

Wellness Policy

Genesis School Wellness Policy

The primary goals of Genesis School Wellness Policy is to promote student health, reduce student obesity, and facilitate student learning of life long healthy habits and increase student academic achievement. The following procedure will guide the implementation of the Genesis School Wellness Policy.

Nutrition Guidelines

All foods and beverages sold to students during the school day on any property under the jurisdiction of the District will meet the nutrition standards established by the U.S. Department of Agriculture (USDA). These nutrition standards apply to all food and beverages sold students, including those sold in vending machines, school stores and through District sponsored fundraisers which include District sponsored student initiated groups, unless and exemption applies. For the purpose of this procedure, the school day is the time from the midnight before 30 minutes after the official school day.

Fundraising Exemption to Nutrition Guidelines

Unless otherwise prohibited by the Board policies or limitation on marketing, the following exemptions to the rule requiring that foods sold as fundraisers meet USDA standards.

1. Foods sold off campus, outside the school day or to nonstudents do not have to meet USDA standards.
2. District school building within the District may hold up to five one-day fundraisers per school year on District property during the school day that involve the sale of foods that do not meet USDA standards.

Water and Milk

Students will have access for free drinking water during mealtimes in the places where meals are served. Breakfast and Lunch served by the District will include a variety of fluid milk options consistent with most recent Dietary Guidelines for Americans. Food and Milk substitution will be provided to students in accordance with law and Board Policy.

Nutrition Education

The Districts nutrition education goal is to integrate nutrition education with health education program to the extent possible the core curriculum taught at every grade level in order to provide students the necessary knowledge and skills to make healthy nutrition decisions. The District will:

1. Provide students at every grade level with adequate nutrition knowledge including, but not limited to :
 - The benefits of healthy eating
 - Essential nutrients
 - Nutritional deficiencies
 - Principles of health weight management
 - Safe food preparation, handling and storage

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2. Provide student with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals
 - Understand and use food labels
 - Critically evaluate nutrition information, misinformation and commercial food advertising
 - Assess personal eating habits, nutrition goal-setting and achievement
3. Provide instructional activities that stress the appealing aspects of healthy eating.
Examples of activities that include but not limited to food preparation, contests, promotion, taste testing, farm visits and school programs.
4. Encourage District staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as food banks, soup kitchens or after school programs.
5. Ensure that school counselors and school health services staff consistently promote healthy eating to students and staff are able to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems and when appropriate provide information about these conditions including available treatment options.
6. Posting links to research and articles explaining the connection between good nutrition and academic performance.

Physical Activity

The Districts physical activity is designed to assist students in learning to value and enjoy physical activity as an ongoing part of healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal the District will:

1. Develop a program of appropriate physical education for every student.
 - 20 minutes of recess per day. Recess may be incorporated into the lunch period, but will be scheduled and held outdoors if possible.
 - An average of 10 (required: 150) minutes of moderate physical activity each five-day school week or an average of 30 (required) minutes per day. The program will provide for 50 (required: 50) minutes per week of physical education under the supervision of a certified Physical Education instructor.

The Middle School program will provide for _____ (recommended: 225) minutes of moderate physical activity during each school week and _____ (required: 3,000) minutes of physical education per year.

All activity will:

- Emphasize knowledge and skills for a lifetime of regular physical activity
- Meet the needs of all students, especially those who are not athletically gifted or has special needs

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- Provide a variety of activity choices, feature cooperative as well as competitive activities, and account for gender and cultural differences in student's interest.
- Prohibit exemption from physical education courses on the basis of participation in an athletic team, community recreation program, or other school or community activity.
- Be closely coordinated with the other components of the overall school health program

2. Provide opportunities and encouragement for students to voluntarily participate in before and after school physical activity programs.
 - Encourage partnerships between schools and business. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures
3. Strive to provide joint school and community recreational activities by:
 - Actively engaging families as partners in their children's education and collaborating with community agencies and organization to provide ample opportunities for students to participate in physical activity beyond the school day.
 - Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
4. Prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education and recess will not be withheld as punishment.
5. Discourage periods of inactivity that exceed two or more hours. When activities such as mandatory Schoolwide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active.
6. Provide opportunities and encouragement for staff to be physically active by:
 - Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular activity.
 - Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.

Community Involvement

Staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to relevant policies of the District.

The wellness program shall make effective use of District and community resources and equitably serve the needs and interest of all students and staff taking in consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

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Family Involvement

The District will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health related risk behaviors.

Strategies the District may implement to achieve family involvement may include, but not limited to:

1. Provide District menus
2. Provide parents/guardian a list of appropriate foods that meet the District's nutrition standards for snacks.
3. Encourage parents/guardians to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet District's nutrition standards.
4. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
5. Supporting efforts of parents/guardians to provide their children with opportunities to be physically active outside of school.
6. Sharing information about physical activity and physical education via the District website, newsletter, other take-home materials, special events or physical education homework.
7. Encouraging parents/guardian to volunteer time in the classroom, cafeteria or at special events that promote student health

Marketing and Advertising

Marketing in District facilities will be consistent with the goals of the District's wellness program and comply with the Board policy. The District will strive to promote the wellness program and educate parents regarding the quality of District foods.

Mealtimes

Students are not permitted to leave school campus during the school day to purchase food or beverages. Mealtime will comply with the following guidelines:

1. Mealtimes will provide students with at least 10 (recommended: 10) minutes to eat after sitting down for breakfast and 20 (recommended: 20) minutes after sitting down for lunch.
2. Activities such as tutoring or meeting will not be held during mealtimes unless students may eat at such activities.
3. At the elementary level, lunch will follow recess periods.
4. Free drinking water will be available to students during meals in the meal service area.
5. Students will have access to hand washing facilities before they eat meals or snacks

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6. The District will take reasonable steps to accommodate the tooth brushing regiments of students
7. Students will be allowed to converse during meals at appropriate noise levels.
8. The cafeteria will be clean, orderly and inviting.
9. Adequate seating and supervision will be provided during mealtime.

Outdoor Air Quality

The Principal or designee of each school will be responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities.

1. When the AQI is “code orange” (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When AQI is “code red” (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one hour of heavy exertion (i.e. activities that involve high intensity exercise such as basketball, soccer and running) while outside
3. When the AQI is “code purple” (very unhealthy) or “code maroon” (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.

Staff Development and Training

All staff will be provided with ongoing training and professional development related to all areas of students' wellness. The pre-service and ongoing in-service training will include reaching strategies for behavior change and focus on giving teachers the skills they need to use non-lecture, active learning methods. Staff responsible for the Nutrition Program will be adequately prepared and regularly participate in professional development. Staff responsible for implementing the Physical Education Program will be properly certified and regularly participates in area specific professional development activities.

Qualified nutrition professionals will administer the District meal programs and will receive ongoing area-specific professional development. The District will provide continuing professional development for all District Nutrition professionals. Staff development programs will include appropriate certification and/or training programs for Child Nutrition Directors, School Nutrition Managers, and cafeteria workers, according to their level of responsibility.

Oversight and Evaluation

The Wellness Program coordinators are responsible for monitoring implementation of the District Wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of District Wellness Policy and procedures.

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4. Ensuring that the District meets the goals of the Wellness Policy and Procedure.
5. Reporting to the Board on compliance and progress.

Monitoring

The Food Service Director/Authorized Representative will monitor compliance with the District's nutrition guidelines and will report on this matter to the Wellness Program coordinators.

The program coordinator will develop a periodic report based on input from schools with the District regarding District-wide compliance with the District's wellness-related policies and procedures. The report will include a baseline of report progress, the extent to which each school is in compliance with District's wellness policy and this procedure, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided to the Board of Education and made available to the public on the District's website or appropriate means.

Compliance Indicators

During initial development of the District's wellness-related policies and procedures, the District will conduct a baseline assessment of the schools existing nutrition and physical activity programs and practices. The wellness committee will compile these results. In addition the baseline information provided. The committee will use no fewer than four of the following indicators to measure the impact the District Wellness Program:

1. School Health Index
2. Physical Fitness
3. Physical activity levels of staff
4. Weight status or body mass index (BMI) of students and staff
5. Fruit and vegetable intake of students and staff
6. Number of discipline problems
7. Achievement levels in students
8. Student absenteeism
9. Number of staff who participate in training and development related to student wellness

Policy Review

The Wellness Program coordinators will provide policy revision recommendations to the Board as part of the periodic report. The recommendations will be based on analysis of the compliance indicators and comparison of District's policy to model policies provided, recommended or referenced by the USDA. The Board will revise the Wellness Policy, as it deems necessary. Administrative procedures will be revised accordingly.

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