organization fundraisers, and after-school fundraisers. Instead, we focus on items that provide benefits to our families in other ways. E. Birthdays- GCCAS does allow healthy snacks, once a month to celebrate student birthdays. This policy is enforced through teachers and administration approval of all activities involving food. F. Gardening- School Gardens will be planted to help encourage healthy eating.  |

Nutrition Education

Goal: Develop the knowledge and skills in students and staff necessary to make nutritious and healthy food choices for a lifetime by teaching and modeling the connection of eating nutritious foods and being healthy.

Nutrition education topics shall be integrated within the sequential, comprehensive health education program as well as part of PE classes. Lower grades will also enforce this during lunch as teachers help encourage eating healthy foods first.

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|   | A. | Nutrition education curricula shall be designed to help students experience and learn about lifelong healthy eating habits and the positive relationship between a healthy diet and good health. |
|   | B. | School instructional staff shall collaborate with community agencies and groups that provide nutrition education that is consistent with the District’s health and nutrition education curriculum send a consistent message to students and their families about the District’s commitment to health and nutrition. |
|   | C. | School staff members shall encourage healthy eating behaviors.D. FSU Nutrition Classes- Collier County Family Nutrition Extension Service will be coming weekly to grades K-5 for wellness, nutrition, and gardening classes. (Gardening for Nutrition 30-45 minute classes) |
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Physical Education and Activity

Goal: Provide students the opportunity to obtain the skills, knowledge, abilities, and attitudes for lifelong physical activity.

Physical education and physical activity shall be an essential element of each school’s instructional program.

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|   | A. | Physical education for students during the normal school day shall be consistent with the current Board Policy [2280](http://www.neola.com/collier-fl/search/policies/po2280.htm), Physical Education. |
|   | B. | The use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes shall be prohibited. |
|   | C. | Students will have 20 minutes of recess daily, 45 Minutes (or more) of PE each week. In addition classes will start incorporating the use of Brain Breaks and Morning Walking to get more exercise.  |
|   | D. | Schools are encouraged to offer before and after-school intramural programs and/or physical activity clubs that meet the needs and interests of students. |
|   | E. | Schools will encourage parents and community members to institute programs that support physical activity, such as a walk-to-school program, Field Days, Heart To Heart Events, Walk a Thons Etc. |

Healthy and Safe Environment

Goal: Provide safe schools and communities to promote and influence healthier lifestyles for all students and citizens.

A healthy and safe environment for all before, during, and after school helps to support academic success.

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|   | A. | School buildings and grounds, structures, vehicles, and equipment shall meet all current health and safety standards and shall be kept clean, safe, and in good repair. |
|   | B. | Schools, District offices, and vehicles shall provide an environment that is free from tobacco, alcohol, and other drugs.  |
|   | C. | Training and education for students and staff shall support personal safety, violence prevention, school safety awareness, bullying awareness/intervention/prevention, and reinforce a harassment free environment. |
|   | D. | Each work site, school, and classroom shall endeavor to create an environment where students, parents/guardians, and staff members are accepted, respected, and valued for their personal integrity. |

Social and Emotional Well-Being

Goal: Build a coordinated and comprehensive healthy school environment.

Programs and services shall support and value the social and emotional-wellbeing of students, families, and staff members.

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|   | A. | Each school shall provide a supportive and nurturing environment that includes school counseling services, and referrals to community resources as appropriate. |
|   | B. | Students shall be provided the opportunity to express thoughts and feelings in a responsible manner. |
|   | C. | Students shall learn skills that can help them build positive interpersonal relationships. |
|   | D. | Students will learn to be better citizens through weekly character development lessons.  |

Family, School and Community Partnerships

Goal: Strengthen partnerships to improve both the planning and implementation of health promotion projects that encourage a healthy lifestyle.

Long term effective partnerships between families, schools, and local community partners benefit both schools and the local community.

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|   | A. | A school health committee as well as a student led advisory council will have the opportunity to be included as participants in all individual school and District wellness initiatives. |
|   | B. | Community partnerships shall be developed and maintained as resources to be used for individual school and District wellness programs, initiatives, projects, activities, and events. |
|   | C. | Individual schools and the District shall actively support the engagement of students, families, and staff members in community organizations and activities and events that encourage or promote health and wellness. |
|   | D. | School Wide Health and Wellness Events will be held to help teach and promote healthy options. . |