



**Wellness Policy
For
Global Outreach
Charter Academy**

**2023-2024
K-8**



Wellness Policy Committee - This committee is responsible for assessing and determining Global Outreach Charter Academy's Student Nutrition Education and Physical Education needs. This policy has been developed and implemented based on the needs assessment, promoting student Health and Wellness.

The committee is composed of the following representatives:

Area Represented	Committee Member Name
Parent	Jocelyn Medina
Student	Jaysen Moran
School Food Service Personnel	Liliana Komisarenko
School Board	Larry Williams
School Administrator	John Galeani
School Nurse	Yelena Franchuk
Physical Education Staff	Jack Thompson
Health Education Staff	Kathryn Aweis



Global Outreach Charter Academy (GOCA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of GOCA that:

- The school faculty and staff will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis through Physical Education classes school sponsored after school activities, and designated recess time.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- GOCA will participate in available federal school meal programs.
- GOCA will provide Nutrition Education and Physical Education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education with school meal programs and related community services.



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TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. GOCA's Health Council committee participants will have meetings at least twice a year to create and strengthen, develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that half of the served grains are whole grain.

The school should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, school should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other points-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meeting their nutritional needs and enhance their ability to learn:

- GOCA will, to the extent possible, operate the School Breakfast Program.
- GOCA will notify parents and students of the availability of the School Breakfast Program.
- GOCA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

CEP PROGRAM. GOCA has implemented a new option available to schools participating in the National School Lunch and school breakfast programs, called the Community Eligibility Provision (CEP) for the next four years. Healthy breakfast and lunches will be provided to all students each day at no charge for all students enrolled during the 2023-2024 school year. GOCA will provide



fresh fruits and fresh vegetables each day and will offer five different fruit and five different vegetables over the course of the week. The school shall be solely responsible for complying with state and federal requirements.

Meal Times and Scheduling

- GOCA will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- GOCA should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:00 a.m. and 1:30 p.m.;
- GOCA should not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- GOCA will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff.

The catering company that provides services for GOCA has certified professionals, who have completed appropriate training programs. GOCA’s staff also participate in federal trainings, whenever it becomes available.

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

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. GOCA will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

C Nutrition Education: Nutrition education is provided in a classroom setting.

Goal	Implementation	Evaluation
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1. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.	Classroom lectures, activities, and student participation provided in a nutrition/health class	Classroom written tests (such as multiple choice, essay, fill in the blank) in the areas of nutrition.
2. Students will have access to useful nutrition information.	Use of posters, worksheets, brochures in various areas of classrooms and school campus; access to interactive online resources like mypyramid.gov	Maintain a checklist of the nutrition information available to the students. Students will mark off the items on the checklist as they take the items.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices.	Provide a variety of healthy meal choices during meal service	Review menus, production records, nutrient analysis

Physical Activity: Global Outreach Charter Academy had adopted the next Generation Sunshine State Standards for Physical Education

The Standards are organized into four content standards:

Movement Competency (M)

Cognitive Abilities (C)

Lifetime Fitness (L)

Responsible Behaviors and Values (R)

Physical activities occur in different learning environments such as, but not limited to, outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Health Education Standards Organization

The Standards are organized into three content standards:

Health Literacy Concepts (C)

Responsible Behaviors (B)

Health Literacy Promotion (P)

Elementary School		
Goal	Implementation	Evaluation



<ol style="list-style-type: none"> 1. Students in grades K-5 receive 150 minutes per week activity 2. Students will have 30 minutes of physical activity each a day. Students meet with certified PE Instructor at least once a week for instruction, meeting Sunshine State Standards. 3. Students will receive Health instruction 30 minutes two times a week from their classroom teacher. 	<p>All students will participate in a physical education class to meet state standards and program outcomes.</p> <p>Instruction may be provided through formal and informal physical education courses, integrated into other content courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.</p>	<p>Fitness Test</p>
<p>Middle School</p>		
<p>Goal</p>	<p>Implementation</p>	<p>Evaluation</p>
<p>Students in grades 6-8 will receive 2 semesters of physical education (18 weeks).</p>	<p>All students will participate in a physical education class to meet state standards and program outcomes.</p> <p>Physical education teacher will work with guidance counselors and administrators to ensure state guidelines are met.</p>	<p>Fitness Test</p>

Other School-Based Activities:



Goal	Implementation	Evaluation
1. Students will be provided an adequate amount of time to consume meal.	Schedule a minimum of 20 minutes for each class to consume their meals.	Review the school schedule to confirm that each class is provided no less than 20 minutes to consume meals.
2. Food will not be used as a reward or punishment	Establish rules in the Code of Student Conduct and School Employee Handbook that food cannot be used for rewards or punishment.	Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.
3. Students will be provided access to school facilities for physical activity after school hours.	The school gym/basketball court and team equipment specifically purchased for extra-curricular activities will be available for students' use after school hours.	Interview the students and school faculty to inquire about the availability and use of the school's gym or extra-curricular equipment.

Nutrition Guidelines for All Foods Served or Sold: All foods served or sold at this school will meet the U.S. Dietary Guidelines for Americans.

Mrs. Liliana Komisarenko works with the principal and oversee the operational responsibility for ensuring that the school is meeting the local wellness policy.

Procedure for Reporting to the School Board/Governing Authority:

On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/Governing Authority for approval.

Assurance:

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

Website Address for the Wellness Policy of

DCPS:http://www.duvalschools.org/static/students/lunch/DCPS_Wellness_Policy.pdf



Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

School Officials' Signatures:




John Galvani Principal _____ 7/31/2023
Signature Title Date



Ilya Sproka CEO _____ 7/31/2023
Signature Title Date

School Board Governing Agency's Signatures:



Larry Williams Board Chair _____ 7/31/2023
Signature Title Date



Vertie Degeyere _____ 7/31/23
Signature Title Date

Policy Adoption Date: 7/31/23