



## **Gentry Academy Wellness Policy**

Gentry Academy is committed to the optimal development of every student. Gentry 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.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, less than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. 8,9,10 In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines Gentry Academy's approach to ensuring 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 Gentry Academy have access to healthy foods throughout the school day in conjunction with our caterer Taher.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behavior;
- Students have opportunities to be physically active before, during and after school;
- Divisions engage 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 in and out of school;
- The community is engaged in supporting the work of Gentry Academy in creating community between school and other settings for students and staff to practice lifelong healthy habits; And
- Gentry Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and divisions at Gentry Academy. Specific measurable goals and outcomes are identified within each section below.

## **I. School Wellness Committee Committee Role and Membership**

Gentry Academy will convene a representative wellness committee that meets at least three 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.

The leadership team will represent all school divisions and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; school health professionals; mental health and social services staff; school administrators; school board members; community health professionals; and the general public. When possible, the team will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the leadership team will include representatives from each school division and reflect the diversity of the community.

### **Leadership Team**

Committee: Jen Kurth, Megan Stone, Heidi Larson, Morgan Underwood, Jenee Nordstrom

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

### **Implementation Plan**

Gentry Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each division; and includes information about who will be responsible to make what change, by how much, where and when, as well as 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.

### **Recordkeeping**

Gentry Academy will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been 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 Gentry Academy uses to make stakeholders aware of their ability to participate in the WC;
- Documentation to demonstrate compliance with the annual public notification of 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**

Gentry Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Gentry Academy will make this information available via the school website and/or school-wide communications. Gentry Academy will provide as much information as possible about the school nutrition environment. This will include a summary of Gentry Academy's events or activities related to the wellness policy implementation. Annually, Gentry Academy will also publicize the name and contact information of the 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, Gentry Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which divisions under the jurisdiction of Gentry Academy are in compliance with the wellness policy;
- The extent to which Gentry Academy's wellness policy compares to the Alliance for a Healthier Generations model wellness policy; and
- A description of the progress made in attaining the goals of Gentry Academy's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is [Jennifer.Kurth@gentryacademy.org](mailto:Jennifer.Kurth@gentryacademy.org). The leadership team will monitor compliance with this wellness policy, Gentry Academy will actively notify households/families of the availability of the triennial progress report.

## **Revisions and Updating the Policy**

The leadership team will update or modify the wellness policy based on the results of annual review and triennial assessments and/or as Gentry Academy 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**

Gentry Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Gentry Academy will actively communicate ways in which representatives of the leadership team 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. Gentry Academy will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of

child nutrition programs and how to apply. Gentry Academy will use electronic mechanisms, such as email or displaying notices on the website, division newsletters, and Parent Updates to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Gentry Academy will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that Gentry Academy and divisions are communicating important school information with parents.

Gentry Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Gentry Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### **School Meals**

Gentry Academy is committed to serving healthy meals to children, with plenty of fruits and vegetables, whole grains, and fat-free and low-fat milk, that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification) and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim 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.

Gentry Academy partners with catering company Taher. <https://www.taher.com/> which provides meals and snacks to our students.

Gentry Academy is committed to offering school meals, that:

- Are fresh 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.
  
- Promote health food and beverage choices using at least ten of the following:
  - o Whole fruit options displayed in attractive bowls or baskets
  - o Sliced or cut fruit is available daily.
  - o Daily fruit options are displayed in a location in the line of sight and reach of students
  - o All available vegetable options have been given creative or descriptive names.
  - o Daily vegetable options are bundled into all grab-and-go meals available to students.

- o All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- o Alternative entrée options are highlighted on posters or signs within all service and dining areas. .
- o Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas
- o Daily announcements are used to promote and market menu options

Menus will be posted in the Gentry Academy Happenings

- The Gentry Academy child nutrition program makes every effort accommodate students with special dietary needs.
- 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.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, 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. Gentry Academy will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. Competitive Foods and Beverages Gentry Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Snacks aim to improve student health and well-being., increase consumption of healthy foods during the school day and create an environment that reinforces the development of healthy eating habits.

### **Celebrations and Rewards**

All foods offered on the school campus will be compliant with best practices:

1. Celebrations and parties. Gentry Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthy Generation and from the USDA.
2. Classroom snacks brought by parents. Gentry Academy will provide a list of foods and beverages that meet Smart Snacks nutrition standards to parents.

3. Rewards and incentives. Gentry Academy will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

## **Fundraising**

Gentry Academy will make available to parents and teachers a list of healthy fundraising ideas (examples available from the Alliance for a Healthier Generation and from the USDA).

Gentry Academy will encourage non-food fundraisers and those promoting physical activity.

## **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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

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

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

## **Nutrition Education**

Gentry Academy will teach, model, encourage and support healthy eating by all students. Divisions 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;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### **Essential Healthy Eating Topics in Health Education**

Gentry Academy will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake with physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting or advocating for others' healthy dietary behavior
- Chemical health awareness and education

### **Food and Beverage Marketing in Schools**

Gentry 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. Gentry Academy strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on Gentry Academy property that contains messages inconsistent with the health information Gentry Academy is imparting through

nutrition education and health promotion efforts. It is the intent of Gentry Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Gentry Academy's wellness policy.

Food and beverage marketing often includes an oral, written, or graphic statement 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.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required, however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that it is financially possible over time so that items are in compliance with the marketing policy).
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment, as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Gentry Academy.
- Advertisements in school publications or school mailings
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

As Gentry Academy/school nutrition/Athletics Department/Parent Group/ reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the Gentry Academy wellness policy.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during and after school, staff involvement and family and community engagement and Gentry Academy is committed to providing these opportunities. School divisions will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All divisions at Gentry Academy will be encouraged to participate in Let's Move! Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.



Gentry Academy will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

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

### **Physical Education**

Gentry 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). The curriculum will support the essential components of physical education.

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

All Gentry Academy students will receive at least 45 minutes every day. The Gentry Academy physical education program will promote physical fitness through individualized fitness and activity assessments using an appropriate assessment tool and will use criterion based reporting for each student. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. Physical education teachers will be required to participate in at least a once a year professional development in physical education. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

### **Essential Physical Activity Topics in Health Education**

Health Education will receive health education through their leadership class. Gentry Academy will include in the health education curriculum a minimum of 12 of 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
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle can contribute to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community

- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
  - How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
  - Dangers of using performance-enhancing drugs, such as steroids
  - Social influences on physical activity, including media, family, peers and culture
  - How to find valid information or services related to physical activity and fitness
  - How to influence, support, or advocate for others to engage in physical activity
  - How to resist peer pressure that discourages physical activity
- Balancing stress and stress relief techniques
- Understanding dimensions of wellness in terms of physical, mental, social/emotional and environmental health
  - Importance of goal setting and action plans
  - Importance of sleep to physical activity and health

### **Classroom Physical Activity Breaks**

Gentry 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 throughout the day on all or most days during a typical school week. Gentry Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classes at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Gentry Academy will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day. Teachers will serve as role models by being physically active alongside the students whenever feasible.

### **After School Activities**

Gentry Academy offers opportunities for students to participate in physical activity after school day (or both) through a variety of methods.

## **V. Other Activities that Promote Student Wellness**

Gentry Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Gentry Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary, 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 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**

Gentry 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, Gentry Academy will use electronic mechanisms as well as non-electronic mechanisms 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 leadership team will have an employee wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Gentry Academy will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Activities will include healthy eating, physical activity and other wellness activities. Gentry Academy promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Professional Learning**

When feasible, Gentry Academy will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help Gentry Academy A staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Gentry Academy reform or academic improvement plans/efforts.